

100-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	韻律舞h1	Serial No. / ID	3078 / CDC3374
Dept.	共同教學中心	School System / Class	大學日間部8年4班
Lecturer	黃娟娟	Full or Part-time	專任
Required / Credit	Optinal / 1	Graduate Class	Yes
Time / Place	(三)56 / K309	Language	Chinese

Introduction
Intermediate aerobic dance is one of the athletic sports, full of variety and fun. It is Composed of different impact movements ,tempo and tools for increasing physical fitness.

Outline
<ol style="list-style-type: none">1. To provide students with the understanding of a safe and effective aerobic workout.2. To identify and understand the many health related benefits of proper nutrition and aerobic exercise.3. To learn the primary muscle groups used to perform specific.4. The combination of basic aerobic dance movement.5. Low-Impact Aerobic Dance and High Impact Aerobic Dance.6. Physical fitness Teaching and Training.

Prerequisite
Basic aerobic dance steps