# 朝陽科技大學 099學年度第1學期教學大綱
## Kungfu 防身術

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| 當期課號 | 0008 | Course Number | 0008 |
| 授課教師 | 許吉越 | Instructor | HSU,CHI YUEH |
| 中文課名 | 防身術 | Course Name | Kungfu |
| 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 | 防身術課程主要透過身體活動，讓學生的身體適能(physical fitness)得到全面性的提昇，並經過摔打、擊踢、擒拿等動作學習，使學生瞭解技擊的動作技能，以達到強身、防禦自己的目的，進而增進學生的禮儀及人際關係的互動，從課程中促進學生瞭解運動對身體的益處，使學生能養成 | Objectives | The curriculum can make the completely promotion of student' physical fitness mainly through the physical activities. By learning the actions of stumbling, hitting, kicking, and arresting can let students know the action skills of attacking and to achieve the goals of making them strong and protecting themselves. Moreover, it can promote students manners and the interaction of human relationship and urge students know the benefits of physical health that exercises make and let students be able to cultivate the habits of taking exercises during their lifetime. |
| 教材 | 錄影帶機、電視、音樂、影帶 | Teaching Materials | Video rental a machine、TV、music、a shadow belt |
| 成績評量方式 | 出席率30%<br>期中測試30%<br>期末測試40% | Grading | midterm-30%<br>final-30%<br>class participation activities, homework 40% |
| 教師網頁 | | | |
| 教學內容 | 1.了解防身的基本概念及應用<br>2.護身倒法<br>3.徒手摔技<br>4.擒拿<br>5.旋踢、前踢、後踢下壓<br>6.臨急情況之反應處理 | Syllabus | 1.To help student to gain self-defence definition and apphication<br>2.Ukemi<br>3.unarmed to tumble skill<br>4.wrestling<br>5.whirl to kick & front to kick & behind kick to press<br>6.cope with urgent a reaction |

尊重智慧財產權，請勿非法影印。