

# 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—橄榄球

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: 1. 毛振明.体育教学论[M].北京: 高等教育出版社, 2005.

主要参考书:

1 季浏,殷恒婵,颜军.体育心理学[M].北京: 高等教育出版社, 2010.

内容简介:

橄榄球是一项灵活、多变、可快可慢,既是奥运会的正式比赛项目,又是老少偕宜、易于掌握的大众体育项目。由于趣味性强,锻炼价值高,又极具竞争性。它是我校陆上专业一,二年级本科学生体育选修课的主要组成部分。本课程主要教授橄榄球的发球、击球、移动等基本技术。并培养学生学习的主动性、创造性和终身体育思想。本教学是在“健康第一”、“素质教育”思想指导下,全面贯彻《全国普通高等学校体育课程教学指导纲要》精神,结合学校场地特点和学生身心发展规律的需要开设的。教学中要注重学生个性的健康发展,充分满足学生的兴趣要求,使学生在愉快的学习过程中掌握橄榄球专项技战术,增强体质,并能够热爱该项目,将橄榄球项目作为终身体育的主要手段,达到终身受益之目的。

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## Course Description

The Department of Physical Education

Course Code: 171300002 (1-4)

Course Name: Rugby

Credit/Hours: 1/32

Textbooks: : 1.Mao zhenming. The theory of physical education teaching [M]. Beijing: higher education press,2005.

Reference Books:

1. Ji liu, Yin hengchan, Yan jun. Sports psychology [M]. Beijing: higher education press,2010.

**Course Description:**

Rugby is a flexible and net involved sport whose pace varies. It is a full-medal Olympic sport while it is suitable and simple for both adults and children to understand and master. It is deeply fond by the students for interesting, competing bitterly and the high value of practice. The badminton elective course is the key part for the fresh and sophomore of land major .The class will aims at basic skills、 stroke 、 hitting 、 move 、 tactics for single and doubles and regulations and referee rules for the development of initiative、creativity and their lifelong thought of physical education. Under the guidance of "health first" , "quality education" ,this course is offered to carry out the important “Sports course teaching of national university and college guides the outline” thoughts and combine the features of local facilities and the needs for student's body and mind law of development. The class will promote personality development of students healthily, greatly satisfy their interest ,help them master essential technical-tactics , build up their body , make them willing to learn the badminton sport ,build up their lifelong thought of physical education and bring them life-long benefit.