



# 体育学院



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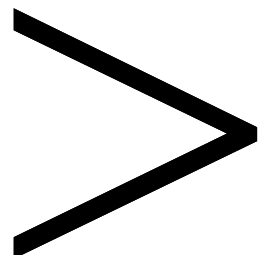
	Sports anatomy		
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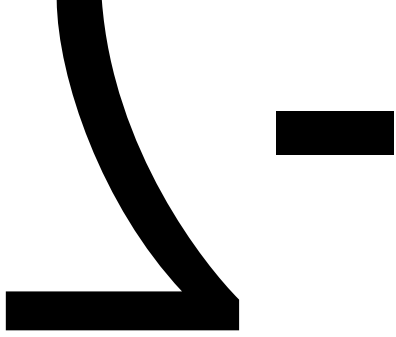
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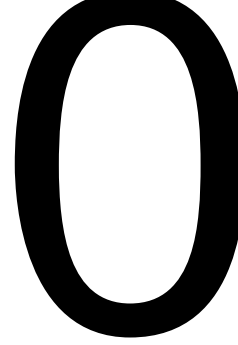
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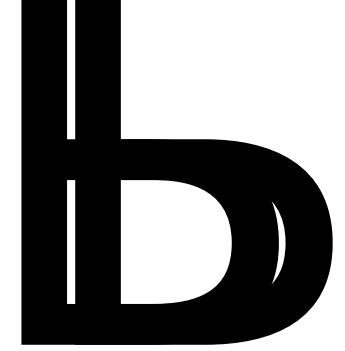
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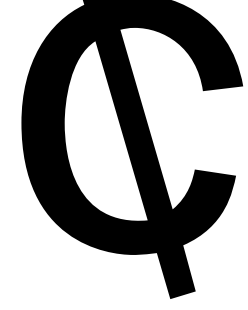
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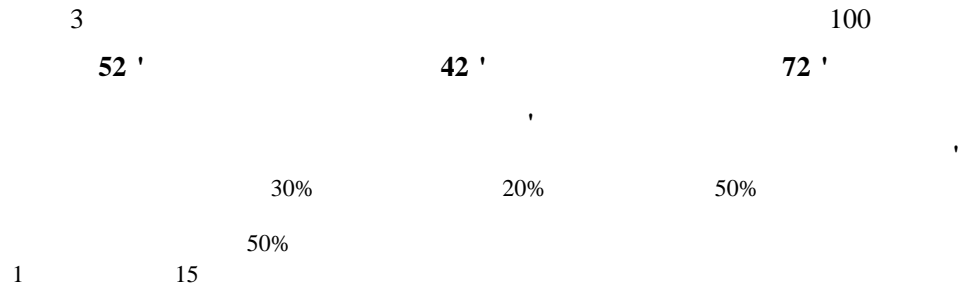
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## Sports Sociology

1990s: "The Game" as a metaphor for life





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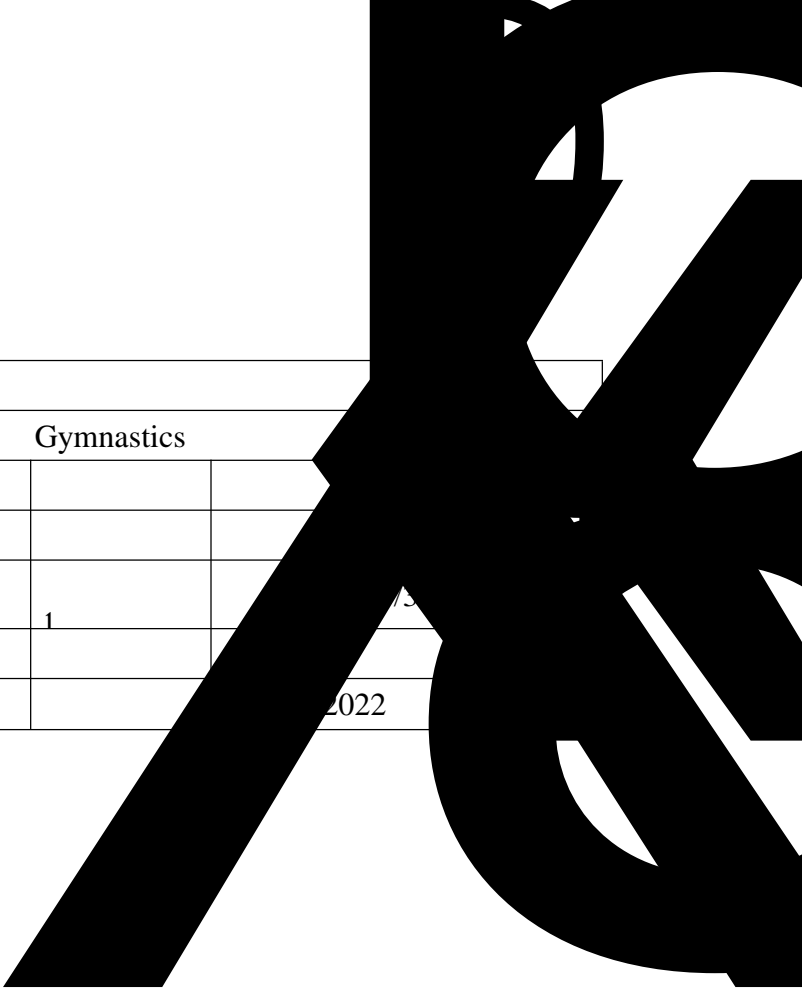
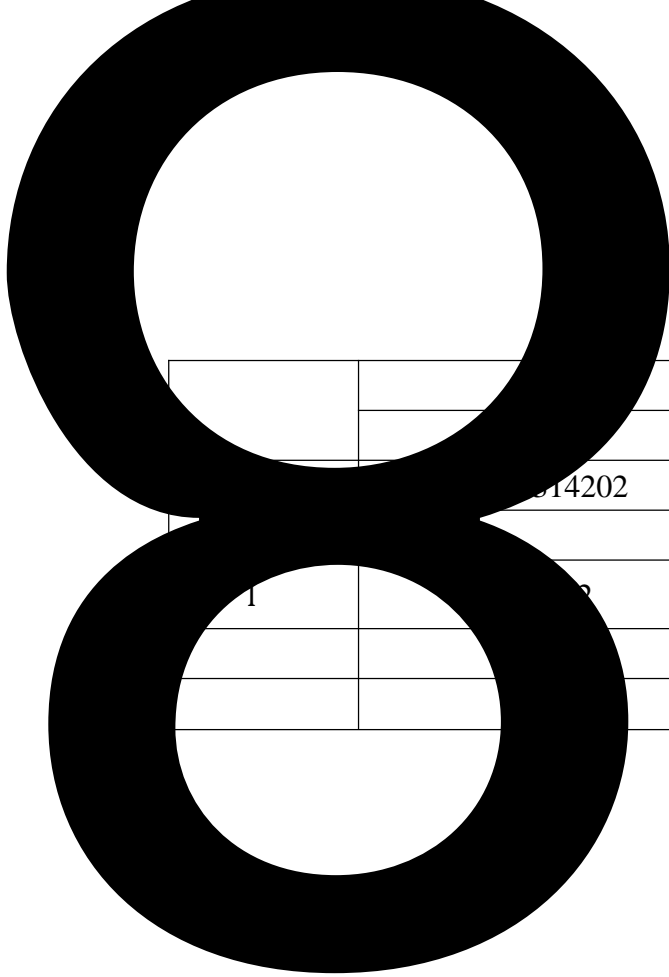
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Motor Learning and Control

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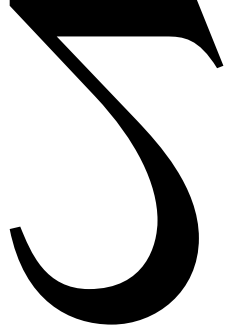


