朝陽科技大學 099學年度第1學期教學大綱
Aerobic 有氧舞蹈

當期課號	0003	**Course Number**	0003
授課教師	林承鋒	**Instructor**	LIN,CHENG FENG
中文課名	有氧舞蹈	**Course Name**	Aerobic
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	1	**Credits**	1
課程目標	有氧舞蹈是有氧運動的一種。有氧運動必須符合以下的條件：運動要持續十五至廿分鐘，一定要使大肌肉群（像大腿肌、胸肌、腹肌等）有足夠的運動強度，有氧舞蹈不但可以解除身心方面的壓力，還可以健身健美，有助於健康。	**Objectives**	Aerobic dancing is a form of aerobic exercises. Aerobics must have these physical requirements satisfied: Aerobic exercises have to be done consecutively for 15 minutes to 20 minutes, and have groups of large muscles like leg muscles, chest muscles, belly muscles, and so on, stretched with certain strength. In addition, aerobic dancing cannot only relieve bodily and spiritual pressure but keep body in shape and healthy.
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（後測）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基礎概念後在三、四年級根據自己興趣做選項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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