

# 100-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	健康體適能	Serial No. / ID	2166 / RMB2015
Dept.	休閒事業管理學系	School System / Class	進修學士班2年1班
Lecturer	林淑芬	Full or Part-time	專任
Required / Credit	Optinal / 3	Graduate Class	No
Time / Place	(四)BCD / B309	Language	Chinese

Introduction
a.familiar with physical fitness and personal relationship between holistic health. b.assess their health-related fitness five elements. c.to establish a good diet and weight control program. d.aware of personalized exercise pre s c r i p t ion. e.learning behavior change techniques, the behavior of health, a healthy quality of life.

Outline
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Prerequisite
implicit to told