

## 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—瑜伽

**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 柏忠言,张蕙兰.瑜伽-气功与冥想.北京:人民体育出版社

**内容简介:**

瑜伽课是通过一定的体位功法,帮助练习者伸展放松肢体,每个缓和的动作搭配呼吸训练按摩不同部位的内脏器官,通过专注地呼吸使筋骨适当伸展,寻求身体的平衡以达到身心整合、强身健体的运动项目。通过教学使学生掌握科学的瑜伽健身术,提高学生的身心健康水平;练习瑜伽可消除体内脂肪减轻体重,进而塑造健美形体。本课程针对大学生身心需要,合理安排教学内容,坚持练习可达到养生修身的良好效果。

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## Course Description

**The Department of Physical Education**

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

**Course Name:** Bodybuilding

**Credit/Hours:** 1/32

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

**Course Description:**

Yoga is a commendatory sport that can help the practitioner to extend and relax their body through a certain position. By focusing on breathing, the muscles and bones can be stretched properly, and the balance of the body can be sought to achieve physical and mental integration through moderate action, breathing training. The students can master scientific yoga, fitness techniques and can improve their physical and mental health. It can eliminate the fat axunge and

reduce weight to build a healthy and beautiful body. This course is focus on the college students' physical and mental needs, reasonably arranges the teaching content, students may achieve the good effect of health maintenance and self-cultivation.