

# 100-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	體育二下:有氧舞蹈F2	Serial No. / ID	2625 / CDC1468
Dept.	共同教學中心	School System / Class	大學日間部8年2班
Lecturer	陳南琦	Full or Part-time	專任
Required / Credit	Required / 0	Graduate Class	NO
Time / Place	(一)34 / K309	Language	Chinese

## Introduction

The class design of Aerobic Dance is based on the theory of Health-related Physical Fitness. It lets the movements of human body go with continuous and rhythmical music. Aerobic Dance is a kind of total body exercise, while aims to improve cardiopulmonary fitness, muscle fitness, flexibility and body composition.

## Outline

- a. Students will be able to recognize Aerobic Dance and Health-related Physical Fitness.
- b. Let students do various steps, techniques and choreography.

## Prerequisite

cardiopulmonary fitness, muscle fitness, flexibility