朝陽科技大學 096學年度第2學期教學大綱
Swimming 游泳

當期課號	0290	Course Number	0290
授課教師	羅龍飛	Instructor	,
中文課名	游泳	Course Name	Swimming
開課單位	校訂選修(日間部)	Department	
修習別	選修	Required/Elective	Elective
學分數	1	Credits	1
課程目標	1.適應水性 2.培養學生在水中求生技能 3.培養肢體動作之協調性,促進身心均衡發展	Objectives	Swimming is helpful to the human body. Besides, the whole body sport in addition physical therapy and to relax. Swimming emphasized breathing. It is like deep breath to concern a heart-lung function and swimming can improve the physique.
教材	1.動作解說分析 2.四式介紹,教學 3.水中自救之講解	Teaching Materials	1. analysis 2. introduce & teach 3.Explanations of saving oneself in the water.
成績評量方式	出席率 30% 期中測試 30% 期末測試 40%	Grading	attendace 30% Mid-term Exam. 30% Final Exam. 40%
教師網頁			
教學內容	1.適應水性 2.培養學生在水中求生技能 3.培養肢體動作之協調性,促進身心均衡發展	Syllabus	1.Equipping students with the knowledge and adaptability with respect to the nature of <a href and easiness in water 2students to get the skills to keep alive in water 3.Enabling students to coordinate limbs'movements and keep parallel development in both physical body and mental state.

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