

## 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-排球

**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：** 排球 人民体育出版社出版. 1985.4 第六版

**内容简介：**（600 字以内）

排球课是大学体育课的重要组成部分。通过排球课教学使学生了解排球运动的基本理论，掌握排球运动的基本技术和基本战术，使其在课外时间和闲暇时间中得以应用；通过排球课提高学生的自信心，改善学生心理状态、克服心理障碍；培养学生团结协作的精神，养成积极乐观的生活态度；在排球比赛中体验运动的乐趣和成功的感觉，促进学生身心健康和谐发展。

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## Course Description

### The Department of Physical Education

**Course Code:** 171300002（1-4）

**Course Name:** volleyball

**Credit/Hours:** 1/32

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

**Reference Books:** Volleyball. People's sports press. 1985.4

#### Course Description:

Volleyball is an important part of university physical education class. Through the volleyball course teaching to make students understand the basic theory of volleyball, master of volleyball basic technology and basic tactics, make its application in extracurricular time and leisure time; Through the volleyball class to improve students' self-confidence, improve students' mental state, to overcome the psychological barriers; To cultivate students the spirit of solidarity and collaboration,

develop a positive and optimistic attitude towards life; In a volleyball match experience fun and success, promote the harmonious development of students' physical and mental health.