

Tamkang University Academic Year 104, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	CHUN JU YANG
Course Class	TIDXB1A DEPARTMENT OF DIPLOMACY AND INTERNATIONAL RELATIONS, 1A	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 purposes of the course are to let students understand the concepts of the health physical fitness and movement security. Through the classes of physical fitness, movement security, and water activities arrangements, they help students understand the present situation of individual physical fitness; assess the movement environment potential risks; promote the methods of physical fitness.</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.Understanding the sports environment and facility, and aware of the potential risk in environment.	C2	DF
2	2.Promote physical function and promote the physical and mental health.	C3	F
3	3.Promote personal swimming skills.	P3	F
4	4.Enjoy aquatics sports and develop lifelong habits.	P3	F
5	5.Aware of the risk in water sports, and understand to apply the accidents of aquatics sports.	C3	F
6	6.To interact with people by physical activity.	A5	G

Teaching Objectives, Teaching Methods and Assessment

No.	Teaching Objectives	Teaching Methods	Assessment
1	1.Understanding the sports environment and facility, and aware of the potential risk in environment.	Lecture	Participation
2	2.Promote physical function and promote the physical and mental health.	Lecture, Practicum	Practicum, Participation
3	3.Promote personal swimming skills.	Lecture, Practicum	Practicum, Participation
4	4.Enjoy aquatics sports and develop lifelong habits.	Lecture, Practicum	Practicum, Participation

5	5.Aware of the risk in water sports, and understand to apply the accidents of aquatics sports.	Lecture	Participation
6	6.To interact with people by physical activity.	Discussion, Practicum	Participation

Course Schedule

Week	Date	Subject/Topics	Note
1	104/09/14 ~ 104/09/20	1.Introduce the sport environment and facilities of the campus 2. Warm up of Badminton	
2	104/09/21 ~ 104/09/27	1. Demonstrate the grip of badminton	
3	104/09/28 ~ 104/10/04	1. Basic technique introduction 2. Demonstrate drive technique and strategy	
4	104/10/05 ~ 104/10/11	1. Review drive technique 2. Demonstrating to understand the rules and strategies of single game	
5	104/10/12 ~ 104/10/18	1. Introduction of basketball game 2. Fitness Components for Basketball	
6	104/10/19 ~ 104/10/25	1. Introduce and practice the technique of dribbling and pass ball	
7	104/10/26 ~ 104/11/01	1. Introduce and practice the technique of free through, layup	
8	104/11/02 ~ 104/11/08	1. Test of free through 2. Three-on-three basketball	
9	104/11/09 ~ 104/11/15	1. Introduce the safety concept of water sport and activities. 2. Brief the summary of the swimming lesson (safety)	
10	104/11/16 ~ 104/11/22	Midterm Exam Week	
11	104/11/23 ~ 104/11/29	1. Self-Rescue in water (back float, jellyfish float, aerobic respiration)	
12	104/11/30 ~ 104/12/06	1. Introduce and practice kicking technique of free stroke	
13	104/12/07 ~ 104/12/13	1. Introduce and practice the arm movement of free stroke (ground, in the water)	
14	104/12/14 ~ 104/12/20	1. Introduce and practice the technique of side breathing 2. Combination of free stroke technique	
15	104/12/21 ~ 104/12/27	1. Review and practice the technique of side breathing 2. Combination of free stroke technique	

16	104/12/28 ~ 105/01/03	Final exam	
17	105/01/04 ~ 105/01/10	Final exam	
18	105/01/11 ~ 105/01/17	Final Exam Week	
Requirement	1. Please put on the sport wear when attending to the class 2. Please do not absent over three times		
Teaching Facility	(None)		
Textbook(s)	1.學生的健康體適能 卓俊辰著 2.運動與健康- 減肥健身與疾病的運動處方 方進隆著 3.專家教你游泳 曹青軍、田珊著		
Reference(s)			
Number of Assignment(s)	(Filled in by assignment instructor only)		
Grading Policy	◆ Attendance : 30.0 % ◆ Mark of Usual : 10.0 % ◆ Midterm Exam : 30.0 % ◆ Final Exam : 30.0 % ◆ Other < > : %		
Note	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 . ※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.		