

101-2 Preliminary Syllabus, Da-Yeh Univ

| Information | | | |
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| Title | 進修-大一體育(下)F9 | Serial No. / ID | 2644 / CDC3074 |
| Dept. | 共同教學中心 | School System / Class | 進修學士班8年1班 |
| Lecturer | 張英智 | Full or Part-time | 專任 |
| Required / Credit | Required / 2 | Graduate Class | NO |
| Time / Place | (五)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