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大学生的智慧篮球课程大纲

课程基本信息：

			College Basketball
	0.5		
	32.0		2.0
			+
	100%		

课程简介：

1

2

3

课程大纲：

备注:

大学足球课程大纲

课程基本信息：

			University football
	0.5		
	32.0		2.0
			+
			90
	100%		100

课程简介：

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课程大纲：

TIKI-TAKA

VR

备注:

大学生排球运动与女排精神的归一课程大纲

课程基本信息：

	0.5		
	32		2.0
			2

课程简介：

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选课要求：

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教学周历：

备注:

隔网的智慧-乒羽两项课程大纲

课程基本信息：

	-		The strategy of competition in badminton and table tennis
	0.5		
	32.0		2.0
	+		+
	80%		20%

课程简介：

"backward design"

" "

课程大纲：

备注：

引领世界的中国乒乓课程大纲

课程基本信息：

			Chinese Table Tennis Leading the World
	0.5		
	32.0		2.0
			40
	30%		70%

课程简介：

41

课程大纲：

课程大纲

1		15		
2		15	PPT	
	1	15	PPT	
	2	15	PPT	
	3	15	PPT	
	4	15	PPT	
	5	15	PPT	

	1	15	PPT	
	2	15	PPT	
	1	15	PPT	
	2	15	PPT	
	3	15	PPT	
	4	15	PPT	
	5	15	PPT	
	6	15	PPT	
	7	15	PPT	
	8	15	PPT	
	9	15	PPT	
	1	15	PPT	
	2	15	PPT	
	3	15	PPT	
	4	15	PPT	
	5	15	PPT	
	6	15	PPT	

	7	15	PPT	
	8	15	PPT	
	9	15	PPT	
	10	15	PPT	
	11	15	PPT	
	12	15	PPT	
	13	15	PPT	
	14	15	PPT	
	15	15	PPT	
	16	15	PPT	
	17	15	PPT	
	18	15	PPT	
	19	15	PPT	
	1	15	PPT	
	2	15	PPT	
	1	15	PPT	

	2	15	PPT	

网球课程大纲

课程基本信息：

	0.5		
	32.0		2.0
	100%		

课程简介：

6

课程大纲：

课程教学目标：

1

2.

基本教学内容与学时安排

6

16

10

4

4

18

4

16

4

教材及参考书

- 1 2017.8
- 2 2018.3 ;
- 3 , 2008.9
- 4 , 2012.3
- 5 >>, 2018.8.

备注:

游泳课程大纲

课程基本信息:

	0.5		
	32.0		2.0
			2
	100%		0

课程简介:

;

50-200

上课地点:

课程描述:

教学周历:

;

;

备注：

一生的健康锻炼——时尚健身与体能锻炼课程大纲

课程基本信息：

	---		Life-long Health Exercise Fashion Fitness and Physical Exercise
	0.5		
	32.0		2.0
			MOOC + +
	100%		

课程简介：

-

课程英文简介：（可不填）

Lifelong Health Exercise is a course about exercising in the right way. It can help you recover physically and emotionally gradually, and make you enjoy healthy exercise all your life. It explains how to regulate your body step by step, day by day, until the excess weight on your body disappears unconsciously. This course also teaches you how to change your way of thinking --- not only how to best build your body, develop self-confidence and make wise and healthy choices, but also how to really get rid of your stubborn way of thinking.

This course needs to learn the basic knowledge on the Internet through MOOC, and then practice in the gym.. The main venue of the course is in the school gym. The course covers warm-up and stretching-flexibility exercise, treadmill exercise, dynamic bicycle exercise, fast walking, equipment fitness and bare-handed fitness, aerobic fat reduction, high-intensity intermittent training and other items.

This Course content planning is to establish different training plans according to individual conditions. The classes are divided into low-level and middle-level training plans. According to the individual's own physical function, appropriate training plans are established, and then scientific training is carried out according to the progress.

The whole course lasts for one semester, requiring students to wear appropriate sports equipment for exercise in the whole course, such as sports shoes, sports clothes and fitness gloves. In the process of exercising, safety should be put in the first place. Familiar with the use of fitness equipment, warm up before

class, stretch after class, and avoid injury accidents in the process of exercise.

