

100-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	運動健康管理實務-游泳	Serial No. / ID	1808 / BSM4035
Dept.	運動事業管理學系	School System / Class	大學日間部2年1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 25meters 2. To stress theory and practice 3. To learn how to teach 4. To obtain relevant swimming licenses

Outline
<ol style="list-style-type: none"> 1. Introduction 2. Safety issues in swimming 3. Teaching/ Training issues on land 4. Teaching/ Training issues in water 5. Free style: 10M 6. Free style: 20M 7. Free style: 25M mid term exam 8. Weight training I; outdoor visiting 9. Weiht training II 10. Breastroke 10M, Free 30M 11. Breastroke 20M, Free 40M 12. Breastroke 30M, Free 50M 13. Breastroke 40M, Free 50M 14. Breastroke 50M, Free 50M 15. Overview Final exam

Prerequisite
無