# 朝陽科技大學 095學年度第2學期教學大綱
# Swimming 游泳

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| 當期課號 | 0300 | Course Number | 0300 |
| 授課教師 | 黃□憲 | Instructor | HUANG,CHIEN JEN |
| 中文課名 | 游泳 | Course Name | Swimming |
| 開課單位 | 校訂選修(日間部) | Department | |
| 修習別 | 選修 | Required/Elective | Elective |
| 學分數 | 1 | Credits | 1 |
| 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<br>2.四式介紹,教學<br>3.水中自救之講解 | Teaching Materials | 1. analysis<br>2. introduce & teach<br>3.Explanations of saving oneself in the water. |
| 成績評量方式 | 出席率 30%<br>期中測試 30%<br>期末測試 40% | Grading | Participation 30%<br>Mid-term Exam. 30%<br>Final Exam. 40% |
| 教師網頁 | | | |
| 教學內容 | 1.適應水性<br>2.培養學生在水中求生技能<br>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<br>2students to get the skills to keep alive in water<br>3.Enabling students to coordinate limbs'movements and keep parallel development in both physical body and mental state. |

尊重智慧財產權，請勿非法影印。