

99-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	進修-大一體育(上)A2	Serial No. / ID	2793 / CDC3084
Dept.	共同教學中心	School System / Class	進修學士班1年1班
Lecturer	陳南琦	Full or Part-time	專任
Required / Credit	Required / 1	Graduate Class	NO
Time / Place	(四)CD / K305	Language	English

Introduction

The class design of Aerobic Dance is based on the theory of Health-related Physical Fitness. It lets the movements of human body go with continuous and rhythmical music. Aerobic Dance is a kind of total body exercise, while aims to improve cardiopulmonary fitness, muscle fitness, flexibility and body composition.

Outline

- a. Students will be able to recognize Aerobic Dance and Health-related Physical Fitness.
- b. Let students do various steps, techniques and choreography.

Prerequisite

cardiopulmonary fitness, muscle fitness, flexibility