| **國立東華大學體育中心104-1學期身心靈課程內容介紹****Syllabus of Body, Mind & Soul courses of PE Center, NDHU, 2015-1 semester** |
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| **班別/教師Class/Instructor** | **開班限制/課程內容****Minimum class size/Syllabus** | **教學時間/地點****Class time/venue** | **費用****Fee** |
| **瑜珈提斯****Yogalates****張秀如老師****Instructor: Sarah** | **[滿十人開班]** ***“結合瑜珈與皮拉提斯，注重呼吸與動作的配合！*”****課程內容以基礎課程做結合，運用瑜珈的全身性伸展動作與體位法來提升肌肉的熱能，以皮拉提斯動作，雕塑身體各部位肌群。透過肌肉的伸展和核心肌群強化，可幫助體內淋巴系統循環，增強免疫力，提升血液循環，並利用呼吸與動作的配合穩定情緒，進而達到身心的平衡。****At least 10 students to create a class****“To combine yoga with pilates, emphasize harmonization between breathing and movement.”****Curriculum combines basic course, tones up your muscle by adopting whole-body extensions and varied yoga postures, carving and molding assorted muscle groups. By dint of muscle extensions and core muscle strengthening, it helps lymphatic system’s circulation, fortifies immunity, and improves blood circulation. Reach body-mind balance by wedding breathing and movement and mollifying emotion.** | **每週二Tuesday****18:10-19:40****地點：舞蹈教室** **(請備瑜珈墊)****Venue: Dance classroom****(Please bring yoga mat)** | **2400/人****(12堂課) NT$2400 / per capita****(12 Sessions)** |
| **流動瑜珈****Flow Yoga****王建軍老師****Instructor: Ryan** | **[滿十人開班]*****“觀照身心，身心合一”*** **以低中強度的[瑜伽](http://www.google.com.tw/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&ved=0CCQQFjAB&url=http%3A%2F%2Fzh.wikipedia.org%2Fzh-tw%2F%25E7%2591%259C%25E4%25BC%25BD&ei=i63aVJCwJoiI8QWSooKgCg&usg=AFQjCNGggktBZN7lHGpxeBGhmnERofGyuw&sig2=S66vV0jlFle8f4XEM10W7Q" \t "_blank)及核心肌群，為課程基礎，展現全面性的伸展，專注於呼吸與動作的整體協調、穩定。****At least 10 students to create a class****“Look after body and mind, marry body with mind.”****This course based on low, medium, strong yoga’s and core muscle exercise, features comprehensive extensions, focuses on co-ordination, stabilization betwixt breathing and movement.**  | **每週三Wednesday****18:10-19:40****地點：舞蹈教室** **(請備瑜珈墊)****Venue: Dance classroom****(Please bring yogo mat)** | **2400/人****(12堂課) NT$2400 / per capita****(12 Sessions)** |
| **羽球****Badminton****江正發老師****Instructor: Chiang, Cheng-Fa**  | **[滿十人開班]****從基本動作開始講解，搭配動作分析，提昇羽球的技能水準，盡情在羽球場上發揮力與美的展現。****At least 10 students to create a class****To begin with basic movement instructions, companied with movement analyses that would promote badminton techniques, let you perform at best with strength and aesthetic in badminton court.** | **每週五Friday****12:00-13:30****地點：體育館****Venue: Gymnasium** | **2400/人****(12堂課) NT$2400 / per capita****(12 Sessions)** |
| **初階網球(9~12歲班)****Basic tennis for children: 9 ~12 years old** **許文豪老師****Instructor: Steven** | **[滿十人開班]** ***“兒童網球體適能，增進手眼協調！”*** **使用最新ITF認證規範減壓25%網球練習，讓兒童第一次接觸網球運動就能享受樂趣，此課程針對9~12歲兒童開設設計，配合生動活潑的課程，讓兒童在安全、樂趣的環境下學習網球。****At least 10 students to create a class****“Children’s physical fitness in tennis that improves hand-eye co-ordination. “****Adopt ITF certified 25% deflated tennis ball to practice, let children have fun when play tennis at first time. This course is especially designed for kids who are of 9 ~ 12 years old and incorporates lively and vivid program, let children learn to play tennis in a safe, amusing environment.**  | **每週五Friday****17:00-18:30****地點：體育館旁五面硬地網球場****Venue: 5 hard courts nearby gymnasium** | **2400/人****(12堂課) NT$2400 / per capita****(12 Sessions)** |