

# 体育工作部课程简介

**课程编号:** 171300002 (1-4)

**课程名称:** 普通体育课一定向运动

**学分/学时:** 1/32

**先修课程:** 无

**适用专业:** 全校本科生

**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:** 王翔 主编. 定向运动. 高等教育出版社, 2009, 7

## 内容简介:

定向运动的基本理念是借助地图和指北针的帮助, 从进程开始到结束行进, 按照预先决定的顺序到访若干个检查点。定向运动参与者通过分析地形特点来选择最佳行进路线, 以最短时间成功完成进程的参与者为胜利者。

《定向运动》是普通高等学校的一门体育课程, 教学内容以基本技战术为主, 兼顾教学比赛和规则、裁判法学习。既体现出定向运动的大众性, 又能体现定向运动的实用性。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, 使学生基本掌握定向运动基础理论、基本技能; 通过教学使学生基本了解如何组织基层的定向运动竞赛。

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## Course Description

### The Department of Physical Education

**Course Code:** 171300002 (1-4)

**Course Name:** Orienteering

**Credit/Hours:** 1/32

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

**Reference Books:** Wang Xiang. Orienteering. Higher Education Press, 2009

## Course Description:

The basic idea in orienteering is to proceed from course start to finish by visiting a number of control points in a predetermined order with the help of map and compass. In order to choose the best possible route, orienteers look at the characteristics of the terrain, and the winner is determined by the fastest time to complete the course.

Orienteering 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 Orienteering. 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. Also, they can find out how to organize an Orienteering match.