朝陽科技大學 098學年度第2學期教學大綱
Sports Elective 選項體育

當期課號	9010	Course Number	9010
授課教師	邱靖華	Instructor	Chiu,Ching Hua
中文課名	選項體育	Course Name	Sports Elective
開課單位	選項體育課群(進)	Department	
修習別	選擇必修	Required/Elective	Sports Elective
學分數	1	Credits	1
課程目標	(一)瞭解體育課程的意義、功能及方法，並能運用於日常生活中。 (二)具備良好運動能力，表現運動技能，發展身體活動。 (三)做到定期定量運動，執行終身運動計畫，增進身體適應能力。 (四)發揮運動精神，培養良好品德，並表現符合社會規範之行爲。 (五)實踐力行體育理念，享受運動樂趣，促進身心均衡發展。	Objectives	The goals of this class are as follows: 1. To understand the significance, functions and methods of physical education in order to apply them in daily life. 2. To be equipped with nice sports skills and work-out techniques to develop physical activities. 3. To make a plan for exercise based on a regular time schedule and perform it in lifetime to increase the physical ability. 4. To develop sportsmanship, cultivate good behavior, and perform the behavior that comply with social norm. 5. To put physical education into practice, enjoy the pleasure of sports, and promote the balanced development of body and mind.
教材	動作介紹、解脫、動作示範與觀察法	Teaching Materials	Introduction to moves, explanation, demonstration of model moves, and ways of observation
成績評量方式	出席率30% 體適能檢測（前測）20% 期中測試基本體能20% 期末測試基本體能與球類運動30%	Grading	attendace 30% Physical fitness test 20% Mid-term Exam 20% Final Exam 30%
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,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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