朝陽科技大學 095學年度第1學期教學大綱
Table Tennis 桌球

當期課號	0010	Course Number	0010
授課教師	王明月	Instructor	WANG,MING YUEH
中文課名	桌球	Course Name	Table Tennis
開課單位	選項體育課群(日)	Department	
修習別	選擇必修	Required/Elective	Sports Elective
學分數	0	Credits	0
課程目標	運動場上最秀氣，且適合亞洲國家之運動-桌球。協調、速度、敏捷集於一身的室內運動，叫人不喜愛也難。當小白球在桌面上穿梭往返跳躍時在揮拍擊球中要根據對手來球之落點、力量與旋轉，在0.6秒中迅速做出判斷並回擊球，是一種自我肯定與鬥志的運動。	Objectives	Course description: The most delicate and suitable sport to Asian countries—table tennis. It is very difficult to refuse the lovely indoor sport – table tennis, with the combination of coordination, speed, and agility all together. When the small white ball jumping back and forth on the table, the player has to make a quick decision within 0.6 second according to the jumping point, the strength and the turning way of the ball, then hit it back to the other side of the table. It is an exercise of training of being independent, self-confirm and mind-fighting.
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之運動之習慣	Syllabus	The juniors and seniors can choose their favorite <a href 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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