

100-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	體育一(上)E3	Serial No. / ID	2106 / CDC7703
Dept.	共同教學中心	School System / Class	大學日間部8年1班
Lecturer	賴永僚	Full or Part-time	專任
Required / Credit	Required / 1	Graduate Class	NO
Time / Place	(三)12 / K309	Language	Chinese

Introduction
<p>一、 Increase in student ' s tennis and pingpong cognitive concept, prompting students to rise to the motivation of learning</p> <p>二、 Through the fun of learning technique, allowing students to develop a legitimate leisure activity.</p> <p>三、 Through the fun of learning and achieve the purpose of the exercise to enhance their physical fitness and athletic ability</p>

Outline
<p>一、 Tennis</p> <p>(一) The origin of tennis and in the domestic and foreign trends</p> <p>(二) Introduce the development of tennis equipment and materials</p> <p>(三) Introduce the characteristics of different materials of tennis courts</p> <p>(四) Grip and basic technique Introduction</p> <p>(五) Introduction of rules of the game is designed to allow students to understand the basic etiquette of tennis and competition processes</p> <p>二、 pingpong</p> <p>(一) The origin of pingpong and in the domestic and foreign trends</p> <p>(二) Introduction of the pingpong equipment, materials and courts</p> <p>(三) Grip and basic technique Introduction</p> <p>(四) Introduction of rules of the game is designed to allow students to understand the basic etiquette of pingpong and competition processes</p>

Prerequisite
Healthy body.