

## 98-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	運動訓練原則和練習	Serial No. / ID	1638 / BSM2026
Dept.	運動事業管理學系	School System / Class	大學日間部3年1班
Lecturer	黃娟娟	Full or Part-time	專任
Required / Credit	Optinal / 3	Graduate Class	NO
Time / Place	(二)12 / B501 (四)4 / B501	Language	Chinese

Introduction
<ol style="list-style-type: none"> <li>1. To be able to resolve some general management issues</li> <li>2. To be able to recall all the instruction principles</li> <li>3. To be able to follow correct teaching practices</li> <li>4. To be able to obtain sports instruction and coaching licenses</li> </ol>

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

Prerequisite
NA