

100-2 Preliminary Syllabus, Da-Yeh Univ

| Information | | | |
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| Title | 體育一(下)F9 | Serial No. / ID | 2575 / CDC7759 |
| Dept. | 共同教學中心 | School System / Class | 大學日間部8年1班 |
| Lecturer | 賴永成 | Full or Part-time | 專任 |
| Required / Credit | Required / 1 | Graduate Class | NO |
| Time / Place | (三)34 / 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