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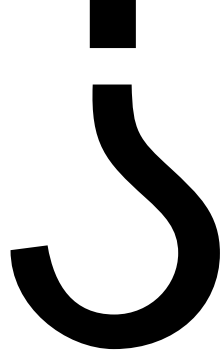
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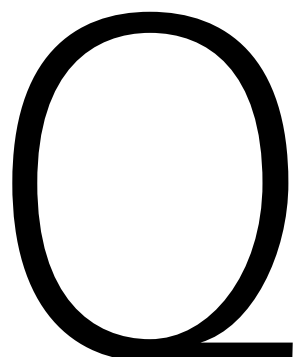
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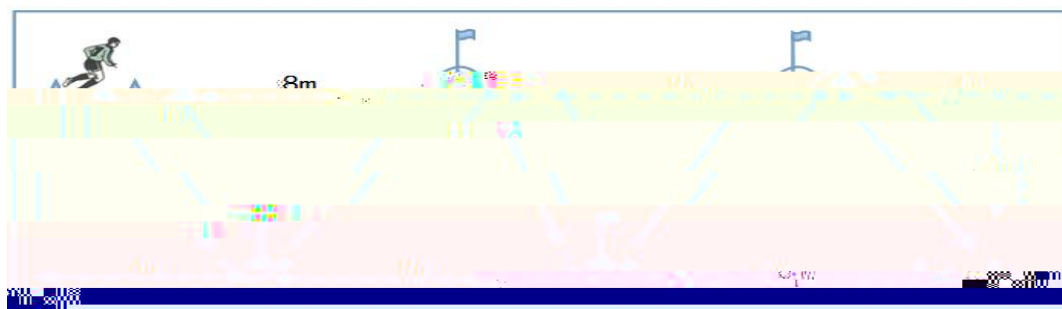
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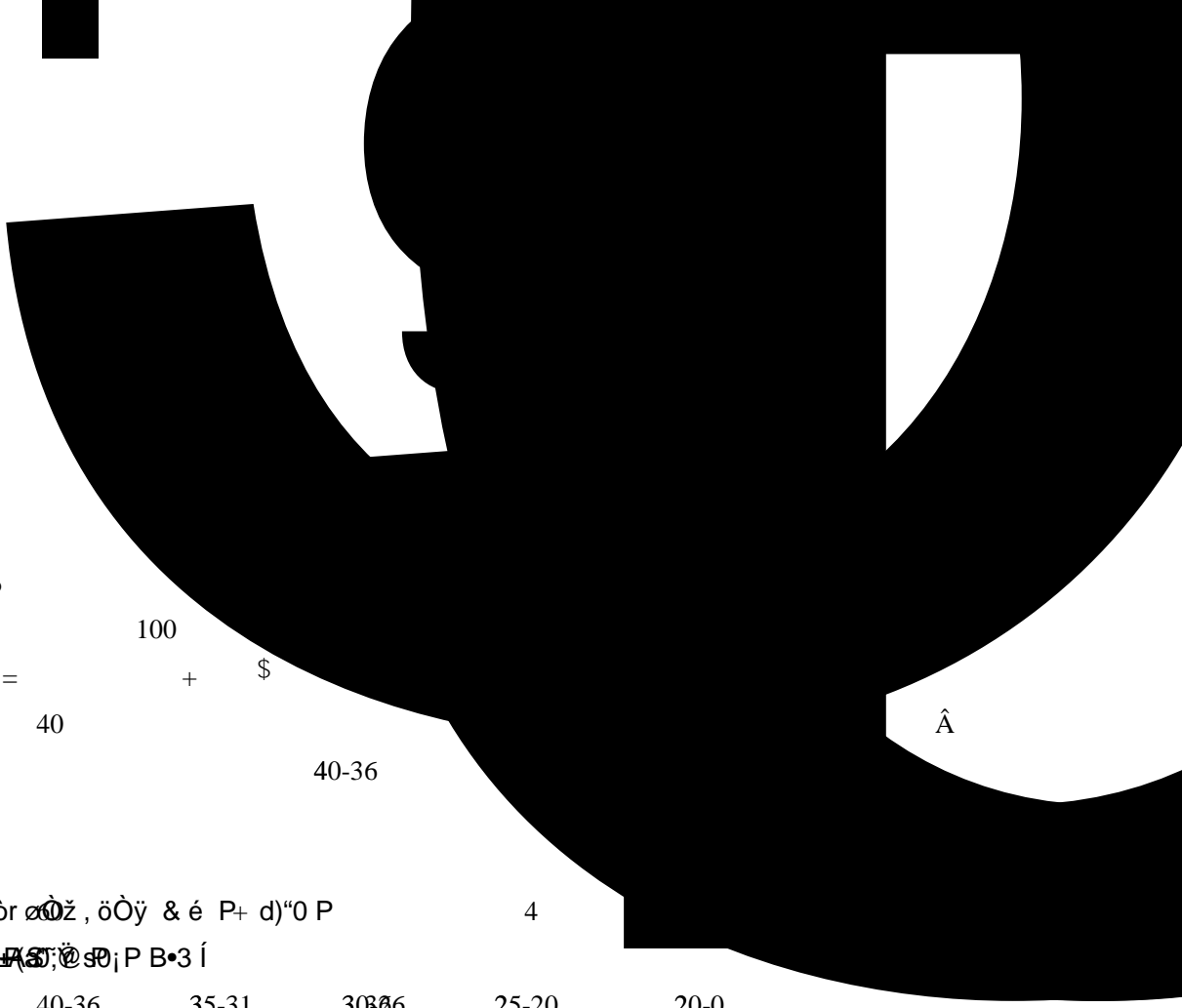
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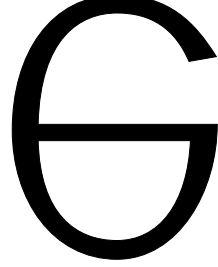
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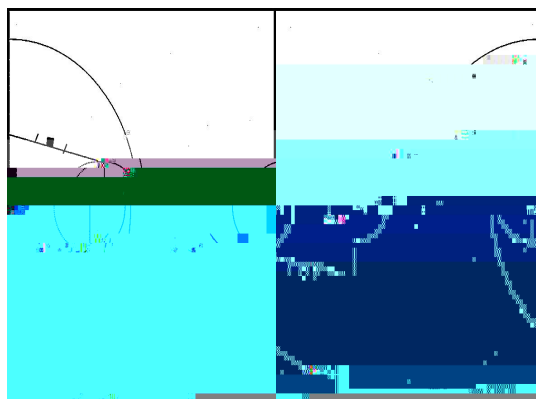
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20 15  
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1	1 2 10	10
2	 3 4 5 15 2 10	40
3	1-9 13.5 1-3 5 6 1 10 1 10	39.5
4	10 1.5 4 6-10 9	10.5

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	<b>;2/322</b>	<b>97/;</b>	<b>1 82/96</b>	<b>2/7;</b>	
	5	3-4	2-3	1	0.5
2	3	2	2	2	
	300	3	200	3	0.5
			100	100	

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3

Theory and Practice of Basketball Teaching and Training III

20

1	50	503 (H)
2	70	703 H
3	70	704 M
4	90	M



1 2 3

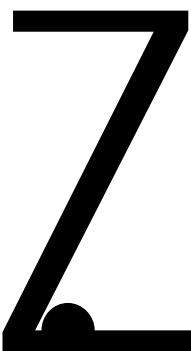
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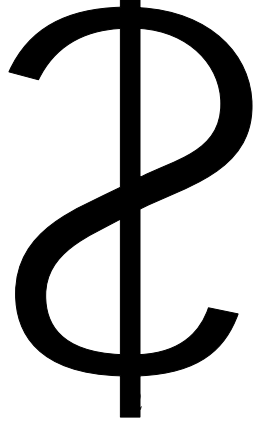
16

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12			7
15			7
11			7
13			7
	2		16

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**E0 ð:ö 52**

42 42 48 60 1 10 38  
 42 100 10  
 0 ( 3)  
 3

		100 90 80 70 60 50 40 30 20 10
2		14 13 12 11 10 9 8 7
		12 11 10 9 8 7 6 5
		30s 31s 32s 33s 34s 35s 36s
		34s 35s 36s 37s 38s 39s 40s
“8”		38s 39s 40s 41s 42s 43s 44s
		42s 44s 45s 47s 48s 49s 50s

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	<b>52 ' ,</b>	<b>92 ' ,</b>
	<b>82 ' ,</b>	<b>62 ' ,</b>
1	12	36 10 32
2	9	36 9 32
3	—	36 14
4	9	36 9 18
	30	42 28 100

3 4			10	5	
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		3		b		
		#				
		;2/322	97/;	1 82/96	2/7;	
1		5	34	2-3	1	0.5
		3 300	2 200	2 100	2 3 100	0.5

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;2/322      97/;      <sup>1</sup>82/96      2/7;

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Theory

1	40	404 M
2	50	503 (H)
3	70	703 H
4	70	705 M

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1 2 3

1 2 3

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A B B

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27"2

27"3

27"4

27"5

	'			'
	52'	92'		
		52'	62'	
1	—	3	14	17
2	;	12	10	31
3	<b>34</b>	12	10	34
4	;	3	6	18
	30	30	40	100

**3**

;<sup>2</sup>/322      97/; ;      <sup>1</sup>  
82/96      2/7;

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B

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;2/322

97/::;

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82/96

2/7;

0.5

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2	70	703	H
3	70	704	M
4	90		M



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30%		



1 100 40% 30%

1 20%

2 5V5 30%

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4 20%

**C**

**C3** 52 4-6

1 7 2 8

3 7 4 8

**C4** 7X7 52

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1 8 2 8

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**E** < 42'

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3 5 4 5

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**3**

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	1	1. 2. 3.	1. 2. 3.	1. 2.	2
	1	1. 2. 3.	1. 2. 3.	1. 2.	4
	2	1. 2.	1. 2.	1. 2.	2
	2 3 4	1. 2. 3. 4.	1. 2. 3. 4.	1. 2.	4 + 50
	2 3	1. 2. 3.	1. 2. 3.	1. 2.	4 + 20
	2 3	1. 2. 3.	1. 2. 3.	1. 2.	74

		3			40%		40%
100							
30	20%		62'				
100				=	40 +	30 +	
10 +		10 +		10 -			
1		40					
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6		“		”			
10		5		3		3	
	1/3		0				
4			62'				
100				?	30 +	40 +	
30							
1		30					
2		40		3-4			
3		30					
5			42'				
100				?	50 +	50	
1		50					
2		50		2			1

	'			'			
	62'		62'		42'		
1	40	16	—	—	16		
2	30	12	30	12	50	10	38
3	10	4	30	12	50	10	42
4	10	4	—	—	—	—	4
	40		40		20		100

30

		58/62	54/58	1 46/54	2/46	
3		90%	75%	60%	60%	0.7
						0.3

40

		49/52	45/49	1 3:/45	2/3:	
4		80%	60%	40%	40%	0.4
						0.6

;32      :/;

80

49/52

45/49

$\frac{1}{3} : 45$

2/3:

90%

4









81	12.41	26.12	1:00.36	14.80	1:04.06	1.65	5.56	11.74	13.81	44.36	44.24	2:20.10	4:50.0	10:28.4
80	12.44	26.20	1:00.56	14.86	1:04.36	1.64	5.53	11.68	13.70	43.88	43.68	2:20.70	4:51.3	10:31.2

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	Sports Training Theory and Technology (track and field)		
	10315206		
			1
1	5.5 /160	1	16 /144
			2022 10

