

**朝陽科技大學 096學年度第2學期教學大綱**  
**Basic Physical Education 基礎體育**

<b>當期課號</b>	3712	<b>Course Number</b>	3712
<b>授課教師</b>	林聰哲	<b>Instructor</b>	LIN,TSANG JER
<b>中文課名</b>	基礎體育	<b>Course Name</b>	Basic Physical Education
<b>開課單位</b>	校訂必修(四進)	<b>Department</b>	
<b>修習別</b>	必修	<b>Required/Elective</b>	Required
<b>學分數</b>	0	<b>Credits</b>	0
<b>課程目標</b>	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、	<b>Objectives</b>	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.
<b>教材</b>	動作介紹、解脫、動作示範與觀察法	<b>Teaching Materials</b>	Introduction to moves, explanation, demonstration of model moves and ways of observing
<b>成績評量方式</b>	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%	<b>Grading</b>	Participation 30% Mid-term Exam. 30% Final Exam. 40%
<b>教師網頁</b>	-		
<b>教學內容</b>	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之運動之習慣	<b>Syllabus</b>	The juniors and seniors can choose their favorite sports according to their likes after getting the knowledge of doing warming-up exercises, how to keep enough physical strength for female students to run a 800m. race and male students, a 600m.race, and obtaining basic concepts of making basic moves.

尊重智慧財產權，請勿非法影印。