朝陽科技大學 097學年度第2學期教學大綱
tai-chi and health 養生太極：太極、瑜珈

當期課號	1466	Course Number	1466
授課教師	張君如	Instructor	CHANG,CHUN JU
中文課名	養生太極：太極、瑜珈	Course Name	tai-chi and health
開課單位	休閒事業管理系(四日)一A	Department	
修習別	選修	Required/Elective	Elective
學分數	2	Credits	2
課程目標	1. 瞭解養生太極與健康促進的關係 2. 瞭解養生太極的原理 3. 熟悉養生太極的套路	Objectives	1. To understand the relationship between Tai Chi and health promotion 2. To understand the principle of Tai Chi 3. Be able to practice one completed form of Tai Chi
教材	Crider, D. A. & Klinger, W. R. (2001). Stretch your mind and body: Tai Chi as an adaptive activity. State College, PA: Venture Publishing, Inc.	Teaching Materials	Crider, D. A. & Klinger, W. R. (2001). Stretch your mind and body: Tai Chi as an adaptive activity. State College, PA: Venture Publishing, Inc.
成績評量方式	平時成績: ３０％ 術科考試: ３０％ 社區教學服務:２０％ 期末心得報告:２０％	Grading	attendance and participation : 30% practical test: 30 ｃｏｍｍｕｎｉｔｙ　servvices:2０％ ｒｅｐｏｒｔ：20％
教師網頁	www.cyut.edu.tw/~andylai		
教學內容	1.個人身體健康與健康適能 2.練習太極的效益 3.評估參與者的身體狀況 4.練習太極的原則與注意事項 5.太極與健康適能 6.伸展與靈活性（彈性） 7.太極暖身操 8.太極拳練習	Syllabus	1.Personal health and wellness 2.Advantages and benefits of practicing Tai Chi 3.Assessment of participant's physical conditioning 4.Principle of practicing Tai Chi 5.Tai Chi and wellness 6.Stretching and Flexibility 7.Tai Chi warm-up 8.Tai Chi form practice

尊重智慧財產權，請勿非法影印。