

体育工作部课程简介

课程编号: 171300002 (1-4)

课程名称: 普通体育课一轮滑

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: 刘仁辉 主编. 轮滑运动. 人民体育出版社, 2004, 6

内容简介:

《轮滑运动》是普通高等学校的一门体育课程, 教学内容以基本技为主, 兼顾教学比赛和规则、裁判法学习。既体现出轮滑运动的大众性, 又能体现轮滑运动的实用性。教学中加强实践的教学环节, 注重各种能力的培养。通过教师讲解示范、分析技术动作、纠正错误动作等组织教学手段, 使学生基本掌握轮滑运动基础理论、基本技能。

Course Description

The Department of Physical Education

Course Code: 171300002 (1-4)

Course Name: Roller skating

Credit/Hours: 1/32

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

Reference Books: Liu Renhui. Roller sports. People's Sports publishing house, 2004, 6

Course Description:

Roller skating is one of the basic physical education courses in the University. The teaching content of course focuses on techniques as well as the theory, which shows the popularity and practicability for Roller skating 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.