

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—健美操

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: 健美操教程 王洪 主编 人民体育出版社

内容简介:

《健美操》是高等学校公共体育课的一门基础课程。健美操运动是一项融体操、舞蹈、音乐、美于一体，以人体为对象，以有氧练习为基础，以健、力、美为特征的体育项目。本课程教学主要目的是使学生对健美操有初步认识，培养其对健美操运动的兴趣，并具有运用健美操手段进行终身体育锻炼的能力；通过健美操多种组合练习，发展学生的协调性、灵活性、柔韧性和耐久性；改善心血管系统功能，提高人体的有氧代谢能力；培养节奏感及现代人的气质。

Course Description

The Department of Physical Education

Course Code: 171300002 (1-4)

Course Name: Aerobics

Credit/Hours: 1/32

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

Reference Books: Wang Hong. Aerobics course. People's sports press

Course Description:

Aerobics is a basic course of Public Physical Education in Colleges and universities. Aerobics is a sport combining gymnastics dance, music and beauty aimed at the body characterized by health strength and beauty. The main purpose of this course is to enable students to have a preliminary understanding of aerobics, cultivating their interest in aerobics and ability of lifelong physical

exercise using Aerobics .Through the combination of aerobics exercises, the students' coordination, flexibility, and durability can develop. The students can also improve the cardiovascular system function and the body's aerobic metabolism ability; cultivate rhythm and modern temperament