

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-气排球

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：

连道明等主编.软式排球、沙滩排球、气排球运动理论与方法. 厦门大学出版社, 2007.

主要参考书： 中国排球协会审定.气排球竞赛规则. 北京体育大学出版社, 2013.

内容简介：（600 字以内）

气排球运动具有竞技性、游戏性、娱乐性和健身性的特点。通过气排球课程学习，使学生掌握气排球运动的基本理论、技术、战术和简单的规则、裁判法，使之具备一定的比赛能力和担任一般气排球比赛裁判工作的能力，以及运用气排球运动手段进行强身健体活动，达到发展身体素质，增强体魄和娱乐健康身心的目的。为终身体育打下良好的基础，并在教学实践中结合气排球运动的特点，培养学生的集体主义和团结协作精神，勇敢顽强的意志品质和良好的道德作风。

Course Description

The Department of Physical Education

Course Code: 171300002 (1-4)

Course Name: Gas volleyball

Credit/Hours: 1/32

Textbooks Books: daominglian. Theory and methods of soft volleyball, beach volleyball and volleyball. Xiamen university press, 2007.

Reference Books: Chinese volleyball association. The rules of volleyball competition. Beijing sports university press, 2013.

Course Description:

Gas volleyball has the characteristics of athletics, gameplay, entertaining and keeping fit. Through the study of gas volleyball course, make the students master the basic theory of gas volleyball, technology, tactics and simple rules, the referee method, have a certain competition ability and ability to work as general gas volleyball referees, and by means of gas volleyball physical fitness activities, to achieve development of physical quality, enhance the physical and mental health of body and entertainment purposes. To lay a good foundation for the lifelong sports, and in the practice of teaching in combination with the characteristics of the gas volleyball, cultivate students' spirit of collectivism and the unity cooperation, brave indomitable will quality and style of good morals.