附件2

**本科体育课授课质量评价表(教师用表)**

授课教师： 课程名称：

授课时间： 地点：

学生人数：实到 人 ，迟到 人，请假 人，旷课 人

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| 评 价 内 容 | 权重 | 得分 |
| 1 | 课程教学目标明确，课堂内容体现教学的目标要求 | 10 |  |
| 2 | 备课认真充分，教案编写能够反映教学过程，内容合理、条理清晰 | 10 |  |
| 3 | 按照教学计划进度内容进行教学，方法步骤科学、新颖、多样、有效 | 10 |  |
| 4 | 讲解准确、精练、生动，口令规范、组织调动合理 | 10 |  |
| 5 | 教态自然，示范动作正确，练习过程中纠错方法正确有效 | 10 |  |
| 6 | 教学过程中不但注重“教“更注重“育”，把思想政治教育工作渗透到课堂教学中去*。* | 10 |  |
| 7 | 关爱学生，教学方法因人施教，能够遵循区别对待的教学原则 | 10 |  |
| 8 | 准时上、下课，能够规范课堂纪律，组织教法安排合理 | 10 |  |
| 9 | 课堂气氛活跃，学生活动积极，有一定的运动负荷强度 | 10 |  |
| 10 | 教师上课仪表端庄、服装符合要求，场地器材安排合理、安全 | 10 |  |
| 总体评价 | 最后得分 | 100 |  |
| 对课堂内容或其它方面的具体意见或建议： |

听课人（签字） 年 月 日

**本科体育课运动强度与密度表**

运动密度： （分钟/90分钟）

运动强度：时间（分钟）脉搏（次/分钟）

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| 时间 |  |  |  |  |  |  |  |  |  |  |  |
| 脉搏 |  |  |  |  |  |  |  |  |  |  |  |
| 时间 |  |  |  |  |  |  |  |  |  |  |  |
| 脉搏 |  |  |  |  |  |  |  |  |  |  |  |
| 时间 |  |  |  |  |  |  |  |  |  |  |  |
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曲线图：

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