

Tamkang University Academic Year 102, 1st Semester Course Syllabus

Course Title	PHYSICAL EDUCATION-PHYSICAL FITNESS	Instructor	LAI, FANG CHEN
Course Class	TGNPB2A PE BY INTEREST ON LANYANG CAMPUS, 2A	Details	<ul style="list-style-type: none"> ◆ Required ◆ One Semester ◆ 0 Credits
Teaching objectives			
<ul style="list-style-type: none"> I. Enhance physical adaptability. II. Establish correct sports concept. III. Enhance sport skills. IV. Experience fun in sports participation. 			
Schoolwide essential virtues			
<ul style="list-style-type: none"> A. A global perspective. B. Information literacy. C. A vision for the future. D. Moral integrity. E. Independent thinking. F. A cheerful attitude and healthy lifestyle. G. A spirit of teamwork and dedication. H. A sense of aesthetic appreciation. 			
Course Introduction	<p>The aim of the course is to introduce the knowledge of physical fitness. Understanding how to evaluate and promote physical fitness, at the same time, enjoy the exercise, develop regular exercise habits to reach the goal of weight control, body sculpting and health promotion.</p>		

The Relevance among Teaching Objectives, Objective Levels and Schoolwide essential virtues

I. Objective Levels (select applicable ones) :

- (i) Cognitive Domain : C1-Remembering, C2-Understanding, C3-Applying,
C4-Analyzing, C5-Evaluating, C6-Creating
- (ii) Psychomotor Domain : P1-Imitation, P2-Mechanism, P3-Independent Operation,
P4-Linked Operation, P5-Automation, P6-Origination
- (iii) Affective Domain : A1-Receiving, A2-Responding, A3-Valuing,
A4-Organizing, A5-Characterizing, A6-Implementing

II. The Relevance among Teaching Objectives, Objective Levels and Schoolwide essential virtues :

- (i) Determine the objective level(s) in any one of the three learning domains (cognitive, psychomotor, and affective) corresponding to the teaching objective. Each objective should correspond to the objective level(s) of ONLY ONE of the three domains.
- (ii) If more than one objective levels are applicable for each learning domain, select the highest one only. (For example, if the objective levels for Cognitive Domain include C3, C5, and C6, select C6 only and fill it in the boxes below. The same rule applies to Psychomotor Domain and Affective Domain.)
- (iii) Determine the Schoolwide essential virtues that correspond to each teaching objective. Each objective may correspond to one or more Schoolwide essential virtues at a time. (For example, if one objective corresponds to three Schoolwide essential virtues: A, AD, and BEF, list all of the three in the box.)

No.	Teaching Objectives	Relevance	
		Objective Levels	Schoolwide essential virtues
1	1. To understand and promote healthy physical fitness with its concepts.	C6	EFH
2	2. To maintain physical functions and a good body shape.	P6	EFH
3	3. To interact and cooperate with others.	A6	EFH
4	4. To advocate proper leisure activity and regular exercise.	A6	EFH
5	5. Can observe others, analyze movement exactness and appreciate strength and beautiful manifestation.	C4	EFH

Teaching Objectives, Teaching Methods and Assessment

No.	Teaching Objectives	Teaching Methods	Assessment
1	1. To understand and promote healthy physical fitness with its concepts.	Lecture, Discussion, Practicum, Problem solving	Practicum, Participation
2	2. To maintain physical functions and a good body shape.	Lecture, Simulation, Practicum	Practicum, Participation
3	3. To interact and cooperate with others.	Lecture, Practicum, Problem solving	Practicum, Participation
4	4. To advocate proper leisure activity and regular exercise.	Appreciation, Simulation, Practicum	Practicum, Participation

5	5.Can observe others, analyze movement exactness and appreciate strength and beautiful manifestation.	Lecture, Appreciation, Simulation, Practicum	Practicum, Participation
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Course Schedule

Week	Date	Subject/Topics	Note
1	102/09/16 ~ 102/09/22	1. to introduce the rules of PE class and syllabus.2. the equipment demonstration .	
2	102/09/23 ~ 102/09/29	The components of the muscle balance and flexibility.	
3	102/09/30 ~ 102/10/06	The components of the muscle balance and flexibility.	
4	102/10/07 ~ 102/10/13	1.the components of the muscle balance and flexibility. 2.the conceptions of cardiorespiratory fitness.	
5	102/10/14 ~ 102/10/20	Exercise Prescriptions of enhancing cardiorespiratory fitness.	
6	102/10/21 ~ 102/10/27	the conceptions of the strength and muscle endurance	
7	102/10/28 ~ 102/11/03	1.The exercise prescriptions of enhancing flexibility.2.the stretching of the duration , the intensity and the frequency.	
8	102/11/04 ~ 102/11/10	The physiological phenomenons of exercising.	
9	102/11/11 ~ 102/11/17	the conceptions of the body components	
10	102/11/18 ~ 102/11/24	Midterm Exam Week	
11	102/11/25 ~ 102/12/01	the testing for one minute sit-up, sit and reach , height and weight.	
12	102/12/02 ~ 102/12/08	the testing for standing long jump and cardiorespiratory endurance	
13	102/12/09 ~ 102/12/15	the benefits of regular exercise.	
14	102/12/16 ~ 102/12/22	the benefits of regular exercise	
15	102/12/23 ~ 102/12/29	the conceptions on diet .	
16	102/12/30 ~ 103/01/05	the conceptions on diet .	
17	103/01/06 ~ 103/01/12	Final Exam Week	
18	103/01/13 ~ 103/01/19	Final Exam Week	

Requirement	<p>1. 需穿著運動服裝及球鞋。</p> <p>2. 請假請依學校規定辦理：</p> <p>(1)缺曠課達4次者平時成績以0分計算，達6次者，予以扣考</p> <p>(2)缺課總時數達該科授課時數1/3時學期成績以零分計算</p> <p>(3)病假請持醫療收據消假，事假請事先請假；事假扣總分2分，病假扣總分1分</p>
Teaching Facility	(None)
Textbook(s)	
Reference(s)	<p>1. 健康體適能理論與實務</p> <p>2. 體適能指導手冊</p>
Number of Assignment(s)	(Filled in by assignment instructor only)
Grading Policy	<p>◆ Attendance : 30.0 % ◆ Mark of Usual : 20.0 % ◆ Midterm Exam : 20.0 %</p> <p>◆ Final Exam : 30.0 %</p> <p>◆ Other () : %</p>
Note	<p>This syllabus may be uploaded at the website of Course Syllabus Management System at http://info.ais.tku.edu.tw/csp or through the link of Course Syllabus Upload posted on the home page of TKU Office of Academic Affairs at http://www.acad.tku.edu.tw/CS/main.php.</p> <p>※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</p>