

## 97-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	體育三上:韻律舞G3	Serial No. / ID	2051 / CDC1549
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	Required / 0	Graduate Class	NO
Time / Place	(三)12 / K309	Language	Chinese

### Introduction

Dynamic Yoga is based on HaTha Yoga and going with energetic breath . And it is composed by 2~3 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.

### Outline

- a.Students will be able to recognize  
Aerobic Dance and Health-related  
Physical Fitness.
- b.Surya-Namaskara  
Trikonasana.  
Matsyasana

### Prerequisite

cardiopulmonary fitness, muscle fitness, flexibility