

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

| Information       |              |                       |                |
|-------------------|--------------|-----------------------|----------------|
| Title             | 進修-大一體育(上)A2 | Serial No. / ID       | 2416 / CDC3084 |
| Dept.             | 共同教學中心       | School System / Class | 進修學士班1年2班      |
| Lecturer          | 李志峰          | Full or Part-time     | 專任             |
| Required / Credit | Required / 1 | Graduate Class        | NO             |
| Time / Place      | (一)CD / K309 | Language              | Chinese        |

| Introduction  |
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| <p>The class design of Aerobic Dance is based on the theory of Health-related Physical Fitness. It lets the movements of human body go with continuous and rhythmical music. Aerobic Dance is a kind of total body exercise, while aims to improve cardiopulmonary fitness, muscle fitness, flexibility and body composition.</p> |

| Outline   |
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| <p>a.Students will be able to recognize Aerobic Dance and Health-related Physical Fitness.</p> <p>b.Let students do various steps, techniques and choreography.</p> |

| Prerequisite   |
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| cardiopulmonary fitness, muscle fitness, flexibility |