

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—剑道

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:

1.剑道教室 冈村忠典著 联广图书翻译 联广图书股份有限公司 2012.7

内容简介:

剑道,是上世纪六十年代以来,在世界范围内发展起来的一项格斗竞技运动。在东西方文化,以前所未有的浪潮交汇融合的今天,这项起源于古代日本的体育项目,藉其禅、儒思想的深邃底蕴,正更日益为当今西方社会所接纳。

剑道课程用不光是锻炼身体的一般格斗竞技,而且在精神和良好礼貌习惯上也对学生的成长有积极的作用和意义。

Course Description

The Department of Physical Education

Course Code: 171300002(1-4)

Course Name: Kendo

Credit/Hours: 1/32

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

Reference Books: 1.Okamura Chunori Kendo Lianguang book translation Lianguang book Limited by Share Ltd 2012.7

Course Description:

Kendo, is the last century since 60s, a combat sport developed in the world. In western culture, with the tide of the convergence of hitherto unknown today, it originated in the ancient Japanese sports by Zen and Confucianism is more profound connotation, increasingly accepted by modern western society.

Not only is the course with a Kendo exercise in general competitive fighting spirit and good

manners, and it is also customary for the growth of the students have the positive function and the significance.