

Tamkang University Academic Year 104, 1st Semester Course Syllabus

Course Title	PHYSICAL EDUCATION-AEROBIC DANCE	Instructor	
Course Class	TGUPB2B PE BY INTEREST, 2B	Details	<ul style="list-style-type: none"> ◆ Required ◆ 1st 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 theory and practice of aerobic dance, through courses to enhance students' motor skill, physical fitness and sportsmanship. Students can independent thinking of expressions to enhance personal aesthetic of conservation, to promote physical and mental health, enjoy the fun of dance.</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 basic concepts and movements of aerobic dance.	C6	DFG
2	2.To promote physical fitness and health.	P6	DFG
3	3.Be able to interact and cooperate with others.	A6	DFG
4	4.Have the ability to analyze and appreciate the strength and beautiful.	C4	DFG
5	5. To advocate proper leisure activity and cultivate regular exercise.	A6	DFG

Teaching Objectives, Teaching Methods and Assessment

No.	Teaching Objectives	Teaching Methods	Assessment
1	1.To understand basic concepts and movements of aerobic dance.	Simulation, Practicum	Practicum
2	2.To promote physical fitness and health.	Simulation, Practicum	Practicum
3	3.Be able to interact and cooperate with others.	Simulation, Practicum	Practicum
4	4.Have the ability to analyze and appreciate the strength and beautiful.	Simulation, Practicum	Practicum
5	5. To advocate proper leisure activity and cultivate regular exercise.	Simulation, Practicum	Practicum

Course Schedule			
Week	Date	Subject/Topics	Note
1	104/09/14~ 104/09/20	1. Introduction and pace aerobics basic health fitness exercise (1)	
2	104/09/21~ 104/09/27	1. Introduction and pace aerobics basic health fitness exercise (2)	
3	104/09/28~ 104/10/04	1. Introduction and pace aerobics basic health fitness exercise (3)	
4	104/10/05~ 104/10/11	1. IParty Walk (1)	
5	104/10/12~ 104/10/18	1. IParty Walk (2)	
6	104/10/19~ 104/10/25	1. IParty Walk (3)	
7	104/10/26~ 104/11/01	1. IParty Walk (4)	
8	104/11/02~ 104/11/08	1. IParty Walk (5)	
9	104/11/09~ 104/11/15	1. IParty Walk (6)	
10	104/11/16~ 104/11/22	Midterm Exam Week	
11	104/11/23~ 104/11/29	1. aerobics combined action (1)	
12	104/11/30~ 104/12/06	1. aerobics combined action (1+2)	
13	104/12/07~ 104/12/13	1. aerobics combined action (1+2+3)	
14	104/12/14~ 104/12/20	1. aerobics combined action (1+2+3+4)	
15	104/12/21~ 104/12/27	1. aerobics combined action (1+2+3+4+5)	
16	104/12/28~ 105/01/03	1. aerobics combined action (1+2+3+4+5+6)	
17	105/01/04~ 105/01/10	1. aerobics combined action (1+2+3+4+5+6+7)	
18	105/01/11~ 105/01/17	Final Exam Week	
Requirement			
Teaching Facility		(None)	
Textbook(s)			

Reference(s)	
Number of Assignment(s)	(Filled in by assignment instructor only)
Grading Policy	◆ Attendance : % ◆ Mark of Usual : % ◆ Midterm Exam : % ◆ Final Exam : % ◆ Other 〈Broadwood healthy〉 : 100.0 %
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