

98-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	體育一(下)D18	Serial No. / ID	2358 / CDC0968
Dept.	共同教學中心	School System / Class	大學日間部8年1班
Lecturer	嚴子三	Full or Part-time	兼任
Required / Credit	Required / 0	Graduate Class	NO
Time / Place	(五)56 / K309	Language	Chinese

Introduction
<p>It is hoped that by means of increasing basic physical activities, the body health may be enhanced and a sound body and mind may be developed. Physical exercise can not only promote health but also prevent illnesses, so that bring you with full stamina and many other countless benefits. 1.Educate and cultivate a good ideology about physical exercise and body health. 2.By means of an accurate and thorough teaching, let students understand the advantages of Health and Exercise. 3.From the knowledge of basic physical body structure to further understand body activities to enhance the body health. 4.To learn how to experience a joy of exercise(sport). 5.To understand that a proper physical agility is needed for any type of sport.</p>

Outline
<ol style="list-style-type: none">1.To cultivation of right and good sports habit.2.Strengthen heart and lung function.3. Cultivation of cooperation spirit.

Prerequisite
No.