朝陽科技大學 098學年度第1學期教學大綱
yoga 瑜珈

當期課號	0031	**Course Number**	0031
授課教師	楊士欣	**Instructor**	YANG,SHIH HSIN
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	音響.麥克風.錄音帶.CD	**Teaching Materials**	sound,a microphone,tape-recording
成績評量方式	成績評量方式 出席30% 期中30% 期末40%	**Grading**	Participation 30% Mid-term Exam. 30% Final Exam. 40%
教師網頁	_		
教學內容	1.認識有氧舞蹈類型(低-高衝擊,階梯踏板,拳擊有氧) 2.肢體功能不同表現 3.節奏練習 4 音樂配合	**Syllabus**	1.Introduction to arebic dancing styles (Hi-Lo, Step, Teibo) 2.Various expressions of limbs function 3.Exercises of rhythmic movement 4.Dancing to the music

尊重智慧財產權，請勿非法影印。