

101-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	進修-大一體育(下)F4	Serial No. / ID	2632 / CDC3069
Dept.	共同教學中心	School System / Class	進修學士班8年1班
Lecturer	周禹廷	Full or Part-time	專任
Required / Credit	Required / 2	Graduate Class	NO
Time / Place	(一)CD / K309	Language	Chinese

Introduction

The primary purposes of this class emphasize on the training of students basic fitness and to realize the characteristics of physical activities, Besides, students can also cultivate basic abilities of all kinds of sports.

Outline

- 1.basic fitness training
- 2.basic training of all kinds of sports
- 3.bsaic concepts of sports and health

Prerequisite

None