# 朝陽科技大學 096學年度第2學期教學大綱
# Badminton 羽球

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| 當期課號 | 0029 | Course Number | 0029 |
| 授課教師 | 李素箱 | Instructor | LEE,SU SHIANG |
| 中文課名 | 羽球 | Course Name | Badminton |
| 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 | （一）認識羽球，享受參與羽球運動之樂趣<br>（二）體會羽球運動之基本動作要領。<br>（三）做出正、反拍擊球、發球、切球、殺球、網前球等基本動作。<br>（四）享受及欣賞羽球運動之樂趣。 | Objectives | （一） Getting an understanding of badminton and taking pleasure in playing badminton.<br>（二） Learning the basic movements in playing badminton.<br>（三） Performing the movements of forehand, backhand, service, drop, smash, and net play.<br>（四） Appreciating the delight of playing badminton. |
| 教材 | 羽球、羽球拍、記分板 | Teaching Materials | badminton、badminton rack、scoreboard |
| 成績評量方式 | 1.出席率30%<br>2.期中測試30%<br>3.期末測試30%<br>4.羽球常識10% | Grading | 1.Attendance 30%<br>2.Mid-term 30%<br>3.Final 30%<br>4.badminton general sense 10% |
| 教師網頁 | | | |
| 教學內容 | 1.羽球、球拍基本常識介紹。<br>2.正拍、反拍擊高遠球講解及練習。<br>3.正拍、反拍發高遠球、短平球練習。<br>4.平推球講解及練習。<br>5.殺球、切球講解及練習。<br>6.基本步法〈米字〉講解及練習。<br>7.網前球講解及練習。<br>8.單打比賽規則講解及演練。<br>9.雙打比賽規則講解及演練。<br>10.單、雙打比賽。 | Syllabus | 1.Introduction of badminton general sense.<br>2.Lectures and practice on forehand clear and long service for backhand.<br>3.Practice of forehand clear, backhand clear, and shot drive.<br>4.Lectures and practice on drives.<br>5.Lectures and practice on smash and drop.<br>6.Lectures and practice on basic steps.<br>7.Lectures and practice on net play.<br>8.Lectures and practice on rules of singles.<br>9.Lectures and practice on rules of doubles.<br>10.singles and doubles. |

尊重智慧財產權，請勿非法影印。