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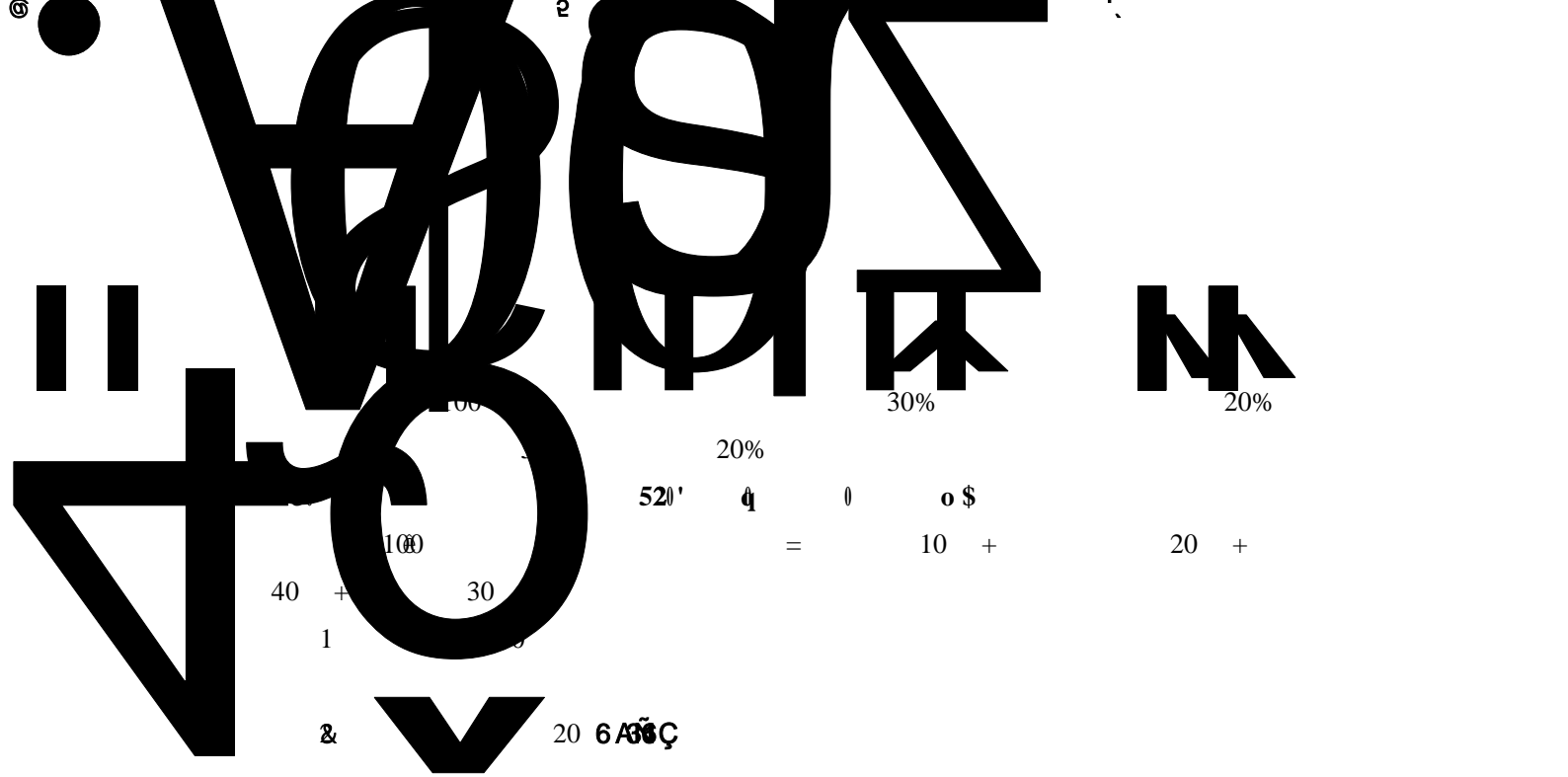
3.

4.

1	40	404	M
2	50	503	J

3	70	703 J
4	70	705 M





3 40 60

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			1		
	<b>3:/42</b>	<b>38/3:</b>	<b>34/38</b>	<b>2/34</b>	
	80%	60%	40%	40%	0.4

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70

49/52  
90%

45/49

1  
3:/45

2/3:

4







81 12.41 26.12 1:00.36 14.80 1:04.06 1.65 5.56 11.74 13.8

90

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		<b>58/62</b>	<b>54/58</b>	<b>1 46/54</b>	<b>2/46</b>	
		4                      25%				1

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		<b>67/72</b>	<b>62/67</b>	<b>1 52/62</b>	<b>2/52</b>	
						1

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4						
		<b>67/72</b>	<b>62/67</b>	<b>1 52/62</b>	<b>2/52</b>	
						0.7
						0.3

2015

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2009

2022 9

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**5**

3

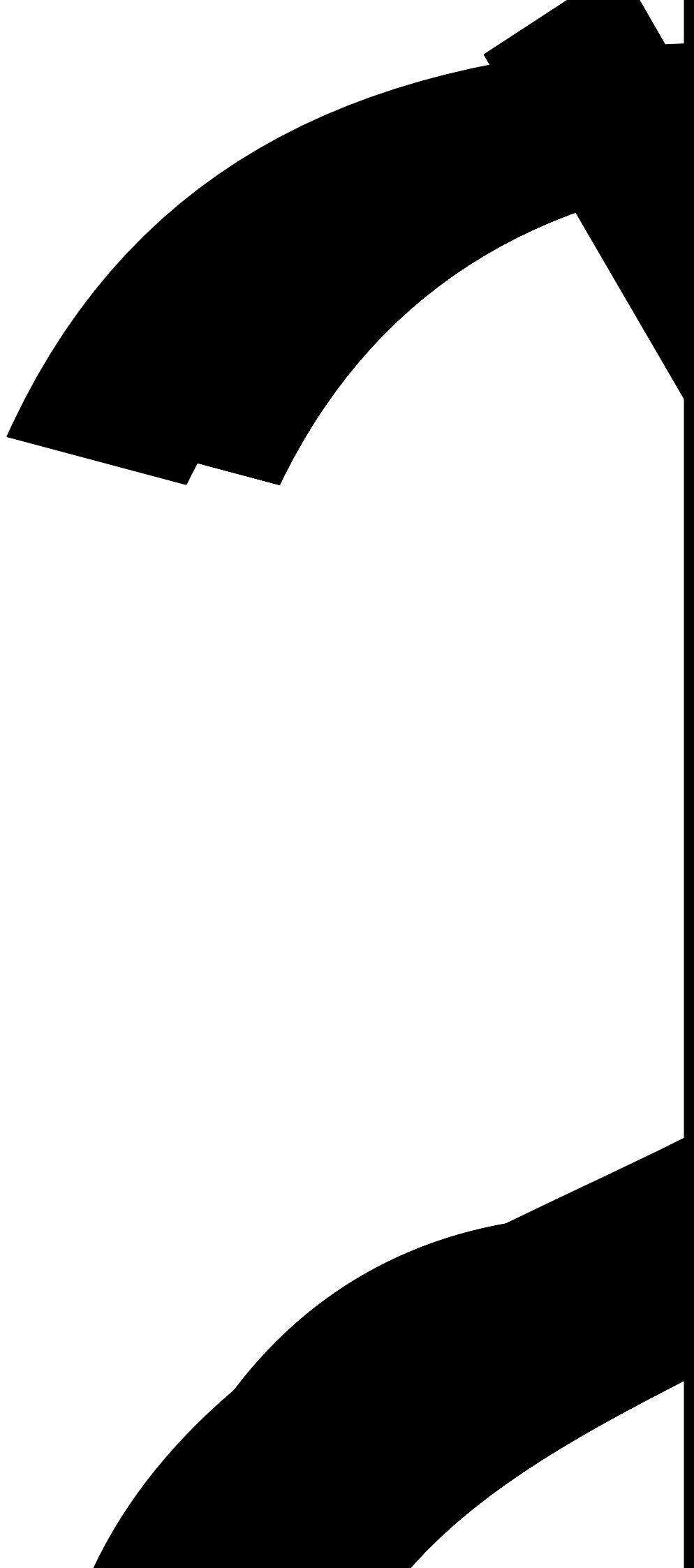
Sports Training Theory and Technology

3	70	704	M
4	90	903	M



		3						
100				40%			40%	
	20%							
<b>30</b>			<b>62'</b>					
	100			25%		25%		25%
25%				=	+			+
+	-							
1		25						
2			25					
3		25						
4		25						
5			“		”			
10		5		3		3		
	1/3		0					
<b>4</b>			<b>62'</b>					
	100			25%		50%		25%
		?		+		+		
1		25						
2		50				3-4		
3		25						
<b>5</b>			<b>42' ?42</b>					
	100			50%				50%
		?		+				
1		50						
2			50			3		1





		<b>4407/47</b>	<b>42/4407</b>	<b>1 37/42</b>	<b>2/37</b>	
<b>4</b>		90%	75%	60%	60%	0.7
						0.3

	<b>322</b>	<b>422</b>	<b>622</b>	<b>332</b>	<b>622</b>							<b>:22</b>	<b>3722</b>	<b>7222</b>
100	10.64	21.68	49.21	14.44	53.75	2.05	7.40	15.65	16.50	51.10	67.60	1:51.57	3:51.9	14:35.0
99	10.65	21.70	49.26	14.45	53.80	2.04	7.38	15.59	16.44	50.80	67.30	1:52. 15	3:52.5	14:36.0
98	10.66	21.72	49.31	14.46	53.85	2.03	7.36	15.53	16.38	50.50	67.00	1:52. 73	3:53. 1	14:37.0
97	10.67	21.74	49.36	14.47	53.90	2.02	7.34	15.47	16.32	50.20	66.70	1:53. 32	3:53.7	14:38.0
96	10.68	21.76	49.41	14.48	53.95	2.01	7.32	15.41	16.26	49.90	66.40	1:53.91	3:54.3	14:39.0
95	10.69	21.78	49.46	14.49	54.00	2.00	7.30	15.35	16.20	49.60	66.10	1:54. 50	3:54.9	14:40.0
94	10.71	21.84	49.59	14.54	54.23	1.99	7.28	15.29	16.06	49.15	65.60	1:54. 83	3:55.6	14:43.5
93	10.73	21.90	49.72	14.59	54.46	1.98	7.26	15.23	15.92	48.70	65.10	1:55. 16	3:56.3	14:47.0
92	10.75	21.96	49.85	14.64	54.69	\	7.24	15.17	15.78	48.25	64.60	1:55. 49	3:57.0	14:50.5
91	10.77	22.02	49.98	14.69	54.92	1.97	7.22	15.11	15.64	47.79	64.10	1:55. 82	3:57.7	14:54.0
90	10.79	22.09	50.11	14.74	55.15	1.96	7.20	15.05	15.50	47.33	63.60	1:56. 15	3:58. 4	14:57.5
89	10.82	22.16	50.25	14.80	55.38	\	7.18	14.99	15.36	46.87	63.10	1:56.48	3:59.2	15:-



	322	422	622	332	622							:22	3722	7222
81	11.06	22.72	51.37	15.26	57.28	\	6.94	14.45	14.21	43.17	58.60	1:59. 18	4:05.6	15:29.6
80	11.10	22.80	51.51	15.32	57.52	1.90	6.90	14.38	14.06	42.70	58.00	1:59. 52	4:06.4	15:33.2
79	11.14	22.88	51.65	15.38	57.76	\	6.86	14.31	13.91	42.23	57.40	1:59. 86	4:07.2	15:36.8
78	11.18	22.96	51.80	15.44	58.00	1.89	6.82	14.24	13.76	41.76	56.70	2:00. 20	4:08.0	15:40.4
77	11.22	23.04	51.95	15.51	58.25	1.88	6.78	14.16	13.61	41.29	56.00	2:00. 51	4:08.8	15:44. 1
76	11.26	23.12	52.10	15.58	58.50	\	6.74	14.08	13.46	40.82	55.30	2:00. 88	4:09.6	15:47.8
75	11.30	23.20	52.25	15.65	58.75	1.87	6.70	14.00	13.30	40.35	54.60	2:01.22	4:10.5	15:51.5
74	11-34	23.28	52.40	15.72	59.00	1.86	6.66	13.92	13.14	39.88	53.90	2:01.56	4:11.4	15:55.2
73	11.38	23.36	52.55	15.79	59.25	\	6.62	13.812						

