朝陽科技大學 092學年度第1學期教學大綱
Swimming 游泳

當期課號	0074	Course Number	0074
授課教師	林源明	Instructor	LIN,YUAN MING
中文課名	游泳	Course Name	Swimming
開課單位	校訂選修(日間部)	Department	
修習別	選修	Required/Elective	Elective
學分數	1	Credits	1
課程目標	1.適應水性 2.培養學生在水中求生技能 3.培養肢體動作之協調性,促進身心均衡發展	Objectives	Swimming is helpful to the human body. Besides, the whole body sport in addition physical therapy and to relax. Swimming emphasized breathing. It is like deep breath to concern a heart-lung function and swimming can improve the physique.
教材	1.動作解說分析 2.四式介紹,教學 3.水中自救之講解	Teaching Materials	1.Explanation and analysis of moves 2.Demonstration and teaching of four styles 3.Explanation and analysis of the ways of keeping alive in water
成績評量方式	期中考30% 期末考30% 平時成績40%	Grading	Participation 40% Mid-term Exam. 30% Final Exam. 30%
教師網頁			
教學內容	1.適應水性 2.培養學生在水中求生技能 3.培養肢體動作之協調性,促進身心均衡發展	Syllabus	1.Letting students know and adapt themselves to the nature of water and be easy in water 2.Training students to get the skills to keep alive in water 3.Having students be able to coordinate limbs'movements and keep parallel development in both physical body and mental state.

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