

101-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	有氧舞蹈專項L1	Serial No. / ID	2583 / CDC1019
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 / 1	Graduate Class	NO
Time / Place	(二)12 / 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