

100-1 Preliminary Syllabus, Da-Yeh Univ

| Information | | | |
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| Title | 運動健康管理實務-游泳 | Serial No. / ID | 1809 / BSM4035 |
| Dept. | 運動事業管理學系 | School System / Class | 大學日間部2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 |
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| <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 |
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| <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 |
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| 無 |