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	3400	**Course Number**	3400
授課教師	張光達	**Instructor**	,
中文課名	基礎體育	**Course Name**	Basic Physical Eduction
開課單位	校訂必修(四進)	**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 期中測試基本體能30% 期末測試基本體能與球類運動40%	**Grading**	Participation 30% Mid-term Exam. 30% 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.

尊重智慧財產權，請勿非法影印。