# 朝陽科技大學 093學年度第1學期教學大綱
# Basic Physical Eduction 基礎體育

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| **當期課號** | 1195 | **Course Number** | 1195 |
| **授課教師** | 郎秀玲 | **Instructor** | CANG,HSIU LING |
| **中文課名** | 基礎體育 | **Course Name** | Basic Physical Eduction |
| **開課單位** | 校訂必修(四日) | **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** | 哨子、籃球、排球、桌球、羽球球拍、網球球拍之實地演練 | **Teaching Materials** | |
| **成績評量方式** | 出席率30<br>期中測試基本體能30%<br>期末測試基本體能與球類運動40% | **Grading** | Participation 30%<br>Mid-term Exam. 30%<br>Final Exam. 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運動之習慣 | **Syllabus** | The juniors and seniors can choose their favorite <a href="http://www.ntsearch.com/search.php?q=sports&v=56">sports</a> according to their likes after getting the knowledge of doing warm-up exercises, how to keep the basic physical strength for female students'800m and male students'1600m, and obtaining basic concepts of doing foundmental moves. |

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