

朝陽科技大學 098學年度第2學期教學大綱  
Volley ball 排球

|        |  |                    |  |
|--------|--|--------------------|--|
| 當期課號   | 0039   | Course Number      | 0039   |
| 授課教師   | 林宛諭  | Instructor         | LIN,WAN YU   |
| 中文課名   | 排球   | Course Name        | Volley ball  |
| 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   | 挑戰自我彈性與耐力性的運動，並且培養彼此默契的運動，兩隊(雙方)對抗，用手擊球過網以決勝負的球類運動。它不但是在球場上進行技術、體力、智力與心理等各方面的較量；其技術的層面對比賽結果的影響最為顯著，排球運動中的技術繁多，包括發球、傳接球、拳球、扣球、攔網、 | Objectives         | Course description: A sport with the challenge of self-elasticity and endurance. It is an exercise among 2 teams that scored by hitting the ball with hands cross the net; it develops the tacit agreement among teammates. Volleyball is a competition not only among the strategies, but also among physical strength, intelligence, and psychology. There are lots of volleyball strategies that have distinct influence on the result of a competition. Volleyball strategies include serving a ball, passing a ball, hitting a ball, knotting a ball, blocking, defense, etc. |
| 教材     | 排球、排球場、哨子  | Teaching Materials | Volleyball、a volleyball court  |
| 成績評量方式 | 期中考30%<br>期末考30%<br>平時成績40%  | Grading            | mid-test 30%<br>final-test 30%<br>ordinarily accomplishment 40%  |
| 教師網頁   | -  |                    |  |
| 教學內容   | 1.排球史、規則介紹<br>2.發球、低手傳球、高手傳球<br>3.舉球扣殺<br>4.快攻、長攻練習<br>5.攔網、救球練習   | Syllabus           | 1.introduce volleyball history & rules<br>2.serve a ball an underhand pass & master-hand<br>3.raise ball to smash<br>4.swift smash & long attack<br>5.practice to block and rescue ball  |

尊重智慧財產權，請勿非法影印。