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1'38

1'81

2'14 ॐॐॐ

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	<b>322</b>	<b>422</b>	<b>622</b>	<b>322</b>	<b>622</b>							<b>:22</b>	<b>3722</b>	<b>5222</b>
100	12.04	25.08	56.41	14.04	59.86	1.80	5.95	12.75	15.80	53.00	53.50			

	<b>322</b>	<b>422</b>	<b>622</b>	<b>322</b>	<b>622</b>							<b>:22</b>	<b>3722</b>	<b>5222</b>
80	12.44	26.20	1:00.56	14.86	1:04.36	1.64	5.53	11.68	13.70	43.88	43.68	2:20.70	4:51.3	10:31.2
79	12.47	26.28	1:00.86	14.92	1:04.66	\	5.50	11.62	13.58	43.40	43.12	2:21.20	4:52.7	10:34.0
78	12.50	26.36	1:01.06	14.98	1:05.01	1.63	5.47	11.56	13.46	42.92	42.56	2:21.70	4:54.0	10:36.8
77	12.53	26.44	1:01.36	15.04	1:05.36	1.62	5.44	11.49	13.34	42.43	41.99	2:22.20	4:55.4	10:39.7
76	12.56	26.52	<u>1:01.56</u>	15.10	1:05.56	1.61	5.41	11.42	13.22	41.94	41.42	2:22.80	4:56.8	10:42.6
75	12.60	26.60	<u>1:01.76</u>	15.16	1:05.71	1.60	5.38	11.35	13.10	41.45	40.85	2:23.30	4:58.1	10:45.5
74	12.64	26.68	1:02.06	15.22	1:05.96	1.59	5.35	11.28	12.98	40.96	40.28	2:23.80	4:59.5	10:48.4
73	12.68	26.76	1:02.26	15.29	1:06.21	\	5.32	11.21	12.86	40.47	39.71	2:24.40	5:00.9	10:51.3
72	12.72	26.84	1:02.56	15.36	1:06.51	1.58	5.28	11.14	12.74	39.98	39.14	2:24.90	5:02.3	10:51.2
71	12.76	26.92	1:02.76	15.43	1:06.76	1.57	5.24	11.07	12.62	39.49	38.57	2:25.50	5:03.6	10:57.1
70	12.80	27.00	1:03.00	15.50	1:07.00	1.56	5.20	11.00	12.50	39.00	38.00	2:26.00	5:05.0	11:00.0
69	12.82	27.06	1:03.17	15.54	1:07.27	\	5.19	10.96	12.43	38.74	37.74	2:26.30	5:05.8	11:01.0
68	12.85	27.12	1:03.33	15.58	1:07.53	1.55	5.18	10.92	12.36	38.48	37.48	2:26.60	5:06.7	11:02.0
67	12.88	27.18	1:03.50	15.62	1:07.80	\	5.17	10.88	12.29	38.22	37.22	2:26.90	5:07.5	11:03.0
66	12.91	27.24	1:03.67	15.66	1:08.07	1.54	5.16	10.84	12.22	37.96	36.96	2:27.20	5:08.3	11:04.0
65	12.94	27.30	1:03.83	15.70	1:08.33									

90

	4407/47	42/4407	<sup>1</sup> 37/42	2/37
5			4	25%
	†			

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	4		
	Sports Training Theory and Technology (track and field)		
	10315206		
			3
1	5.5 /160	1	16 /144
			2022 10

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3	70	703 J
4	70	705 M



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- 2.
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$$\begin{array}{ccccccc}
 & & 4 & & & & \\
 & & 100 & & 30\% & & 20\% \\
 & & 30\% & & 20\% & & \\
 \mathbf{30} & & & & \mathbf{52} & ' & \\
 & 100 & & = & 10 & + & 20 & + \\
 40 & + & 30 & - & & & & \\
 1 & & 10 & & & & & \\
 & 2 & & 20 & & & & \\
 & & & & & & & \\
 & 3 & & 40 & & & & 
 \end{array}$$

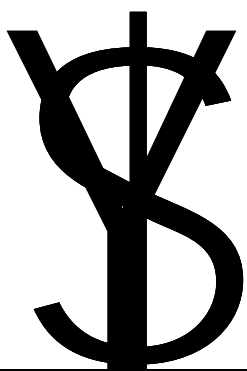


“ ” 50

1	1-3 9 1-5 5	1-4 6	40
2	1 10		10
3	1 10		10
4	4-5 6-10	10 10	5-10 9 40

	52'		42'		42'		52'		
1	10	3	—				12	40	15
2	20	6	30	6	50	10	10	3	35
3	40	12	30	6	50	10	10	3	29
4	30	9	—				12	40	21
	30		20		20		30		100

8



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		<b>3:/42</b>	<b>38/3:</b>	<b>1 34/38</b>	<b>2/34</b>	
1		80%	60%	40%	40%	0.4
						0.6

50

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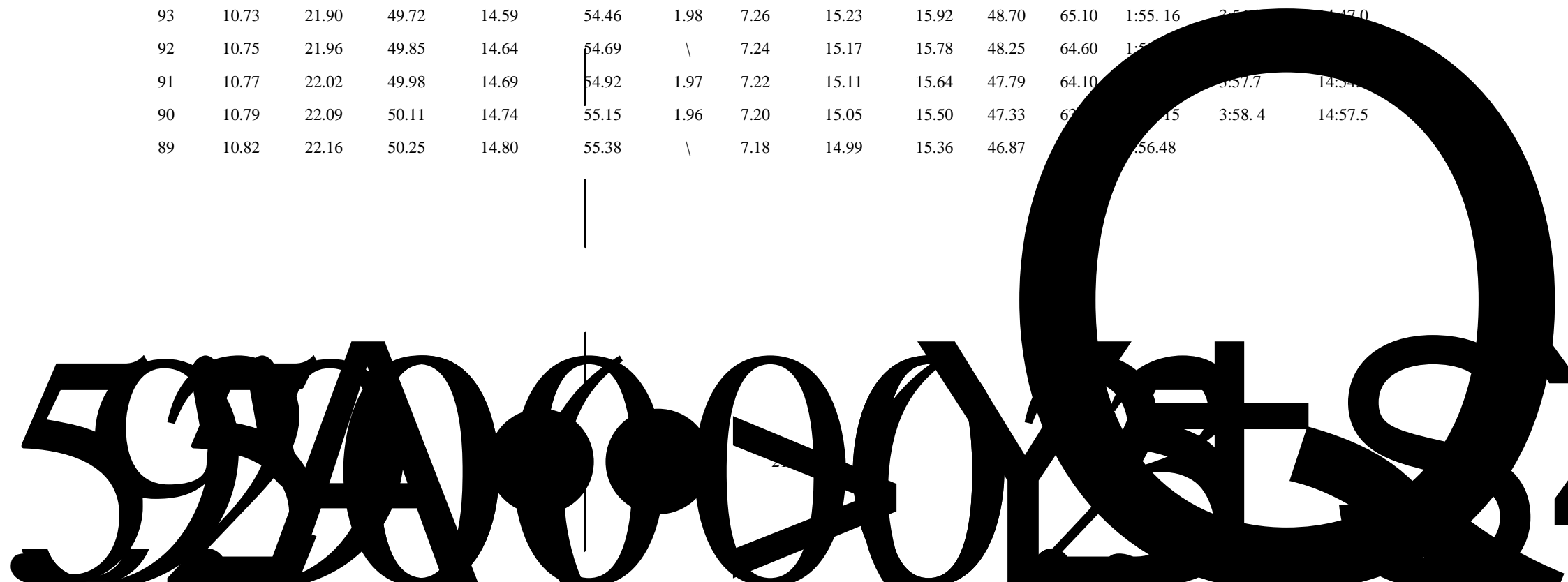
49/52

45/49

1'

	322	422	622	332	622							:22	3722	7222
100	10.64	21.68	49.21	14.44	53.75	2.05	7.40	15.65	16.50	51.10	67.60	1:51.57	3:51.9	14:35.0
99	10.65	21.70	49.26	14.45	53.80	2.04	7.38	15.59	16.44	50.80	67.30	1:52. 15	3:52.5	14:36.0
98	10.66	21.72	49.31	14.46	53.85	2.03	7.36	15.53	16.38	50.50	67.00	1:52. 73	3:53. 1	14:37.0
97	10.67	21.74	49.36	14.47	53.90	2.02	7.34	15.47	16.32	50.20	66.70	1:53. 32	3:53.7	14:38.0
96	10.68	21.76	49.41	14.48	53.95	2.01	7.32	15.41 <sup>(e)</sup>	16.26 <sup>(e)</sup>	49.90	66.40	1:53.91	3:54.3	14:39.0
95	10.69	21.78	49.46	14.49	54.00	2.00	7.30	15.35	16.20	49.60	66.10	1:54. 50	3:54.9	14:40.0
94	10.71	21.84	49.59	14.54	54.23	1.99	7.28	15.29	16.06	49.15	65.60	1:54. 83	3:55.6	14:43.5
93	10.73	21.90	49.72	14.59	54.46	1.98	7.26	15.23	15.92	48.70	65.10	1:55. 16	3:56.3	14:47.0
92	10.75	21.96	49.85	14.64	54.69	\	7.24	15.17	15.78	48.25	64.60	1:55. 49	3:57.0	14:50.0
91	10.77	22.02	49.98	14.69	54.92	1.97	7.22	15.11	15.64	47.79	64.10	1:55. 82	3:57.7	14:53.0
90	10.79	22.09	50.11	14.74	55.15	1.96	7.20	15.05	15.50	47.33	63.60	1:56. 15	3:58. 4	14:57.5
89	10.82	22.16	50.25	14.80	55.38	\	7.18	14.99	15.36	46.87	63.10	1:56. 48	3:59.1	15:01.0

