

## 99-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	養生休閒運動	Serial No. / ID	2529 / BSR5051
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	李城忠	Full or Part-time	專任
Required / Credit	Optinal / 3	Graduate Class	No
Time / Place	(日)234 / J109	Language	Chinese

Introduction
<ol style="list-style-type: none"> <li>1. understand the health leisure expertise</li> <li>2. skilled health re c r e a t e i o n a l sports skills (including Traditional Chinese Health Qigong massage techniques and movement skills)</li> </ol>

Outline
<ol style="list-style-type: none"> <li>1. Chinese Philosophy of Health Preservation</li> <li>2. Renduermo</li> <li>3.12 Meridian (above)</li> <li>4.12 meridian (below)</li> <li>5.12 Meridian boxing (I)</li> <li>6.12 Meridian fist (down)</li> <li>7. Sanhe boxing</li> <li>8. school health education campaign</li> <li>9. Midterm</li> <li>10. pubes the use of gas</li> <li>11. on the pubic region to practice qi</li> <li>12. in the pubic region to practice qi</li> <li>13. the pubic region to practice qi</li> <li>14. The use of ankle massage</li> <li>15. External Service Learning (a)</li> <li>16. External Service Learning (II)</li> <li>17. External Service Learning (c)</li> <li>18. Final Exam</li> </ol>

Prerequisite
No Prerequisites