

体育工作部课程简介

课程编号: 171300002(5-8)

课程名称: 普通体育课—游泳

学分/学时: 4/144

先修课程: 无

适用专业: 海上专业

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

内容简介:

游泳是人在水中的运动,是要求全身运动系统协调一致保持平衡的运动。因此游泳既是一个全身锻炼的运动项目又是一个塑造优美的运动项目。历届奥运会,各种泳姿的竞技比赛全面展开,力量和速度的较量震撼人心。而由游泳延伸的花样游泳,跳水等项目又将体育美深入人心。一直以来游泳运动受到各阶层人士的喜爱。游泳课是我校水上专业学生必修的基础课程。在《全国普通高等学校体育课程教学指导纲要》精神的指导下,游泳课程按照介绍游泳理论,熟悉水性到不同泳姿技术动作等环节逐一讲授。课程主要包括蛙泳和自由泳。通过学习这两种泳姿掌握游泳最基本的技术。增强内脏和心肺功能,其中蛙泳游进时省力持久适于海上远游。而自由泳在所有泳式中速度最快。这两种泳姿均为实用性较强的游泳项目。

Course Description

The Department of Physical Education

Course Code: 171300002(5-8)

Course Name: Swimming

Credit/Hours: 4/144

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

Course Description:

SWIMMING is a kind of underwater sport which acquires the whole motor system to coordinate consistently in balance. Hence not only is swimming a general physical training sport art, but also a grace-building physical training sport art. In all previous years Olympic Games, sports competition of all the different swimming styles stanches in an all-round way, with incredible

electric effect both in strength and speed. Extending from swimming, water ballet and diving help to make sports beauty penetrate into people's minds. As a matter of fact, swimming is always popular with all ranks. Swimming lesson is an essential course for all the water major students in our university. Under the spiritual guides in national common universities' distributed by The Ministry of Education, the swimming course is conducted in several parts varying from theory introduction, familiarity with water to skill actions for different strokes. The course mainly contains two swimming styles: breaststroke and freestyle, both of which are very practicable. Students can master the basic skills for swimming by learning through the two styles above and strengthen our organs and heart-lung.