

100-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	運動健康管理實務-田徑	Serial No. / ID	2495 / BSM2029
Dept.	運動事業管理學系	School System / Class	大學日間部1年1班
Lecturer	張志銘	Full or Part-time	專任
Required / Credit	Optinal / 2	Graduate Class	No
Time / Place	(五)56 / B501	Language	Chinese

Introduction
First, students learn about track and field Second, learning techniques and skills track and field Third, athletic ability and skills to enable students to progress more

Outline
A History of Track and Field Second, the short distance running (100,200,400) Third, in the long run (800,1600) Fourth, long-distance running (3000,5000,10000) Fifth, the Ministry of items jump Six, throwing events Seven, seven sports (three, five) Eight, 10 sports

Prerequisite
A body without physical disabilities to be healthy