Α...>Q,ΣΒΕΛ, λβϑ



	<b>322</b>	<b>422</b>	<b>622</b>	<b>332</b>	<b>622</b>							<b>:22</b>	<b>3722</b>	<b>7222</b>
81	11.06	22.72	51.37	15.26	57.28	\	6.94	14.45	14.21	43.17	58.60	1:59. 18	4:05.6	15:29.6
80	11.10	22.80	51.51	15.32	57.52	1.90	6.90	14.38	14.06	42.70	58.00	1:59. 52	4:06.4	15:33.2
79	11.14	22.88	51.65	15.38	57.76	\	6.86	14.31	13.91	42.23	57.40	1:59. 86	4:07.2	15:36.8
78	11.18	22.96	51.80	15.44	58.00	1.89	6.82	14.24	13.76	41.76	56.70	2:00. 20	4:08.0	15:40.4
77	11.22	23.04	51.95	15.51	58.25	1.88	6.78	14.16	13.61	41.29	56.00	2:00. 51	4:08.8	15:44. 1
76	11.26	23.12	52.10	15.58	58.50	\	6.74	14.08	13.46	40.82	55.30	2:00. 88	4:09.6	15:47.8
75	11.30	23.20	52.25	15.65	58.75	1.87	6.70	14.00	13.30	40.35	54.60	2:01.22	4:10.5	15:51.5
74	11-34	23.28	52.40	15.72	59.00	1.86	6.66	13.92	13.14	39.88	53.90	2:01.56	4:11.4	15:55.2
73	11.38	23.36	52.55	15.79	59.25	\	6.62	13.84	12.98	39.41	53.20	2:01.90	4:12.3	15:58.9
72	11.42	23.44	52.70	15.86	59.50	1.85	6.58	13.76	12.82	38.94	52.50	2:02. 24	4:13.2	16:02.6
71	11.46	23.52	52.85	15.93	59.75	1.84	6.54	13.68	12.66	38.47	51.80	2:02. 58	4:14. 1	16:06.3
70	11.50	23.60	53.00	16.00	1:00.00	1.83	6.50	13.60	12.50	38.00	51.00	2:03.00	4:15.0	16:10.0
69	11.53	23.65	53.11	16.06	1:00. 26	1.82	6.48	13.56	12.45	37.80	50.60	2:03.42	4:15.8	16:12.0
68	11.56	23.70	53.22	16.12	1:00. 56	1.81	6.46	13.52	12.40	37.60	50.20	2:03. 85	4:16.6	16:14.0
67	11.59	23.75	53.33	16.18	1:00. 76	\	6.44	13.48	12.35	37.40	49.80	2:04.28	4:17.5	16:16.0
66	11.62	. .65												

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Sports Training Theory and Technology (track and field)

10315206



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<b>49/52</b>	<b>45/49</b>	<sup>1</sup> <b>3:/45</b>	<b>2/3:</b>	
90%	75%	60%	60%	0.7

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	322	422	622	332	622							:22	3722	7222
100	10.64	21.68	49.21	14.44	53.75	2.05	7.40	15.65	16.50	51.10	67.60	1:51.57	3:51.9	14:35.0
99	10.65	21.70	49.26	14.45	53.80	2.04	7.38	15.59	16.44	50.80	67.30	1:52. 15	3:52.5	14:36.0
98	10.66	21.72	49.31	14.46	53.85	2.03	7.36	15.53	16.38	50.50	67.00	1:52. 73	3:53. 1	14:37.0
97	10.67	21.74	49.36	14.47	53.90	2.02	7.34	15.47	16.32	50.20	66.70	1:53. 32	3:53.7	14:38.0
96	10.68	21.76	49.41	14.48	53.95	2.01	7.32	15.41	16.26	49.90	66.40	1:53.91	3:54.3	14:39.0
95	10.69	21.78	49.46	14.49	54.00	2.00	7.30	15.35	16.20	49.60	66.10	1:54. 50	3:54.9	14:40.0
94	10.71	21.84	49.59	14.54	54.23	1.99	7.28	15.29	16.06	49.15	65.60	1:54. 83	3:55.6	14:43.5
93	10.73	21.90	49.72	14.59	54.46	1.98	7.26	15.23	15.92	48.70	65.10	1:55. 16	3:56.3	14:47.0
92	10.75	21.96	49.85	14.64	54.69	\	7.24	15.17	15.78	48.25	64.60	1:55. 49	3:57.0	14:50.5
91	10.77	22.02	49.98	14.69	54.92	1.97	7.22	15.11	15.64	47.79	64.10	1:55. 82	3:57.7	14:54.0
90	10.79	22.09	50.11	14.74	55.15	1.96	7.20	15.05	15.50	47.33	63.60	1:56. 15	3:58. 4	14:57.5
89	10.82	22.16	50.25	14.80	55.38	\	7.18	14.99	15.36	46.87	63.10	1:56.48	3:59.2	15:01.0
88	10.85	22.23	50.39	14.86	55.61	1.95	7.15	14.93	15.22	46.41	62.60	1:56.81	4:00.0	15:04.5
87	10.88	22.30	50.53	14.91	55.84	1.94	7.12	14.87	15.08	45.95	62.10	1:57. 14	4:00.8	15:08.0
86	10.91	22.37	50.67	14.96	56.08	\	7.09	14.80	14.94	45.49	61.60	1:57. 48	4:01.6	15:11.6
85	10.94	22.44	50.81	15.02	56.32	1.93	7.06	14.73	14.80	45.03	61.00	1:57. 82	4:02.4	15:15.2
84	10.97	22.51	50.95	15.08	56.56	1.92	7.03	14.66	14.66	44.57	60.40	1:58. 16	4:03.2	15:18.8
83	11.00	22.58	51.09	15.14	56.80	\	7.00	14.59	14.51	44.11	59.80	1:58. 50	4:04.0	15:22.4
82	11.03	22.65	51.23	15.20	57.04	1.91	6.97	14.52	14.36	43.64	59.20	1:58. 84	4:04.8	15:26.0



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:			5
34			5
34			5+5
9/34			2.5
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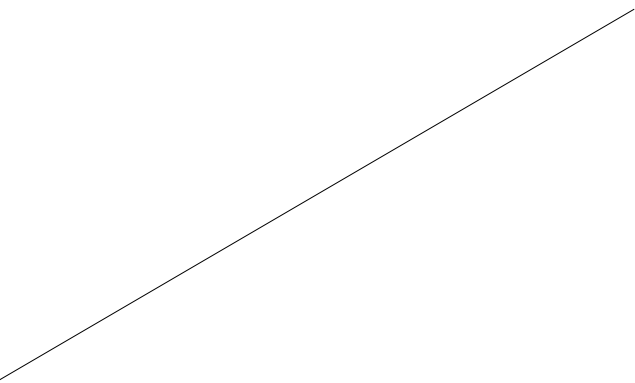
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						0.2
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Theory and Practice of Taekwondo Teaching and Training III

20315213

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<b>6</b>	5 <sup>5</sup> 5	5	15
	60	40	100

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## Theory and Practice of Taekwondo Teaching and Training IV

10315214

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16    /144

<b>5</b>	<b>70</b>	5.1 H
<b>6</b>	<b>70</b>	5.3 M



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 1. \\
 = \quad 50 + \quad 50 \\
 \qquad \qquad \qquad \mathbf{6} \qquad \qquad \qquad , \qquad \qquad \qquad , \\
 \mathbf{3} \qquad \qquad \qquad \frac{5}{10} \qquad \qquad \qquad \text{---} \qquad \qquad \qquad 15 \\
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<b>4</b>		80%	60%	40%	40%	0.4
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<b>4</b>						0.5
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<b>3</b>						0.2
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Theory and Practice of Taekwondo Teaching and Training V

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10315215

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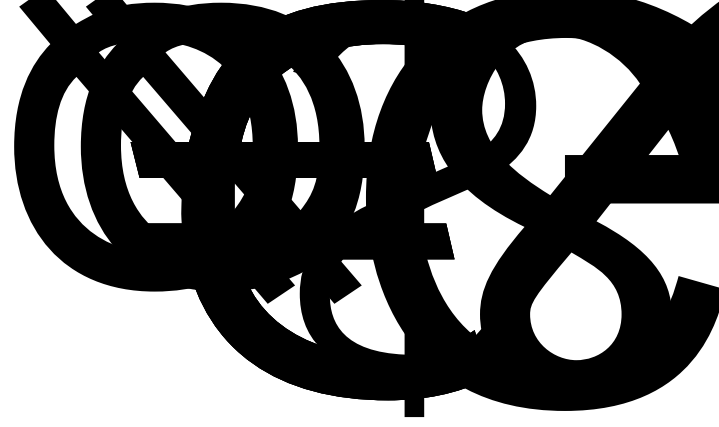






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		14-15	11-13	9-10	0-8	
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Badminton Training Theory and Technology

