

100-2 Preliminary Syllabus, Da-Yeh Univ

| Information | | | |
|-------------------|--------------|-----------------------|----------------|
| Title | 體育二下:有氧舞蹈F3 | Serial No. / ID | 2639 / CDC1469 |
| 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 | (二)12 / K309 | Language | Chinese |

| Introduction |
|---|
| <p>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.</p> |

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

| Prerequisite |
|--|
| cardiopulmonary fitness, muscle fitness, flexibility |