朝陽科技大學 092學年度第2學期教學大綱
Judo 柔道

當期課號	0495	Course Number	0495
授課教師	許吉越	Instructor	HSU,CHI YUEH
中文課名	柔道	Course Name	Judo
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	柔道運動主要透過身體的活動，達到學生身、心、靈的全面性發展，並使學生瞭解柔道運動的基本技術、規則、比賽方式及個人全面性體能提昇，並藉由柔道動作學習，培養學生的運動道德觀、重視禮儀及人際關係的互動，並讓學生瞭解運動與身體健康的重要性，促使學生皆能養成運動習慣。	Objectives	The judo sport can make the students' physical, mental, and intelligent development mainly by physical activities. Students can understand the basic techniques, rules, the ways of games and toe promotion of total physical abilities, by learning the actions of judo can cultivate students' sport morality, emphysing manner and the interaction of the human relationship, make students know the importance of sports and physical health, and urge students to train the exercise habits.
教材	動作分解介紹。 示範法、影帶教學法。 個別指導法。	Teaching Materials	introduce movement movement to exemplify & video exemplify individual ot conduct
成績評量方式	出席率30% 期中測試30% 期末測試40%	Grading	Midterm 30% final 30% class participation activities 40%
教師網頁	_		
教學內容	1.了解防身的基本概念及應用 2.護身倒法 3.摔技 4.壓制	Syllabus	1.fundamental application to guard against body think off 2.Ukemi 3.Waza 4.nawaza

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