

100-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	運動健康管理實務-游泳	Serial No. / ID	1807 / BSM4035
Dept.	運動事業管理學系	School System / Class	大學日間部1年2班
Lecturer	許立宏	Full or Part-time	專任
Required / Credit	Optinal / 2	Graduate Class	No
Time / Place	(四)56 / a	Language	Chinese

Introduction
<ol style="list-style-type: none">1. To be able to swim at least 25meters2. To stress theory and practice3. To learn how to teach4. To obtain relevant swimming licenses

Outline
<ol style="list-style-type: none">1. Introduction2. Safety issues in swimming3. Teaching/ Training issues on land4. Teaching/ Training issues in water5. Free style: 10M6. Free style: 20M7. Free style: 25M <p>mid term exam</p> <ol style="list-style-type: none">8. Weight training I; outdoor visiting9. Weiht training II10. Breastroke 10M, Free 30M11. Breastroke 20M, Free 40M12. Breastroke 30M, Free 50M13. Breastroke 40M, Free 50M14. Breastroke 50M, Free 50M15. Overview <p>Final exam</p>

Prerequisite
無