朝陽科技大學 095學年度第1學期教學大綱
Basic Physical Eduction 基礎體育

當期課號	1045	Course Number	1045
授課教師	趙國元	Instructor	,
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 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 foundmental moves.

尊重智慧財產權，請勿非法影印。