

# 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—健美

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.健美健身运动系统训练(全彩图解第2版)
- 2.【美】尼克·伊万斯(Nick Evans)主编 人民邮电出版社 2016 年

内容简介:

健美运动又称“健身运动”(Bodybuilding),是一门改造人体体型的体育科学。它根据人体解剖学、运动生理学、运动医学和原理,以徒手、哑铃、杠铃等其它轻器械或特制的健身器械作为工具,采用各种动作方式来进行训练,以此达到加强体质、增长体力、发达肌肉、改善形体和陶冶情操为目的的运动项目。

本课程主要学习健美运动的基础理论知识和正确的练习方法,学会有针对性地制定健美运动处方,发展肌肉,增强体力,塑身减脂,培养学生欣赏美、追求美、创造美的能力及持之以恒,勇于挑战,战胜自我的优秀品质。

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## Course Description

The Department of Physical Education

Course Code: 171300002(1-4)

Course Name: Bodybuilding

Credit/Hours: 1/32

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

Reference Books: 1. body building exercise system training (full color illustration Second Edition)

[American] Nick Evans The people's post and Telecommunications Press. 2016

Course Description:

Bodybuilding, also called fitness exercise (Bodybuilding), is a physical science that transforms human body shape. It is based on human anatomy, sports physiology, sports medicine and principle, by hand, dumbbells and barbells and other light equipment or special fitness equipment as a tool, using a variety of ways to carry out the training action, so as to strengthen the physique, physical growth, and improve the body and muscles for sport to edify sentiment.

The purpose of this course is to study the basic theory of bodybuilding and correct practice methods, learn to develop targeted bodybuilding exercise prescription, muscle development, enhance physical fitness, sports, cultivate students' appreciation of beauty and the pursuit of beauty and creating beauty and ability to persevere, to overcome challenges, excellent quality of self.