# 朝陽科技大學 098學年度第1學期教學大綱
# Body Sculpt 身材雕塑

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| **當期課號** | 1488 | **Course Number** | 1488 |
| **授課教師** | 陳人維 | **Instructor** | CHEN,JEN WEI |
| **中文課名** | 身材雕塑 | **Course Name** | Body Sculpt |
| **開課單位** | 休閒事業管理系(四日)二A | **Department** | |
| **修習別** | 選修 | **Required/Elective** | Elective |
| **學分數** | 2 | **Credits** | 2 |
| **課程目標** | 一 結合運動健康理論與有氧運動的實務操作,幫助學生雕塑美好體態與建立有氧健康概念。<br><br>二、建立營養健康與活力養生的飲食觀念, 從改變飲食習慣的全新健康生活塑身，讓學生動得健康也要吃得健康。 | **Objectives** | 1.Combining the health theories with aerobic exercising to help students stay fit and build up the concept of aerobic health.<br>2.Building up the concept of nutritious food and healthy eating for students to improve their eating habits in a healthy way. |
| **教材** | 自編講義教材與網路資源應用。 | **Teaching Materials** | Handout from teacher. |
| **成績評量方式** | 一、學習態度與出席率 30%<br>二、期中考試 30%<br>三、身材雕塑課程相關實務操作表現 40% | **Grading** | 1.Learning attitude and practice:30%<br>2.Midterm Examination:30%<br>2.Performance of body sculpt behavior: 40% |
| **教師網頁** | _ | | |
| **教學內容** | 一、認識自我身體,開立個人身材雕塑處方<br>二、靜態伸展操,學習身心靈放鬆與平衡<br>三、塑身活力養生餐教學與實作<br>四、有氧運動健健美 | **Syllabus** | 1. To acquaint with our bodies and make a prescription for body sculpt.<br>2. Learning static stretching to relax the body and to keep a mental balance.<br>3. Teaching how to cook a meal stay fit and vital.<br>4. Aerobic dancing for beauty. |

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