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| **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 ， 雨備教室：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** |

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| **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**1. **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)** |