

98-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	健康體適能管理	Serial No. / ID	1802 / BSR5052
Dept.	運動事業管理學系碩士班	School System / Class	研究所碩士班1年1班
Lecturer	黃娟娟	Full or Part-time	專任
Required / Credit	Optinal / 3	Graduate Class	NO
Time / Place	(四)234 / J109	Language	Chinese

Introduction
<ol style="list-style-type: none"> 1. To be familiar with sports leisure industry 2. To be able to make a progress by analyzing different instruction methods 3. To be able to follow correct teaching practice 4. To be able to make analysis on sports leisure related industry

Outline
<ol style="list-style-type: none"> 1. Foundations of Group and Personal Exercise Certification Course 2. The Cardiorespiratory System and Energy Production 3. The Cardiovascular System 4. Anatomy of the Heart 5. Cardiovascular Response to Exercise 6. Blood Pressure Response to Exercise 7. Maximal Oxygen Consumption (VO₂ Max) 8. Cardiovascular 心血管 Training Guidelines 9. 10. Training Progression Cardiorespiratory Training Adaptations 11. Energy Systems 12. The Neuromuscular 神經肌 System 13. Muscle Fiber Types 14. Types of Muscle Contraction 15. Biomechanics and Applied Kinesiology Strength - Endurance Continuum Fundamental Movement From the Anatomical Position and Flexibility 16. Instructor Attributes and Skills 17. Instructor Attributes and Skills 18.

Prerequisite
NA