

朝陽科技大學 099學年度第1學期教學大綱  
Basic Physical Education 基礎體育

|        |  |                    |   |
|--------|--|--------------------|---|
| 當期課號   | 3066   | Course Number      | 3066  |
| 授課教師   | 張弘一  | Instructor         | ,   |
| 中文課名   | 基礎體育   | Course Name        | Basic Physical Education  |
| 開課單位   | 校訂必修(四進)   | Department         |   |
| 修習別    | 必修   | Required/Elective  | Required  |
| 學分數    | 0  | Credits            | 0   |
| 課程目標   | 藉以鍛鍊健全身心，促進均衡發展，培養運動道德，發揚團隊精神，增進體育新知，養成運動習慣，瞭解運動方法，提昇運動水準，培養運動興趣，充實休閒生活，建立終身運動習慣，欣賞運動美感，促進身心均衡發展。主要內容-田徑、體操、武術、球類、體適能、體育知識、水上運動、 | Objectives         | For the training body and mind purpose, promote balanced development, cultivate sport morality, enhance cooperated spirit, increase sport knowledge, to form a sport habit, understand sport ways, improve sport standard, cultivate sport interests, substantial leisure time, and establish lifelong sport habit. |
| 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<br>期中測試基本體能30%<br>期末測試基本體能與球類運動40%   | Grading            | attendace 30%<br>Mid-term Exam. 30%<br>Final Exam. 40%  |
| 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.                        |

尊重智慧財產權，請勿非法影印。