

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——网球

学分/学时: 1/32

先修课程: 无

适用专业: 全校本科生

课程性质: 必修

教 材: 王勇 编著. 大学体育教程 (第 1 版). 大连海事大学出版社, 2018 年

主要参考书:

李静, 于洪波, 刘贺 编著. 网球教程 (第 1 版). 东北财经大学出版社, 2012 年

内容简介:

网球是一项集技术、技能与运动智能为一体的隔网对抗的体育项目。它不但能够强健体魄, 提高人体的速度、灵敏、耐力和力量等素质, 还能培养人的机智、果敢、坚韧等优秀的心理品质和良好的体育道德素养。

网球课程是大学生体育必须课程里的一门公共选项课, 是为学生进行终身体育锻炼提供了一种选择途径。通过本课程的学习全面发展学生的身体素质, 培养学生的道德情操, 自觉锻炼的意识和能力, 促进学生身心的健康发展, 为终身体育打下良好的基础。

Course Description

The Department of Physical Education

Course Code: 171300002 (1-4)

Course Name: Tennis

Credit/Hours: 1/32

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

Reference Books: Li Jing, Yu Hongbo, Liu He. Tennis Course. Dongbei University of Finance & Economics Press, 2012

Course Description:

Tennis is a sport that integrates skills and sports intelligence into a network play. It can not only strengthen the body, improve the human body's speed, sensitivity, endurance and strength, but

also cultivate the excellent mental quality and good physical quality of human wit, courageous and tenacious.

Tennis course is a public elective course in the course of physical education for college students. It provides a way for students to do lifelong exercises. Through the study of this course, the students' physical quality, moral and exercise consciousness are fully developed. It can promote the healthy development of the students' body and mind, and build a good foundation for the lifelong physical education.