朝陽科技大學 095學年度第2學期教學大綱
Swimming 游泳

當期課號	0015	Course Number	0015
授課教師	張瑞興	Instructor	CHANG,JUI HSING
中文課名	游泳	Course Name	Swimming
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	1.適應水性 2.培養學生在水中求生技能 3.培養肢體動作之協調性,促進身心均衡發展	Objectives	Swimming is helpful to the human body. Besides, the whole body sport in addition physical therapy and to relax. Swimming emphasized breathing. It is like deep breath to concern a heart-lung function and swimming can improve the physique.
教材	1.動作解說分析 2.四式介紹,教學 3.水中自救之講解	Teaching Materials	1. analysis 2. introduce & teach
成績評量方式	出席率30% 期中測試30% 期末測試40%	Grading	Participation 30% mid –test: 30% final-tset :40%
教師網頁	-		
教學內容	1.適應水性 2.培養學生在水中求生技能 3.培養肢體動作之協調性,促進身心均衡發展	Syllabus	1.Equipping students with the knowledge and adaptability with respect to the nature of <a href and easiness in water 2students to get the skills to keep alive in water 3.Enabling students to coordinate limbs'movements and keep parallel development in both physical body and mental state. abjust

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