

100-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	體育一(下)F3	Serial No. / ID	2568 / CDC7753
Dept.	共同教學中心	School System / Class	大學日間部8年1班
Lecturer	賴永僚	Full or Part-time	專任
Required / Credit	Required / 1	Graduate Class	NO
Time / Place	(三)12 / K309	Language	Chinese

Introduction

The primary purposes of this class emphasize on the training of students basic fitness and to realize the characteristics of physical activities, Besides, students can also cultivate basic abilities of all kinds of sports.

Outline

- 1.basic fitness training
- 2.basic training of all kinds of sports
- 3.bsaic concepts of sports and health

Prerequisite

None