

97-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	體育一(下)D27	Serial No. / ID	2301 / CDC0977
Dept.	共同教學中心	School System / Class	大學日間部8年1班
Lecturer	林溪水	Full or Part-time	兼任
Required / Credit	Required / 0	Graduate Class	NO
Time / Place	(五)56 / K309	Language	Chinese

Introduction
The purpose of school P.E is to improve students ' exercise skills and the whole development in mental and physical parts through planned physical activities. The expectation is to cultivate students ' basic exercise skills and even improve the whole rival power of the nation.

Outline
<ol style="list-style-type: none"> 1.Introduction of the course as well as the basic physical activities 2.examination 3.Cardiorespiratory endurance 4.Flexibility 5.Strength and Muscular endurance 6.Introduction of skilled sports

Prerequisite
favorable in physical activities