

99-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	體育二下:韻律舞F3	Serial No. / ID	2615 / CDC1434
Dept.	共同教學中心	School System / Class	大學日間部8年2班
Lecturer	陳南琦	Full or Part-time	專任
Required / Credit	Required / 0	Graduate Class	NO
Time / Place	(二)12 / K309	Language	English

Introduction

Intermediate aerobic dance is one of the athletic sports, full of variety and fun. It is Composed of different impact movements ,tempo and tools for increasing physical fitness.

Outline

1. To provide students with the understanding of a safe and effective aerobic workout.
2. To identify and understand the many health related benefits of proper nutrition and aerobic exercise.
3. To learn the primary muscle groups used to perform specific.
4. The combination of basic aerobic dance movement.
5. Low-Impact Aerobic Dance and High Impact Aerobic Dance.
6. Physical fitness Teaching and Training.

Prerequisite

Basic aerobic dance steps