

## 体育工作部课程简介

**课程编号:** 171300002(1-4)

**课程名称:** 普通体育课—体育舞蹈

**学分/学时:** 1/32

**先修课程:** 无

**适用专业:** 全校各专业

**课程性质:** 必修

**教材:** 大学体育与健康 王勇 主编 大连海事大学出版社 2018 年

**主要参考书:**

体育舞蹈-普通高校体育选项课教材 寿文华 主编 北京体育大学出版社 2007 年

**内容简介:**

体育舞蹈是融体育、音乐、舞蹈为一体的体育课程,属于中小强度的耐力性有氧运动。在运动的过程中,消耗大量的能量,促进脂肪的燃烧,同时提高人体各关节的灵活性,维持机体平衡。此项目是在音乐的伴奏下,以双人共舞或集体舞的形式开展的,通过学习能增进人与人之间的交流和友谊,缓解学生的心理压力,解除抑郁心理和焦虑情绪,在促进学生的心理健康,培养学生的生活情趣,提高学生的审美能力等方面具有重要意义。体育舞蹈适合各个年龄段的人参与,具有很高的锻炼价值,是进行终身体育锻炼的一个很好的运动项目。

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## Course Description

**The Department of Physical Education**

**Course Code:** 171300002 (1-4)

**Course Name:** Sports dance

**Credit/Hours:** 1/32

**Textbooks:** WangYong. College Physical Education. Dalian Maritime University Press, 2018

**Reference Books:** Shou Wenhua. Sports dance-teaching material for optional physical education courses in colleges and universities. Beijing Sport University Press.2007

**Course Description:**

Sports dance is a sports course integrating sport, music and dance, which belongs to the moderate intensity aerobic exercise. In the process of movement, it can consume a large amount of energy, promote the combustion of fat, and improve the flexibility of each joint of the body, maintain the balance of the body. This item is in the accompaniment of music, carried out by double dance or group dancing, can promote the communication between people and friendship, ease the students' psychological pressure, relieve depression and anxiety, promote the mental health of students, cultivate students' interest in life, has important significance in improving students the aesthetic ability etc. Sports dance is suitable for people of all ages, and has high value of exercise. It is a good sport for lifelong physical exercise.