

101-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	運動健康管理實務-田徑	Serial No. / ID	1648 / BSM2029
Dept.	運動事業管理學系	School System / Class	大學日間部2年2班
Lecturer	張志銘	Full or Part-time	專任
Required / Credit	Optinal / 2	Graduate Class	No
Time / Place	(五)56 /	Language	Chinese

Introduction
First, students learn about track and field Second, learning techniques and skills track and field Third, athletic ability and skills to enable students to progress more

Outline
A History of Track and Field Second, the short distance running (100,200,400) Third, in the long run (800,1600) Fourth, long-distance running (3000,5000,10000) Fifth, the Ministry of items jump Six, throwing events Seven, seven sports (three, five) Eight, 10 sports

Prerequisite
A body without physical disabilities to be healthy