朝陽科技大學 099學年度第2學期教學大綱
Volley ball 排球

當期課號	0029	Course Number	0029
授課教師	李世顯	Instructor	Lee,Chin Hsien
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	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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