

Tamkang University Academic Year 103, 1st Semester Course Syllabus

Course Title	P.E. -YOGA	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
A i m o f E d u c a t i o n			
<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. 			
S c h o o l w i d e e s s e n t i a l v i r t u e s			
<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 yoga. 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-Charaterizing, 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 yoga with its concepts.	C6	EFH
2	2. To maintain physical functions and a good body shape.	P6	FH
3	3. To interact and cooperate with others.	A6	EF
4	4. To advocate proper leisure activity and regular exercise.	A6	H
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 yoga 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
---	-------------------------------------------------------------------------------------------------------	----------------------------------------------	--------------------------

Course Schedule

Week	Date	Subject/Topics	Note
1	103/09/15 ~ 103/09/21	1. to introduce the rules of PE class and syllabus.2. the equipment demonstration .	
2	103/09/22 ~ 103/09/28	The components of the muscle balance and flexibility.	
3	103/09/29 ~ 103/10/05	The components of the muscle balance and flexibility.	
4	103/10/06 ~ 103/10/12	the conceptions of yoga	
5	103/10/13 ~ 103/10/19	the sun salutation	
6	103/10/20 ~ 103/10/26	the sun salutation	
7	103/10/27 ~ 103/11/02	the Moon Salutations	
8	103/11/03 ~ 103/11/09	the Moon Salutations	
9	103/11/10 ~ 103/11/16	to revise the sun and moon salutation	
10	103/11/17 ~ 103/11/23	Midterm Exam Week	
11	103/11/24 ~ 103/11/30	the asana	
12	103/12/01 ~ 103/12/07	the asana	
13	103/12/08 ~ 103/12/14	the pranayama	
14	103/12/15 ~ 103/12/21	the pranayama	
15	103/12/22 ~ 103/12/28	the pranayama	
16	103/12/29 ~ 104/01/04	the pranayama	
17	104/01/05 ~ 104/01/11	the pranayama	
18	104/01/12 ~ 104/01/18	Final Exam Week	

Requirement

- 1.Pls put on sport clothing.
- 2.Do not absence for three times , or you can not join the final exam.

Teaching Facility	(None)
Textbook(s)	
Reference(s)	
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>