

102-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	有氧瑜珈提斯M1	Serial No. / ID	2391 / CDC6291
Dept.	共同教學中心	School System / Class	大學日間部8年3班
Lecturer	陳南琦	Full or Part-time	專任
Required / Credit	Optinal / 1	Graduate Class	NO
Time / Place	(二)56 / K309	Language	Chinese

Introduction

Dance and Pilates is based on Pilates and going with energetic breath . And it is composed by 2~3 dance actions. It can anneal and strengthen physical strength, challenging the extreme of your body ,making your body more lighter and softer, helping your body relax entirely by a series of action.

For the purpose of strengthening the core muscles

Outline

a.Students will be able to recognize
Dance and Health-related Physical
Fitness.

b.pilates

Prerequisite

Basic dance steps.cardiopulmonary fitness, muscle fitness, flexibility