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	9011	Course Number	9011
授課教師	賴金模	Instructor	LAY,JIN MO
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	身體.軟墊	Teaching Materials	the body、an ottoman
成績評量方式	出席率 30% 期中考 30% 期末考 40%	Grading	attendance 30% mid-term 30% finall 40%
教師網頁			
教學內容	一.鬆身舒筋法1.金剛坐法 6.拜日式 2.左顧右盼 7.雲手磨鏡 3.左右逢源 8.鴛鴦相會 4.翻江倒海 9.大鵬展翅 5.俯仰無愧 10.人休息式 二.瑜珈體位式 三.伸展拉筋法	Syllabus	一.relax extend style 1.jin gang sit style 2.to glance right and left 3.to gain adrantage both sides 4.the river and pset 二.yoga sytle 三.

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