

体育工作部课程简介

课程编号: 171300002(1-4)

课程名称: 普通体育—羽毛球

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:

1 《羽毛球运动理论与实践》肖杰, 北京人民体育出版社 2010 年 5 月

内容简介:

羽毛球运动是一项灵活、快速、多变的隔网对抗性项目, 具有健身性、娱乐性、竞技性和观赏性全方位运动的特点。

开设羽毛球课程是为了让学生学习和掌握羽毛球基本技术、基本技能、竞赛规则和裁判法, 培养对羽毛球运动的兴趣。培养顽强拼搏、团结协作的体育精神; 提高学生的人际交往能力、能组织竞赛和参加比赛; 能用羽毛球运动知识理论、技术战术进行自我锻炼。

Course Description

The Department of Physical Education

Course Code: 171300002 (1-4)

Course Name: Badminton

Credit/Hours: 1/32

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

Course Description:

Badminton sport is a flexible, fast and challenging net resistance movement which has the characteristics of fitness, entertaining, competitive and ornamental.

One of the reasons of setting up the badminton courses is that can enable students to learn and master the basic skills, the rules of the contest and the judging laws, it can also develop the students' interest in badminton, the indomitable and the cooperative sports spirit. Besides, the badminton courses can improve the students' ability of interpersonal skills, they can organize

competitions and participate in competitions. The students can use the theoretical knowledge and the technical tactics for self - training.