

課程名稱 Course name	健康體適能 Health Related Physical Fitness 9/14 (集合場地：籃球場 A~E 區， 兩備教室：舊體 舞蹈教室 2F) classroom: basketball court section A~E, backup classroom if raining: 2F dance studio	
課程概述 Course Overview	認知健康體適能的定義，進行個人體適能評量與實務操作。 Teach the definition of health related physical fitness. Personal fitness assessment and practice.	
課程目標 Course Objectives	一、瞭解健康體適能的重要性。 Understand the importance of health related physical fitness. 二、學習提升健康體適能方法。 Learn methods to improve health related physical fitness. 三、熟悉各項動作的操作方法。 Familiarize with the exertion of each movement .	
課程要求 Course requirement	上課請著 運動服裝、球鞋，帶飲水及毛巾，請準時上下課。 Please wear exercise outfit and sneakers. Bring drinking water and towel. Please attend the class on time and do not leave before it finish.	
週次 week	日期 date	課程內容 Course content
第 1 週 Week 1	9/14	課程介紹與運動環境介紹 伸展操. 籃球場A~E 區 Course and sports environment introduction. Stretching. Basketball court section A~E
第 2 週 Week 2	9/21	AED&CPR 急救訓練課程 -多功能球場(甲場) NTU sports center 1F court section A (6~7 堂 13:50,8~9 堂 16:00)
第 3 週 Week 3	9/28	協調促進-標準舞運動--恰恰舞 綜體 B1 舞蹈教室 Coordination improvement- Latin-Chacha NTU sports center B1 Dance classroom
第 4 週 Week 4	10/5	體適能評量說明： 綜體 246 教室 體適能前測 (BMI) -坐姿前彎、立定跳遠、仰臥起坐 Physical fitness assessment introduction: Body mass index, sit-and-reach, standing long jump, sit-up NTU sports center classroom 246
第 5 週 Week 5	10/12	水中有氧運動（游泳）、心肺適能(慢跑) 戶外游泳池 Aerobic exercise in water (Swimming). Cardiovascular fitness (Jogging) Outdoor swimming pool
第 6 週 Week 6	10/19	心肺適能促進—校園有氧健走與慢 130 醉月湖 3 圈(12 分鐘) Cardiovascular fitness improvement-Aerobic walking around campus (12mins) 球類運動 Ball Game 籃球場A~E 區 Basketball court sec.A~E
第 7 週 Week 7	10/26	心肺適能促進—校園有氧健走與慢 130 田徑場 1KM(12 分鐘) Cardiovascular fitness improvement-Aerobic walking around campus (12mins)

		球類運動 Ball Game 籃球場A~E 區 Basketball court sec. A~E
第 8 週 Week 8	11/2	校園馬拉松路線 -單車悠遊校園之中 School marathon route-Biking around campus
第 9 週 Week 9	11/9	校園馬拉松慢跑 田徑場 School marathon Athletic field
第 10 週 Week 10	11/16	肌肉適能促進—Gym workout 操作介紹與實作 健身房 (必著運動服裝、球鞋, 飲水及毛巾) 綜體 B1 Muscle fitness improvement- Gym workout operation and practice Gym (must wear sportswear, sneakers. Bring water and towel) NTU sports center B1 Gym
第 11 週 Week 11	11/23	團隊運動挑戰—大隊接力練習; 運動按摩 田徑場 Group exercise challenge-Group relay race, exercise massage Athletic field
第 12 週 Week 12	11/30	心肺適能促進-女 800、男 1600 公尺跑走、運動按摩 田徑場 Cardiovascular fitness improvement- female 800m, male 1600m walk and run, exercise massage Athletic field
第 13 週 Week 13	12/7	心肺適能評量:800、1600 公尺跑走+ 運動按摩 田徑場 Cardiovascular fitness assessment: 800m, 1600m walk and run, exercise massage. Athletic field
第 14 週 Week 14	12/14	體適能評量-坐姿前彎、立定跳遠、仰臥起坐 綜體 246 Physical fitness assessment- sit-and-reach, standing long jump, sit-up NTU sports center classroom 246
第 15 週 Week 15	12/21	協調促進-拉丁舞運動-- Cha cha 舊體 舞蹈教室 2F Coordination improvement- Latin dance-Cha cha NTU sports center 2F Dance classroom
第 16 週 Week 16	12/28	協調促進-舞蹈運動 -華爾滋舞 綜體 B1 舞蹈教室 Coordination improvement- Modern dance-Waltz NTU sports center B1 Dance classroom
第 17 週 Week 17	1/4	期末評量：舞蹈測驗 綜體 B1 舞蹈教室 Final assessment: Dance examination NTU sports center B1 Dance classroom
體能測驗 Fitness test	30%	1. 客觀評量：女 800 或 男 1600 跑走 Subjective assessment: female 800m or male 1600m walk and run 2. 主觀評量：個人體適能進步情形 Objective assessment: self fitness improving condition
舞蹈測驗 Dance test	30%	姿體協調評量 -舞蹈測驗 Physical coordination assessment- dance examination
出席率 Attendance	40%	學習精神與運動道德 Learning sportsmanship and morality 課外參與體育活動 (馬拉松、大專盃舞蹈比賽) Attending sporting activities (marathon, college dance competition)