课程大纲:

4

1	4		
30			
5	8	7	10
9	12	8	10
13	16	21	

课程英文大纲: (可不填)

For low-level students, the curriculum health exercise program is divided into four stages, each stage lasts about four weeks, each stage requires special investment and physical and emotional preparation, so as to smoothly carry out the next stage and objectives of the plan.

The first stage (1st to 4th weeks): physical and psychological preparation stage.

By walking for 30 minutes a day, or by brisk walking, basic physical function can be restored.

The second stage (5th to 8th weeks): On the basis of the first stage of exercise, add 7-10 minutes of strength exercises to exercise the basic muscles.

Stage 3 (9-12 weeks): On the basis of the first and second stages, add 8-10 minutes of strength exercises to exercise non-basic muscles.

Stage 4 (13-16 weeks): On the basis of the first three stages, add 21 minutes of endurance training (or aerobic exercise).

备注:

选课学生要求

奥运裁判带你鉴赏赛事课程大纲

课程基本信息：

			Olympic referees bring you to appreciate the competition
	0.5		
	32.0		2.0
	100%		100%

课程简介：

课程简介：

课程概述：

预备知识：

!

注意的事项：

- 1.
- 2.

课程大纲：

1. 教学任务
2. 教学内容：鉴赏典型赛事的体育之美、体育精神和传统文化
3. 教学目的：

4. 教学方法与组织

80

5. 成绩考核

30%+

20%+

50%

6. 上课时间和地点：

() 8-9

光影律动校园健身操舞课程大纲

课程基本信息：

			Light and Shadow Rhythmic Aerobic Dance in Campus
	0.5		
	32.0		2.0
	100%		

课程简介：

" " "

"

课程大纲：

1			1
2			2
3	1 2	1 1.New Jazz 2. 2	17

4	1 2	1 2	6
5	---		2
6			2
7		"	2

备注：

户外攀登技术与绳结实用教程课程大纲

课程基本信息：

	0.5		
	32.0		2.0
			90
	50%		50%

课程简介：

SRT

课程大纲：

1	
2	
3	
4	
5	
6	2

7	1.
8	2.
9	3.
10	1
11	2
12	1
13	2
14	
15	
16	
17	

备注：

太极功夫课程大纲

课程基本信息：

			Taichi kungfu
	0.5		
	32.0		2.0
	100%		100%

课程简介：

课程简介：

课程概述：

预备知识：

!

注意的事项：

- 1.
- 2.

课程大纲：

7. 教学任务

8. 教学内容：

9. 教学目的：

10. 教学方法与组织

80

11. 成绩考核 30%+ 50%+ 20%

12. 上课时间和地点：

() 8-9
8-9

可修塑形体的运动魔方——体育舞蹈及瑜伽两项课程大纲

课程基本信息：

	— —		Sports Rubik's cube that can be used to shape a boby
	0.5		
	32.0		2.0
			90
	100%		100%

课程简介

课程概述：

32

2-3

50%

MOOC

预备知识

课程大纲：

1

2

3

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1

2

3

4

5

6

1

2

3

4

5

6

1 Settling

2 Lateral

3 Rotational

4 Twisting

1

Visual Lead

2

Physical Lead

Closed Position

Contact Position

Open Position

Fan Position 90

90

Promenade Position

V

Open Promenade Position

CPP in Closed Hold

V

Open CPP

Right Side Position

Left Side Position

Right Shadow Position

Tandem Position

Cucarachas

Walk

二、瑜珈部分

A
B

备注：在练习过程中需要练习者按照课程的大纲顺序来进行循序渐进的练习。在体育舞蹈部分的双人练习开始是需要找到一个搭档来进行练习，当然最好是选择异性来配合自己来完成。每个部分需要尽量做到动作的准确。

体质达标智慧课程课程大纲

课程基本信息：

			Intelligence Course of Physical Fitness Achievement
	0.5		
	32.0		2.0
			+
			90
	100%		100

课程简介：

课程大纲：

50

50

800 {1000 }

备注: