朝陽科技大學 095學年度第2學期教學大綱
Rhythmical activities 韻律

當期課號	0016	Course Number	0016
授課教師	郎秀玲	Instructor	CANG,HSIU LING
中文課名	韻律	Course Name	Rhythmical activities
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	一項全身性有氧運動，熱量消耗可達到減肥效果，且因舞步易學新穎，動作變化多端，有健身、享受運動樂趣及豐富休閒生活等功能。尤其對健康、體能如心肺適能、肌肉適能、柔軟度等改善效果佳，並可減少體脂肪百分比，透過有氧舞蹈增強對有氧運動、健康體能的認知，了解正確的健身運動法。	Objectives	Course description: A whole body aerobic exercise. It helps get rid of fat through consuming lots of calories. Because of the fashion and ever changing steps of aerobic dancing, it brings the functions of strength the body, enjoy the pleasure of exercise, and rich the leisure life. It especially improves the physical fitness, such as Flexilibity，muscle strength，cardiospiratory Fitness , and can also reduce the percentage of fat People can know more about aerobic exercises and healthy physical fitness through the learning of aerobic dancing, it can further encourage friends and relatives to do more exercise, then improve the health of everyone.
教材	音響.麥克風.錄音帶.瑜珈墊.階梯踏板	Teaching Materials	Stadio.Microphone.Tape.Yoga cushionpad. Step
成績評量方式	出席30% 期中30% 期末40%	Grading	Participation 30% Mid-term Exam. 30% Final Exam. 40%
教師網頁			
教學內容	1.認識舞蹈類型 2.肢體不同表現 3.節奏練習 4.音樂配合	Syllabus	1.Introduction to various dancing styles 2.Various expressions of limbs 3.Exercises of rhythmic movement 4.Dancing to the music

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