10315219

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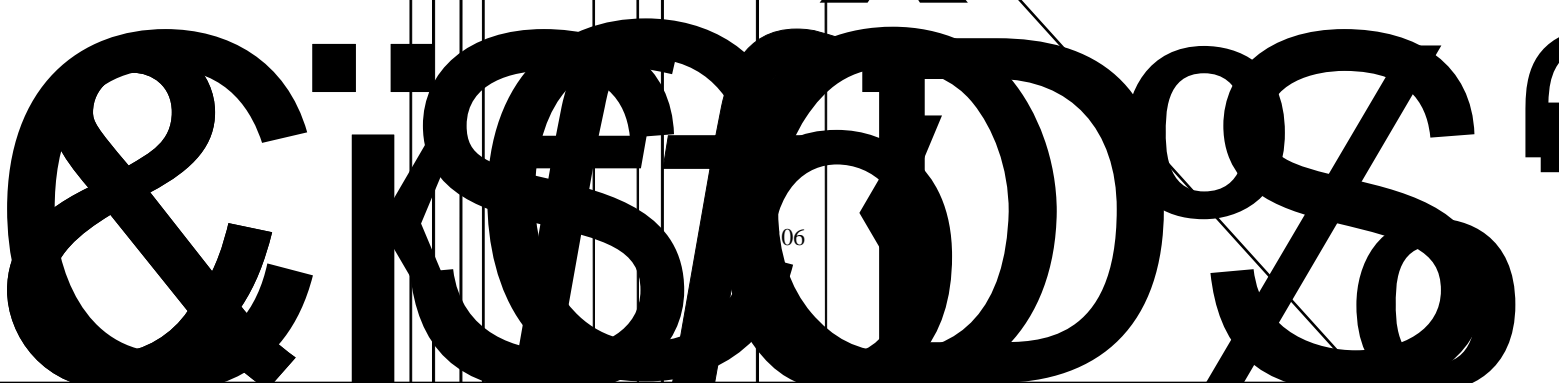
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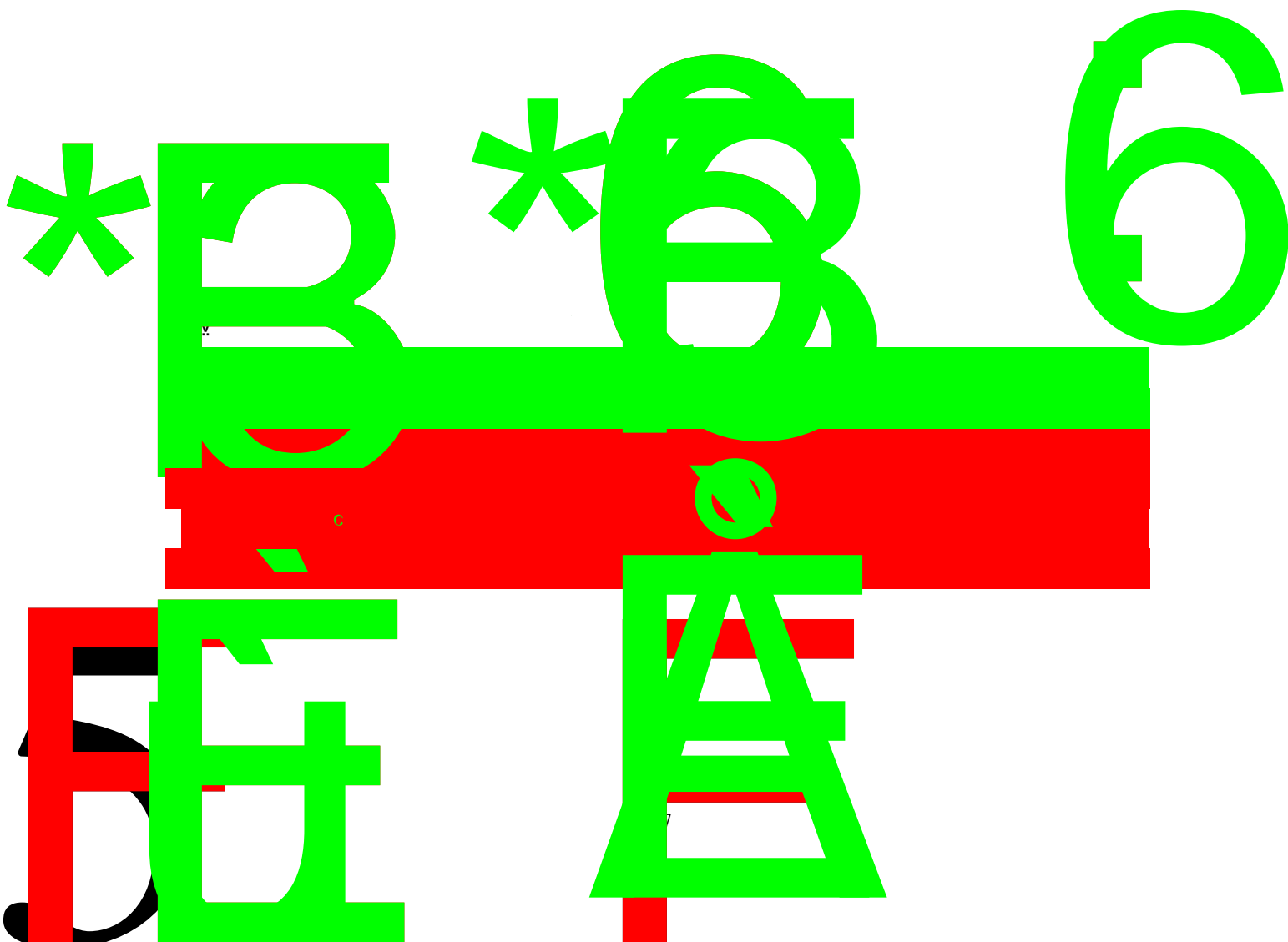
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**52/49**

**48/45**

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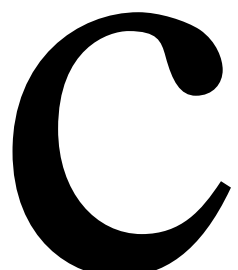
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 \end{array}$$





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[M] 2004

[1] . [M]. : 2010  
 [2] . [M]. 2005

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Theory and Practice of Table Tennis Teaching and Training III

20315223

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(5) (5-14 ) a

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		52/47	46/3;	1 3:/35		35
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	<b>72/67</b>	<b>66/5;</b>	<b>1</b> <b>5:/55</b>	<b>54</b>	
80%		60%	40%	40%	0.4

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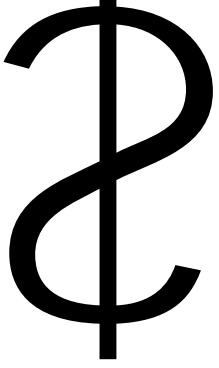




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4	5.	713 (M)

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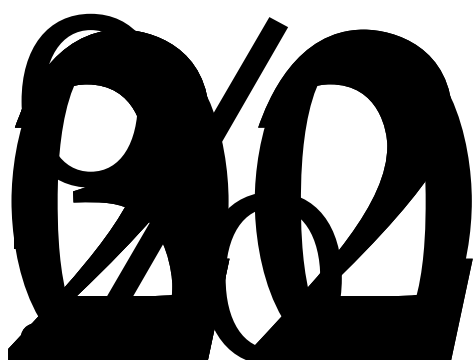


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52'

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**4:/45**

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b

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Theory and Practice of Table Tennis Teaching and Training V

30315225

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                   a

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                   c            a

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                   c            a

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[1] . [M]. : 2010  
[2] . [M]. 2005

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Sports Training Theory and Technology      Football  
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[1] . A/B/C

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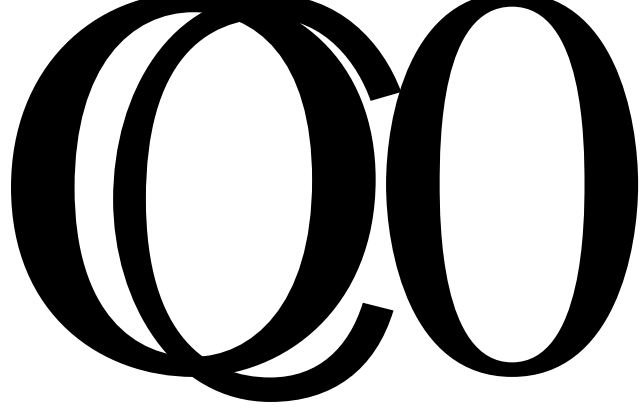
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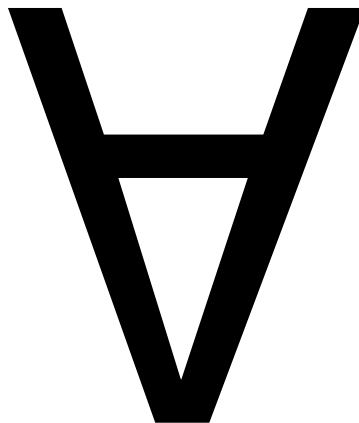
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		<b>73/82</b>	<b>65/72</b>	<b>1 59/64</b>	<b>2/58</b>	
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Physical Education in School

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	Selection of Sports Talents		
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Sports injury and rehabilitation

30316207





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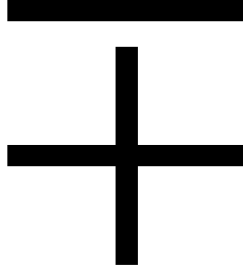
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Sports Marketing

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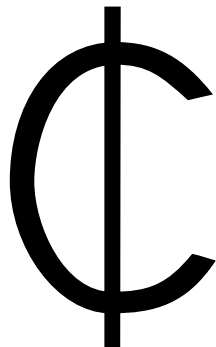
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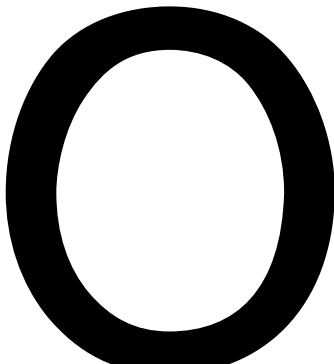


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[3] . ( 2 ) . 2007.

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## Operation and Management of Fitness Club

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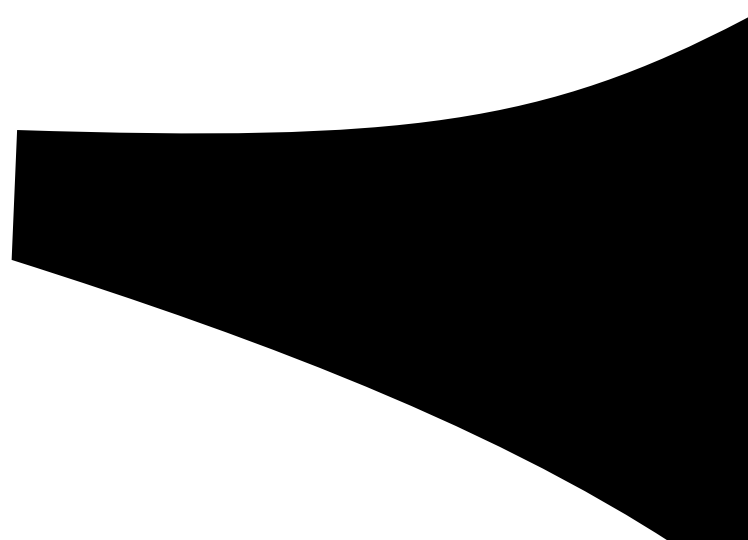
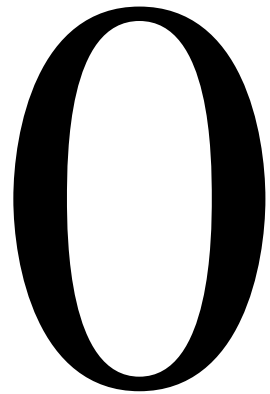
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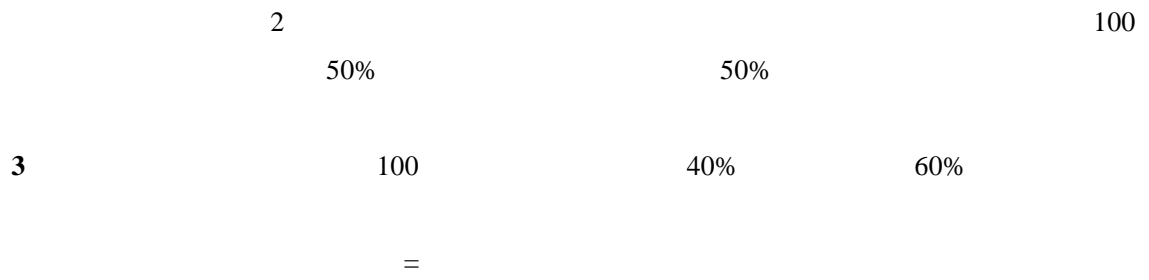
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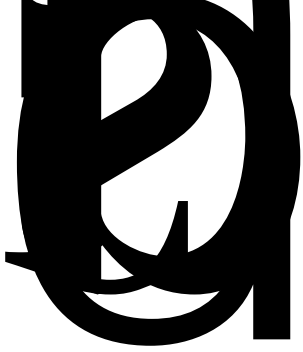




