

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—乒乓球

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: 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: 苏丕仁.现代乒乓球运动教学与训练.人民体育出版社, 2003

内容简介:

乒乓球运动是深受大众喜爱的体育运动项目之一。它的特点是:球小、速度快、变化多,运动量可随意调节,趣味性强。长期参加这项运动可以提高人体灵敏度、协调性、心肺功能、力量和耐力等各项身体素质。具备一定的乒乓球知识和技能后,学生可以参与乒乓球比赛,通过比赛可以锻炼人的意志品质、心理素质、智能,开发人的创造性思维。

本课程包括乒乓球基本理论知识、基本技术、技能、竞赛规则。引导学生通过学习、了解、体验,爱上这项运动,激发学生对体育运动的热爱和兴趣。培养科学锻炼身体的能力,自觉锻炼身体的习惯,良好的社会交往能力,树立正确的健康观。为学生今后的健康发展服务。

Course Description

The Department of Physical Education

Course Code: 171300002 (1-4)

Course Name: Table tennis

Credit/Hours: 1/32

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

Reference Books:

Su Pei Ren. Modern Table Tennis Teaching and Training, People's sports press, 2003

Course Description:

TABLE TENNIS is one of the most popular sports .It is characterized by small, fast, flexible, variable exercise levels, interesting. Attending it the students can better sensitivity、 coordination 、 mobility of the arms and legs , improve the cardiovascular function and also enhance physical characteristic . The students can take part in competitions after having certain base , and that will strengthen their will 、 psychological quality and intelligence and also develop creative thought . It is also a ideal sport for life-span exercises.

This course is built up according to the three-level syllabus to meet students' need for personality development. The class will aims at basic theories 、 basic skills 、 abilities 、 competing policy .etc and guide the students to know 、 learn、 experience and then love the game. The class will also stimulate students' enthusiasm and interest for sports, build up their capacity of taking exercise scientifically and consciously, cultivate a better socializing ability and help them establish the health perspectives to serve them in the future.