

## 97-2 Preliminary Syllabus, Da-Yeh Univ

| Information       |              |                       |                |
|-------------------|--------------|-----------------------|----------------|
| Title             | 體育二下:韻律舞F2   | Serial No. / ID       | 2367 / CDC1433 |
| Dept.             | 共同教學中心       | School System / Class | 大學日間部8年2班      |
| Lecturer          | 陳南琦          | Full or Part-time     | 專任             |
| Required / Credit | Required / 0 | Graduate Class        | NO             |
| Time / Place      | (二)34 / K309 | Language              | Chinese        |

### Introduction

Intermediate aerobic dance is one of the athletic sports, full of variety and fun. It is Composed of different impact movements ,tempo and tools for increasing physical fitness.

### Outline

1. To provide students with the understanding of a safe and effective aerobic workout.
2. To identify and understand the many health related benefits of proper nutrition and aerobic exercise.
3. To learn the primary muscle groups used to perform specific.
4. The combination of basic aerobic dance movement.
5. Low-Impact Aerobic Dance and High Impact Aerobic Dance.
6. Physical fitness Teaching and Training.

### Prerequisite

Basic aerobic dance steps