

100-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	體育一(上)E30	Serial No. / ID	2133 / CDC7730
Dept.	共同教學中心	School System / Class	大學日間部8年1班
Lecturer	許弘毅	Full or Part-time	專任
Required / Credit	Required / 1	Graduate Class	NO
Time / Place	(五)34 / K309	Language	Chinese

Introduction
<p>一、 Increase in student ' s tennis and golf 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>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、 Golf</p> <p>(一) The origin of golf and in the domestic and foreign trends</p> <p>(二) Introduction of the golf equipment, materials and courts</p> <p>(三) Grip and swing technique introduction</p> <p>(四) Putter technique introduction</p>



Prerequisite
Healthy body