朝陽科技大學 097學年度第2學期教學大綱
Aerobic 有氧舞蹈

當期課號	0034	Course Number	0034
授課教師	郎秀玲	Instructor	CANG,HSIU LING
中文課名	有氧舞蹈	Course Name	Aerobic
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	有氧舞蹈是有氧運動的一種。有氧運動必須符合以下的條件：運動要持續十五至廿分鐘，一定要使大肌肉群（像大腿肌、胸肌、腹肌等）有足夠的運動強度，有氧舞蹈不但可以解除身心方面的壓力，還可以健身健美，有助於健康。	Objectives	Aerobic dancing is a form of aerobic exercises. Aerobics must have these physical requirements satisfied: Aerobic exercises have to be done consecutively for 15 minutes to 20 minutes, and have groups of large muscles like leg muscles, chest muscles, belly muscles, and so on, stretched with certain strength. In addition, aerobic dancing cannot only relieve bodily and spiritual pressure but keep body in shape and healthy.
教材	哨子、籃球、排球、桌球、羽球球拍、網球球拍之實地演練	Teaching Materials	
成績評量方式	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%	Grading	Participation 30% Mid-term Exam. 30% Final Exam. 40%
教師網頁	_		
教學內容	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運動之習慣	Syllabus	The juniors and seniors can choose their favorite sports according to their likes after getting the knowledge of doing warm-up exercises, how to keep the basic physical strength for female students'800m and male students'1600m, and obtaining basic concepts of doing foundmental moves.

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