

101-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	籃球實務與理論P1	Serial No. / ID	2627 / CDC6287
Dept.	共同教學中心	School System / Class	大學日間部8年3班
Lecturer	周禹廷	Full or Part-time	專任
Required / Credit	Optinal / 1	Graduate Class	NO
Time / Place	(四)56 / K309	Language	Chinese

Introduction

There were three purpose of this class:

the first was to learn the philosophy of basketball, the second was to learn the correct practice method for basketball skill, the third was to improve the heath of students.

Outline

chapter 1-practice basic offensive and deffensive skills.

chapter 2-practice 5 on 5 offensive skills.

chapter 3-practice 5 on 5 deffensive skills.

Prerequisite

Students should be equipped with two basic competence:

the first was basic offensive skills.

the secend was basic deffensive skills.