# 朝陽科技大學 096學年度第2學期教學大綱
# Yoga Pilates 瑜珈提斯

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| **當期課號** | 9029 | **Course Number** | 9029 |
| **授課教師** | 賴金模 | **Instructor** | LAY,JIN MO |
| **中文課名** | 瑜珈提斯 | **Course Name** | Yoga Pilates |
| **開課單位** | 選項體育課群(進) | **Department** | |
| **修習別** | 選擇必修 | **Required/Elective** | Sports Elective |
| **學分數** | 0 | **Credits** | 0 |
| **課程目標** | 以帕坦加利的瑜珈八支功法：持戒、精進、體位法、調息、攝心、專心、冥想、三摩地；結合喬瑟夫•彼拉提斯所綜合古希臘，羅馬等東西方的養生運動，配合柔和的音樂，使身心靈和諧安康，進而強身健體美化生活。重視脊椎及核心肌群的?定性，強化肌力、平衡感、及柔軟度，且兼具舒緩壓力和塑身之效果。 | **Objectives** | At Core Pilates Health, east and west finally meet in the combination of Pathanjali's eight limbs (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhayana, and Samadhi) with Joseph Pilates' method of integrated ancient Greek and Roman classic regimens. In the fine tuning of soothing music, Core Pilates Health builds your physical fitness and elevates your life into a harmonious integration of body, mind and soul. |
| **教材** | 一.鬆身舒筋法<br>二.瑜珈體位法<br>三.靜坐冥想 | **Teaching Materials** | 一.relax extend style<br>二.Asana<br>三.Meditaion |
| **成績評量方式** | 出席率 30%<br>期中考 30%<br>期末考 40% | **Grading** | attendance 30%<br>mid-term 30%<br>finall 40% |
| **教師網頁** | | | |
| **教學內容** | 1.動作分析<br>2. 動作示範<br>3. 整體教導.分組教學 | **Syllabus** | 1.motion analyze<br>2.demonstrate motion<br>3.group into teach ; the whole teach |

尊重智慧財產權，請勿非法影印。