

## 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—篮球

**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:**

参考书目: 王家宏 主编. 篮球运动. 高等教育出版社, 2005, 7

**内容简介:**

篮球课程是普通高校大学生体育课学习内容之一, 目的是掌握篮球运动的基本知识, 基本技术和战术; 提高对竞赛的观赏水平; 学习体育健康和奥林匹克运动的基本知识; 了解组织竞赛的方法和裁判规则, 并能在基层比赛中运用; 提高学生的篮球基本活动能力, 增强学生的体质; 培养学生具有机智、果断、勇敢顽强的优良品质和集体主义精神。

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## Course Description

### The Department of Physical Education

**Course Code:** 171300002 (1-4)

**Course Name:** Basketball

**Credit/Hours:** 1/32

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

**Reference Books:**

**Course Description:**

BASKETBALL is one of the basic physical education course in the university, containing the Theoretical Courses and the Courses of Practice in Skill. The teaching content of course focus on techniques as well as the theory, which shows the popularity and practicability for Tennis. In this course, students are expected to spend more time to practice and to improve the related abilities. With the development of teaching method, such as the teacher's showing, the analysis of the

techniques and correcting the mistakes etc, students can easily get the basic theory and basic techniques; Also, they can develop an interest in Basketball as well as a healthy body.