朝陽科技大學 096學年度第1學期教學大綱
Basic Physical Eduction 基礎體育

當期課號	2026	Course Number	2026
授課教師	楊仁仁	Instructor	YANG,JASON
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% 體適能檢測（前測）20% 期中測試基本體能20% 期末測試基本體能與球類運動30%	Grading	attendace 30% Physical fitness test 20% Mid-term Exam 20% Final Exam 30%
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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