

100-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	體育一(上)E40	Serial No. / ID	2143 / CDC7740
Dept.	共同教學中心	School System / Class	大學日間部8年1班
Lecturer	陳培季	Full or Part-time	兼任
Required / Credit	Required / 1	Graduate Class	NO
Time / Place	(五)78 / K309	Language	Chinese

Introduction
一 self defense
二 Raise sense of justice
三 Study team spirit
四 Raise movement leisure custom

Outline
1 Forward roll.backward roll
2 Joint control
3 ball catch training
4 Swing training

Prerequisite
NO