朝陽科技大學 093學年度第2學期教學大綱
Volley ball 排球

當期課號	0458	Course Number	0458
授課教師	沈宗仁	Instructor	,
中文課名	排球	Course Name	Volley ball
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	挑戰自我彈性與耐力性的運動，並且培養彼此默契的運動，兩隊(雙方)對抗，用手擊球過網以決勝負的球類運動。它不但是在球場上進行技術、體力、智力與心理等各方面的較量；其技術的層面對比賽結果的影響最爲顯著，排球運動中的技術繁多，包括發球、傳接球、拳球、扣球、攔網、	Objectives	Course description: A sport with the challenge of self-elasticity and endurance. It is an exercise among 2 teams that scored by hitting the ball with hands cross the net; it develops the tacit agreement among teammates. Volleyball is a competition not only among the strategies, but also among physical strength, intelligence, and psychology. There are lots of volleyball strategies that have distinct influence on the result of a competition. Volleyball strategies include serving a ball, passing a ball, hitting a ball, knotting a ball, blocking, defense, etc.
教材	網球、網球拍、實地演練	Teaching Materials	
成績評量方式	出席率 30% 期中測試 30% 期末則試 40%	Grading	attendence 30% mid-test 30% final-test 40%
教師網頁	_		
教學內容	1、正、反拍動作加強方向準確性 2、腳步、重心力道之使用 3、發球、接發球、上網截擊 4、規則講解、單雙打練習實戰	Syllabus	1. forehand & backhand practice 2. serre & stroke ball 3. rules introduce ; single & Double game practice practice

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