朝陽科技大學 099學年度第1學期教學大綱
Tennis 網球

當期課號	0030	**Course Number**	0030
授課教師	林朝琴	**Instructor**	LIN,TSAO CHYI
中文課名	網球	**Course Name**	Tennis
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	拋開年齡與性別且可做爲終生的休閒活動。提昇技術與培禮儀的養成，以利將來畢業後能掌握良好的人際關係。沒有身體接觸且能在運動場上盡情揮舞之運動，使人心情舒暢，是極富社教和娛樂價值的運動它不受運動年齡、性別的限制影響，動作高尚雅緻，而運動中千變萬化，能使人一拍在手，享受無窮的樂趣。	**Objectives**	Course description: Regardless of age or sex, tennis is a leisure activity for the whole life. Through the improvement of skills and the formation of courtesy in the tennis courses, students can built a better relationship with people after graduating from school. Tennis is an exercise that people can enjoy themselves to the full in the sport field without body touches. It is filled with social education and value of entertainment. There is no limitation of age or sex for playing tennis. With delicate and ever changing actions, people enjoy the endless pleasure of holding the tennis racket at the hand.
教材	網球、網球拍、實地演練	**Teaching Materials**	Tennis、a racket、On-the-spot drill.
成績評量方式	出席率 30% 期中測試 30% 期末則試 40%	**Grading**	attendace 30% mid-test 30% final-test 40%
教師網頁			
教學內容	1、正、反拍動作加強方向準確性 2、腳步、重心力道之使用 3、發球、接發球、上網截擊 4、規則講解、單雙打練習實戰	**Syllabus**	1.forehand & backhand practice 2.The use of center of gravity and weight. 3.serre & stroke ball 4.rules introduce; single & bouble game practice

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