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Course Number: 000011-000014

Course Title: Physical Education 1-4

Credit: 4 Total Credit Hours: 128

Students: Undergraduate students of Grade 1 and Grade 2

Prerequisites: choose the university physical education curriculum

Evaluation Method: Combination of quantitative evaluation and qualitative evaluation

Course Description:

Learning the university physical education curriculum, firstly, requires students to have a correct awareness of physical education and improve the students' ability to participate in sports so that the students can participate in physical exercise consciously, actively and healthily; Second is cultivating the mind and the migration of the value of physical education to promote students harmonious development of body and mind, encourage students to participate in sports, into sports, love sports, enjoy sports and life-long sports consciousness formation and cultivate students dare to struggle, innovate, a hard-nosed, unity and progress of good quality. University physical education curriculum includes track and field, basketball, football, volleyball, tennis, football, table tennis, martial arts, taijiquan, taekwondo, physical education, Etiquette and physique, yoga, swimming, and strong and handsome, artistic gymnastics, sports dance, sports and health project while men and women in separate classes in the categorization of free options select the teachers courses and the limited time of learning to realize the "autonomous" learning mode.

Recommended Textbooks/References:

- 1 Chen Jiansheng, Xie Lunli. College Physical (first Edition).Beijing Sport University Press. 2011