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Sports Nutriology

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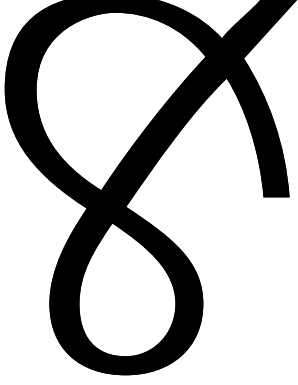
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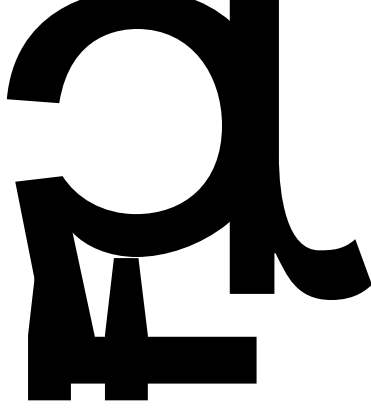
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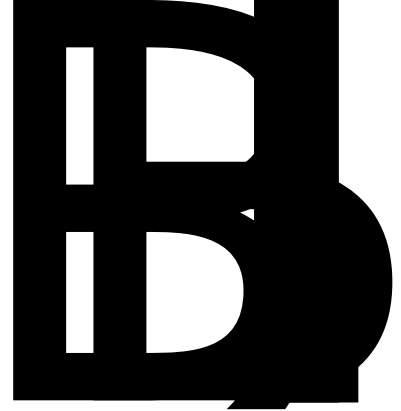


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82/96



	10	1 / / 10
	<b>322</b>	

“ d

	Trainable tening Theory and Technology		
	20316217		
1	1.5 /48	1	6 142
			2022 9

- 1.
- 2.
- 3.
- 4.

	1	1. 2. 3.	1 2 21 3	30 40	2
	1 2 3	1 2	1 3	30 40	18
	1 2 3	1. 2. 3.	1. 2. 3.	30 40	10
	1 2 3	1 2 3.	1 2 3 4. 5.	30 40	10
	1 2 3			30 40	2
	1 4		1 2	30 40	2
	4			30 40	2 + 2





(6) (1-4 )

b  
c  
a  
b  
c

	72'		72'	
	52'	42'		
1	—	32	—	10
2	—	—	25 25	50
3	37	32	—	22
4	37	—	—	18
	30	20	50	100

3

		2/322	97/;	1 82/96	2/7;	
2	15	5	3-4	2-3	1	0.5
						0.5





	Sanda		
	30316218		
1	1.5 /48	1	4 /44
			2022 6

3

1.

2.

3.

1	1	1.1 M
	2.	2.2 M
2	3.	3.1 L

5.



		50%	50%
1.	100		
1	20		
2			

3



**;2/322**      **97/;**      **1**  
**82/96**      **2/7;**

2

Taekwondo

30316219

1

1.5 /48

48

1

1.

2 100  
 50% 50%  
**30**  
 100 = 40 + 40 + 20 —  
 1 40 10  
 2 40  
 3 20  
 4 “ ” 10  
 5 3 3 1/3 0

**40**  
 100 = 60 + 40  
 1 = 20 + 20 + 20  
 2 = 20 + 20

	'		'
	72'	72'	'
1	10 20	—	30
2	—	20 30	50
3	20	—	20
	50	50	100

**30**

	3;/42	38/3:	1 35/37	2/34	
3					1

40

58/62

53/57

1  
47/52

2/46

0.4

1

70

32

203

205

—

0.1

0.2

—

0.2

2

—

0.2

—

	Ballroom Dancing		
	40316220		
1	1.5 /48	1	2 /46
			2022 10

3

1.

2.

3.

1		

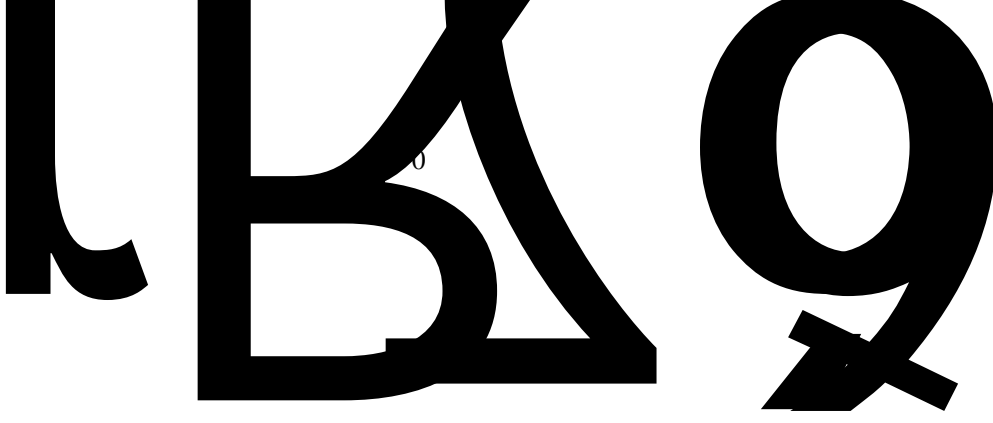
2		
3		



- 1
- 1.
  - 2.
  - 3.
- ,

- 1.
- 2.
- 3.
- 4.

30



100

2

50%

50%

100

=

+

+

+

-

1

20

20~18

17~15

/

14~10

9~0

2

20

2

10

3

20

1

4

40

20

10

10

5

1

1

2

2

3

3

“ ”

2.

100

100

1

80

7

20

10

2

20

2

2

40

10

4

2

20

10

10

8

4

3.

1

2

3

5

4

	'		'
	72 '	72 '	
1	20 10		30
2 3	10 10	72	70
	72	72	322

3

3:/42

37/39

1  
32/36

2/;

5

3-4

2-3

1

0.5

2

40

fl ž			1		
;2/322	97/;	82/96	2/7;		
80%	60%	40%	40%		0.5

1

60

20	5	10	4
10	5	5	
10	2	1	

70

80	20	1 2 10	2	20	10 10	2	
	20	1 2	/ / / /	2	10 10 3 5	2	
	40	1 2			20 20 10	4	
20	(10 )				10		
	10				10		
	a "	<b>322</b>					

2. . .  
2017

1. . .  
2016

2. . . 2014

Tennis

40316221

A

1

1.5 /48

1

0 /48

1



# O

2  
100 50% 50%

30  
100 52 ' - 42 ' 40 40 20

= 11 + + -

# J

3  
4 5

5 0%  
6 " " 10  
5 3 3 1/.

60

	'			'
	72'		72'	
	52'	42'		
1	—	32	—	10
2	—	—	50	50
3	12 12 6	10	—	40
	30	20	50	100

30

40

5

;2/322

97/;;

1  
82/96

2/7;

50

		<b>;2/322</b>	<b>97/;</b>	<b>1 82/96</b>	<b>2/7;</b>	
3						1

60

**;2/322**      **97/;**      **1  
82/96**      **2/7;**

CE/E<sub>3</sub>

3



	Badminton		
	40316222		
1	1.5 /48	1	8 /40
			2022 10

( )

1.

2.

3.

1 3. 3.1

H

2 5. 5.1

(M)

e )

1. 1.
2. 2.



		<b>32</b>	<b>:/;</b>	<b>8/9</b>	<b>2/7</b>	
						0.33
		3 11	3 11	3 9		0.34

4

35-40

30-34

25-29

18-24

3



1. . . . .

## Swimming

40316223

1

1 /32

1

2 /30

1.                    1.        "  
1 2    2.





40

;2/322      97/∴;      <sup>1</sup>  
82/96      2/7;      ' ,

2

2

		<b>49/52</b>	<b>44/48</b>	<b>1 3:/43</b>	<b>2/39</b>	
2						3

1. . . . . 2007

1. MOOC —

2. MOOC

1

/

Skating and Roller Skating

40316114

e



2	2.	2.3 2.4
3	3.	3.6 3.7 3.8

1.	1 2 3	1. 2. 3.	1. 2. 3.	1. 2.	2
2.	2 3	1.	1. 2.	1. 2.	4
3.	2 3	1.	1. 2.	1. 2.	4
4.	2 3	1.	1. 2.	1. 2.	2
5.	2 3	1.	1. 2.	1.	4

6.

2  
50% 50% 100  
30 100 82 62 %

**;2/322**      **97/;**      **1**  
**82/96**      **2/7;**

0.2

0.3

0.3

[1] 2000  
[2] 1999

[1] 2005  
[2] 2005

2022 10  
2022 10

	Aerobics Dance		
	40316225		
1	1 /32	1	0 /32
			2022 9

- 1. 1.
- 2. 2.
- 3. 3.

- 1.
- 2.
- 3.

- 1.
- 2.

2

9"W• DŪ\_B

- 1. 1.
- 2. 2.

- 1.
- 2.

- 1.
- 2.

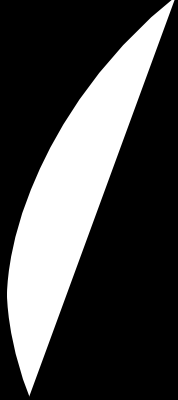
4

- 1. 1.
- 2. 2.

- 1.
- 2.
- 2.

81E09XE 1- 0.0 H 89dEU0 Ő.











