

“普通体育课—极限飞盘”课程简介

课程编号: 171300002(1-4)

课程名称: 普通体育课—极限飞盘

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:

1. 苏煜, 极限飞盘运动, 北京体育大学出版社, 2010, 1
2. 季浏, 体育与健康, 华东师范大学出版社, 2001, 6

内容简介:

《极限飞盘》是普通高等学校的一门体育课程, 包括理论课和实践课两部分, 教学内容以基本技战术为主, 兼顾教学比赛和规则、裁判法学习。既体现出极限飞盘运动的大众性, 又能体现极限飞盘运动的实用性。教学中加强实践的教学环节, 注重各种能力的培养。通过教师讲解示范、分析技术动作、纠正错误动作等组织教学手段, 使学生基本掌握极限飞盘基础理论、基本技能; 通过教学使学生基本了解如何组织基层的极限飞盘竞赛。

Course Description

The Department of Physical Education

Course Code: 171300002 (1-4)

Course Name: Ultimate Frisbee

Credit/Hours: 1/32

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

Reference Books: 1. Suyu, Extreme Frisbee Sports, Beijing Sports University Press, 2010, 1

2. Jiliu, Sports and Health, East China Normal University Press, 2001, 6

Course Description:

Ultimate Frisbee is one of the basic physical education courses in the university, containing the Theoretical Courses and the Courses of Practice in Skill. The teaching content of course focuses on techniques as well as the theory, which shows the popularity and practicability for Ultimate Frisbee. In this course, students are expected to spend more time to practice and to improve the related

abilities. With the development of teaching method, such as the teacher's showing, the analysis of the techniques and correcting the mistakes etc, students can easily get the basic theory and basic techniques. Also, they can find out how to organize a ultimate frisbee match.