朝陽科技大學 097學年度第2學期教學大綱
yoga 瑜珈

當期課號	0013	Course Number	0013
授課教師	林聰哲	Instructor	LIN,TSANG JER
中文課名	瑜珈	Course Name	yoga
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	以(yoga)伸展導引等體位法入法,結合音樂等的共鳴與身心靈的共振作用,強化體能,淨化心靈,美化生活.	Objectives	Students of Yoga practice it by means of doing some bodily exercises like stretching to introduce their bodies to start the whole yoga program. At the same time, they listen to some pieces of harmonious music to help them reach an exalted state of peace and harmony among bodies, minds, and souls. And the purpose is to help them strengthen bodies, purify souls, and create a beautiful life.
教材	身體.軟墊	Teaching Materials	the body、an ottoman
成績評量方式	出席率 30% 期中考 30% 期末考 40%	Grading	attendance 30% mid-term 30% finall 40%
教師網頁	_		
教學內容	一.鬆身舒筋法1.金剛坐法 6.拜日式 2.左顧右盼 7.雲手磨鏡 3.左右逢源 8.鴛鴦相會 4.翻江倒海 9.大鵬展翅 5.俯仰無愧 10.人休息式 二.瑜珈體位式 三.伸展拉筋法	Syllabus	一.relax extend style 1.jin gang sit style 2.to glance right and left 3.to gain adrantage both sides 4.the river and pset 二.yoga sytle 三.

尊重智慧財產權，請勿非法影印。