

体育Ⅲ课程介绍

一、中文简介：

浙江大学体育课是面向浙江大学全体本科生开设的通识必修课程，共有 33 门不同项目的课程，每门课程根据情况分别开设初级、中级课程、高级不同级别课程，学生可根据自己的爱好选择适合自己的项目进行学习，起到锻炼体质，增进健康作用。具体见各项目介绍。

二、英文简介：

Zhejiang University's physical education is open to all undergraduate students, and is a component of the general compulsory courses. There are 33 different courses, each course is divided into beginner, intermediate and advanced levels accordingly. Students can choose their own desired courses in order to strengthen their fitness and improve their wellbeing. See each individual course for more details.