

100-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	運動健康管理實務-舞蹈	Serial No. / ID	1815 / BSM4036
Dept.	運動事業管理學系	School System / Class	大學日間部4年1班
Lecturer	陳南琦	Full or Part-time	專任
Required / Credit	Optinal / 2	Graduate Class	Yes
Time / Place	(四)56 / K108	Language	Chinese

Introduction
This course mainly introduces the diversity and interest of Aerobic dance. Based on the guideline of American sport medicine association, we advise students how to cooperate prior design or free movements or dance steps with various music tempos for exercising in order to enhance body and mind adjustability and develop leisure sport abilities and interests.

Outline
Let students do various steps, techniques and choreography.

Prerequisite
Concept of physical fitness