朝陽科技大學 096學年度第2學期教學大綱
Aerobic 有氧舞蹈

當期課號	0015	Course Number	0015
授課教師	郎秀玲	Instructor	CANG,HSIU LING
中文課名	有氧舞蹈	Course Name	Aerobic
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	有氧舞蹈是有氧運動的一種。有氧運動必須符合以下的條件：運動要持續十五至廿分鐘，一定要使大肌肉群（像大腿肌、胸肌、腹肌等）有足夠的運動強度，有氧舞蹈不但可以解除身心方面的壓力，還可以健身健美，有助於健康。	Objectives	Aerobic dancing is a form of aerobic exercises. Aerobics must have these physical requirements satisfied: Aerobic exercises have to be done consecutively for 15 minutes to 20 minutes, and have groups of large muscles like leg muscles, chest muscles, belly muscles, and so on, stretched with certain strength. In addition, aerobic dancing cannot only relieve bodily and spiritual pressure but keep body in shape and healthy.
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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