

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

Information			
Title	體育一(下)D26	Serial No. / ID	2366 / CDC0976
Dept.	共同教學中心	School System / Class	大學日間部8年1班
Lecturer	陳培季	Full or Part-time	兼任
Required / Credit	Required / 0	Graduate Class	NO
Time / Place	(五)78 / 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
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