

朝陽科技大學 093學年度第1學期教學大綱
Golf 高爾夫球

當期課號	9059	Course Number	9059
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	選項體育課群(進)	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	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% 期中測試基本體能30% 期末測試基本體能與球類運動40%	Grading	Participation 30% Mid-term Exam. 30% 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 sports 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 fundamental moves.

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