朝陽科技大學 091學年度第2學期教學大綱
Golf 高爾夫球

當期課號	0485	**Course Number**	0485
授課教師	林朝琴	**Instructor**	LIN,TSAO CHYI
中文課名	高爾夫球	**Course Name**	Golf
開課單位	選項體育類(日)	**Department**	
修習別	選擇必修	**Required/Elective**	Sports Elective
學分數	0	**Credits**	0
課程目標	是一種與大自然對抗的運動能使人心曠神怡，感受到輕鬆自在，與世無爭之心境。高爾夫球並非激烈的運動，且由於其不受條件約束同時並沒有年齡、男女之區別，以對等的眼光來，它是種大眾化的運動。從基本運作如何握桿，揮桿推桿法進而上球場實際練習，讓初學者能夠達到自我訓練	**Objectives**	Course description: An exercise that playing against the nature. Players can feel relax and comfortable by playing it. Golf is not an exciting sport, and it has no limitation of age and sex, viewing via reciprocity, it is a public sport. Through the basic skills learning of holding the golf club, the way of hitting balls, the real practice on the green field, beginners can achieve self-training and decision-making, furthermore, arouse their interests of playing golf as a whole life exercise.
教材	動作解說介紹、分析 示範教學 個別指導	**Teaching Materials**	
成績評量方式	1.擊球姿勢：瞄準、上桿、下桿、收桿、整體協和性50% 2.中距離擊準：在目標一球十分50%	**Grading**	hitting pose
教師網頁	_		
教學內容	1.高爾夫歷史、場地、配備、球桿介紹 2.握桿、揮桿動作講解 3.揮桿基本動作 4.推桿動作要領 5.規則禮儀介紹	**Syllabus**	1. introduce about history, course, club of golf 2. grip & swing 3. swing 4. putter 5. manner

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