# 朝陽科技大學 099學年度第2學期教學大綱
# Volley ball 排球

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| **當期課號** | 0025 | **Course Number** | 0025 |
| **授課教師** | 林宛諭 | **Instructor** | LIN,WAN YU |
| **中文課名** | 排球 | **Course Name** | Volley ball |
| **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** | 挑戰自我彈性與耐力性的運動，並且培養彼此默契的運動，兩隊(雙方)對抗，用手擊球過網以決勝負的球類運動。它不但是在球場上進行技術、體力、智力與心理等各方面的較量；其技術的層面對比賽結果的影響最爲顯著，排球運動中的技術繁多，包括發球、傳接球、拳球、扣球、攔網、 | **Objectives** | Course description: A sport with the challenge of self-elasticity and endurance. It is an exercise among 2 teams that scored by hitting the ball with hands cross the net; it develops the tacit agreement among teammates. Volleyball is a competition not only among the strategies, but also among physical strength, intelligence, and psychology. There are lots of volleyball strategies that have distinct influence on the result of a competition. Volleyball strategies include serving a ball, passing a ball, hitting a ball, knotting a ball, blocking, defense, etc. |
| **教材** | 排球、排球場、哨子 | **Teaching Materials** | Volleyball、a volleyball court |
| **成績評量方式** | 期中考30%<br>期末考30%<br>平時成績40% | **Grading** | mid-test 30%<br>final-test 30%<br>ordinarily accomplishment 40% |
| **教師網頁** | | | |
| **教學內容** | 1.排球史、規則介紹<br>2.發球、低手傳球、高手傳球<br>3.舉球扣殺<br>4.快攻、長攻練習<br>5.攔網、救球練習 | **Syllabus** | 1.introduce volleyball history & rules<br>2.serve a ball an underhand pass & master-hand<br>3.raise ball to smash<br>4.swift smash & long attack<br>5.practice to block and rescue ball |

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