

101-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	運動訓練原則和練習	Serial No. / ID	1964 / BSM2026
Dept.	運動事業管理學系	School System / Class	大學日間部3年1班
Lecturer	黃娟娟	Full or Part-time	專任
Required / Credit	Required / 3	Graduate Class	No
Time / Place	(一)34 / B501 (四)1 / B501	Language	Chinese

Introduction
<ol style="list-style-type: none"> 1.To be able to resolve some general management issues 2.To be able to recall all the instruction principles 3.To be able to follow correct teaching practices 4.To be able to obtain sports instruction and coaching licenses

Outline
<ol style="list-style-type: none"> 1. Foundations of Group and Personal Exercise Certification Course 2. The Cardiorespiratory System and Energy Production 3. The Cardiovascular System 4. Anatomy of the Heart 5. Cardiovascular Response to Exercise 6. Blood Pressure Response to Exercise 7. Maximal Oxygen Consumption (VO₂ Max) 8. Cardiovascular 心血管 Training Guidelines 9. 10. Training Progression Cardiorespiratory Training Adaptations 11. Energy Systems 12. The Neuromuscular 神經肌 System 13. Muscle Fiber Types 14. Types of Muscle Contraction 15. Biomechanics and Applied Kinesiology Strength - Endurance Continuum Fundamental Movement From the Anatomical Position and Flexibility 16. Instructor Attributes and Skills 17. Instructor Attributes and Skills 18.

Prerequisite
NA