朝陽科技大學 092學年度第1學期教學大綱
Basic Physical Eduction 基礎體育

當期課號	3059	Course Number	3059
授課教師	賴世堤	Instructor	,
中文課名	基礎體育	Course Name	Basic Physical Eduction
開課單位	校訂必修(四進)	Department	
修習別	必修	Required/Elective	Required
學分數	0	Credits	0
課程目標	藉以鍛鍊健全身心，促進均衡發展，培養運動道德，發揚團隊精神，增進體育新知，養成運動習慣，瞭解運動方法，提昇運動水準，培養運動興趣，充實休閒生活，建立終身運動習慣，欣賞運動美感，促進身心均衡發展。主要內容-田徑、體操、武術、球類、體適能、體育知識、水上運動、	Objectives	For the training body and mind purpose, promote balanced development, cultivate sport morality, enhance cooperated spirit, increase sport knowledge, to form a sport habit, understand sport ways, improve sport standard, cultivate sport interests, substantial leisure time, and establish lifelong sport habit.
教材	動作介紹、解脫、動作示範與觀察法	Teaching Materials	Introduction to moves, explanation, demonstration of model moves and ways of observing
成績評量方式	出席率30 期中測試基本體能30% 期末測試基本體能與球類運動40%	Grading	attendance 30% mid-term 30% finall 40%
教師網頁			
教學內容	熱身操後的女生800公尺、男生1600公尺之基本體能的維持與各種球類的基本動作基礎概念後在三、四年級根據自己興趣做選項以培養終身之運動之習慣	Syllabus	The juniors and seniors can choose their favorite sports according to their likes after getting the knowledge of doing warming-up exercises, how to keep enough physical strength for female students to run a 800m. race and male students, a 600m.race, and obtaining basic concepts of making basic moves.

尊重智慧財產權，請勿非法影印。