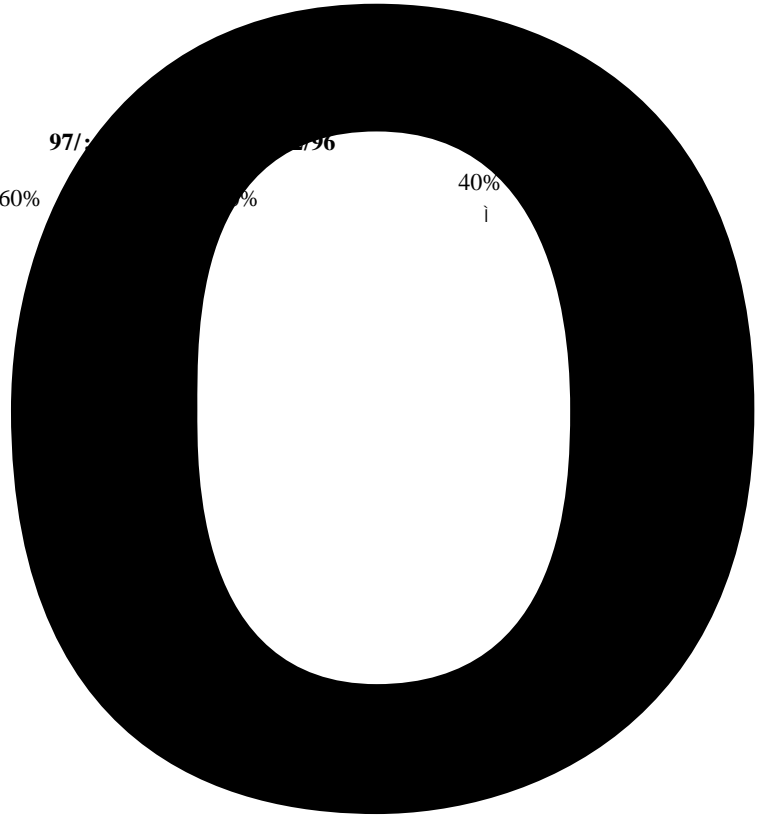


2

100

		<b>;2/322</b>	<b>97/;</b>	<b>1 82/96</b>	<b>2/7;</b>	
2						0.5
						0.5

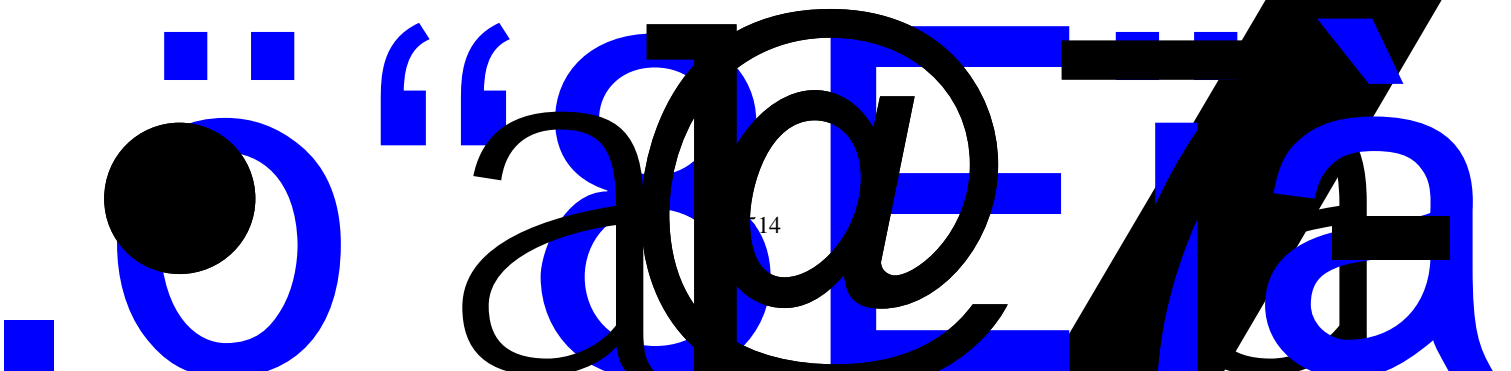
40



**;2/322**      **97/;**      **1  
82/96**      **2/7;**  
80%      60%      %      40%  
i

1

9









	Education Observation and Training		
	10318221		
1	1 /1		1
			2022 7

4

1

2

3

4.

<b>5</b>	<b>80</b>	6.1 M
<b>6</b>	<b>:0</b>	8.1 H

1 2 3 4

1

1 2 3 4

1

1 2 3 4

10%

1. . . . . 1995
  2. . . . . 2005
- 2022 9  
2022 10

	On-Campus Referee Practice		
	20318231		
1	1 /16		16
			2022 7





1 2

3 4

20

50

30

+

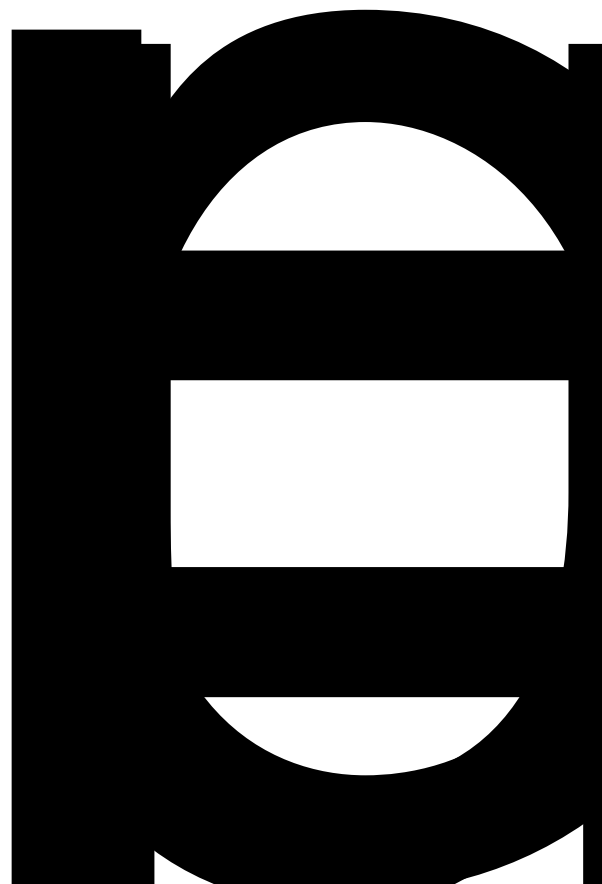
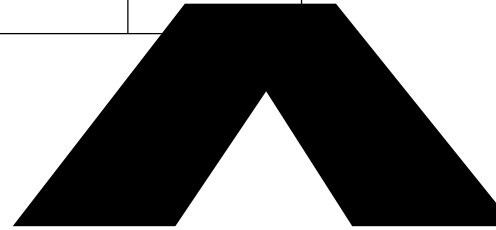
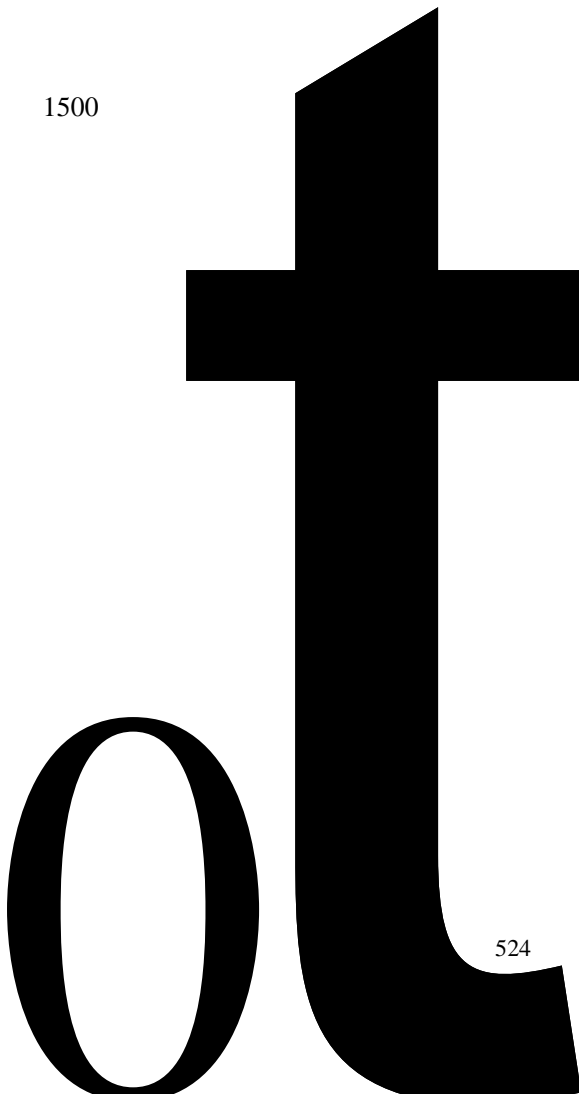
+

50%=

3

		,
1		25
2		25
3		30
4		20
‡	100 50	100

1500



Teaching Practice

30318261

1

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4	40	404	(H)	
5	40	405		
6	70	703		(H)
7	70	704		(M)
8	80	803	(M)	
9	:0	:03	(M)	

3 4 5 1.

1-2

1-18

6 7 8 9 1.

6-8

1-18

6 /

	100	3	10%	70%
1.		20%		
“		”		
2.				
“		”		
3.				“
”				’
	3 4 5 9			10
	6 ž			



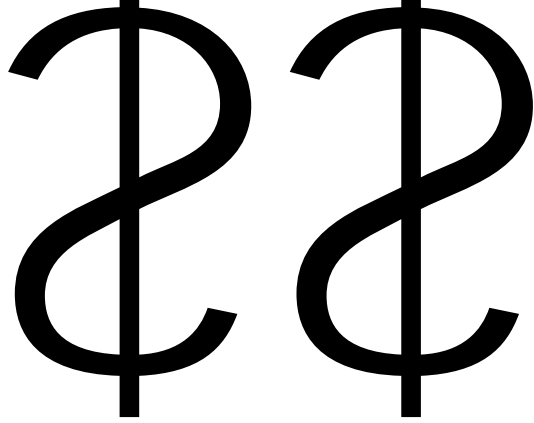
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90

7.1

	1 2 3		30	5	2
	1 2 3				2
	3 4 5				3
	3 4 5				3





3

100

