

100-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	養生休閒運動	Serial No. / ID	1646 / BSR5051
Dept.	運動事業管理學系碩士班	School System / Class	研究所碩士班2年1班
Lecturer	李城忠	Full or Part-time	專任
Required / Credit	Optinal / 3	Graduate Class	Yes
Time / Place	(六)567 /	Language	Chinese

Introduction
<ol style="list-style-type: none"> 1. understand the health leisure expertise 2. skilled health re c r e a t e i o n a l sports skills (including Traditional Chinese Health Qigong massage techniques and movement skills)

Outline
<ol style="list-style-type: none"> 1. Chinese Philosophy of Health Preservation 2. Renduermo 3.12 Meridian (above) 4.12 meridian (below) 5.12 Meridian boxing (I) 6.12 Meridian fist (down) 7. Sanhe boxing 8. school health education campaign 9. Midterm 10. pubes the use of gas 11. on the pubic region to practice qi 12. in the pubic region to practice qi 13. the pubic region to practice qi 14. The use of ankle massage 15. External Service Learning (a) 16. External Service Learning (II) 17. External Service Learning (c) 18. Final Exam

Prerequisite
No Prerequisites