

# 100-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	運動健康管理實務-游泳	Serial No. / ID	1810 / BSM4035
Dept.	運動事業管理學系	School System / Class	大學日間部4年1班
Lecturer	許立宏	Full or Part-time	專任
Required / Credit	Optinal / 2	Graduate Class	Yes
Time / Place	(四)56 / a	Language	Chinese

Introduction
<ol style="list-style-type: none"><li>1. To be able to swim at least 25meters</li><li>2. To stress theory and practice</li><li>3. To learn how to teach</li><li>4. To obtain relevant swimming licenses</li></ol>

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

Prerequisite
無