# 朝陽科技大學 095學年度第2學期教學大綱
# Basic Physical Eduction 基礎體育

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| 當期課號 | 1302 | Course Number | 1302 |
| 授課教師 | 郎秀玲 | Instructor | CANG,HSIU LING |
| 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 | 動作介紹、解脫、動作示範與觀察法 | Teaching Materials | Introduction to moves, explanation, demonstration of model moves, and ways of observation |
| 成績評量方式 | 出席率30<br>期中測試基本體能30%<br>期末測試基本體能與球類運動40% | Grading | Participation 30%<br>Mid-term Exam. 30%<br>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. |

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