

100-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	健康體適能管理	Serial No. / ID	1746 / BSM4031
Dept.	運動事業管理學系	School System / Class	大學日間部4年1班
Lecturer	黃娟娟	Full or Part-time	專任
Required / Credit	Required / 3	Graduate Class	Yes
Time / Place	(四)234 / B503	Language	Chinese

Introduction
To be able to recall all the instruction principles and follow correct teaching practices
To be able to obtain sports instruction and coaching licenses
To be able to plan and execute sports and leisure activities

Outline
1. Physical Fitness and Wellness
2. Behavior Modification
3. Nutrition Wellness
4. Body Composition Assessment
5. Weight Management
6. Cardiorespiratory Endurance
7. Muscular Strength and Endurance
8. Muscular Flexibility
9. Midterm
10. Skill-Related and Comprehensive Fitness Programming
11. Stress Assessment and Management Techniques
12. Preventing Cardiovascular Disease
13. Cancer Risk Management
14. Addictive Behaviors and wellness
15. Kinesiology Strength - Endurance Continuum Fundamental Movement From the Anatomical Position and Flexibility
16. Instructor Attributes and Skills
17. Instructor Attributes and Skills
18. Final

Prerequisite
NA