

Tamkang University Academic Year 104, 2nd Semester Course Syllabus

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| Course Title | PHYSICAL EDUCATION- WEIGHT TRAINING | Instructor | PAN, TING-CHUN |
| 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 weight training, through the combination of theory and practice. further training Muscle fitness, and establish a the concept of lifelong exercise.</p> | | |
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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.Understand the basic principles and developments of weight training. | C3 | DF |
| 2 | 2.Demonstrate effective and correct strength training exercises. | P5 | DG |
| 3 | 3.Understand set up own program and enjoy exercising habit. | A6 | F |
| 4 | 4.To develop ability of sports appreciation. | A5 | D |

Teaching Objectives, Teaching Methods and Assessment

| No. | Teaching Objectives | Teaching Methods | Assessment |
|-----|--|---------------------------|---------------|
| 1 | 1.Understand the basic principles and developments of weight training. | Lecture, Practicum, Visit | Participation |
| 2 | 2.Demonstrate effective and correct strength training exercises. | Lecture, Practicum, Visit | Participation |
| 3 | 3.Understand set up own program and enjoy exercising habit. | Lecture, Practicum, Visit | Participation |
| 4 | 4.To develop ability of sports appreciation. | Lecture, Practicum, Visit | Participation |

Course Schedule

| Week | Date | Subject/Topics | Note |
|------|-------------------------|---|------|
| 1 | 105/02/15~ 105/02/21 | 1. to introduce the rules of this curriculum. | |

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| 2 | 105/02/22 ~ 105/02/28 | to understand the history and the theories of the weight training | |
| 3 | 105/02/29 ~ 105/03/06 | to understand what is 1 RM , and how to measure 1RM | |
| 4 | 105/03/07 ~ 105/03/13 | to understand the strength , power and endurance . | |
| 5 | 105/03/14 ~ 105/03/20 | to know how to measure the strength , power and endurance. | |
| 6 | 105/03/21 ~ 105/03/27 | the fitness test. | |
| 7 | 105/03/28 ~ 105/04/03 | the fitness test. | |
| 8 | 105/04/04 ~ 105/04/10 | to introduce the weight traing machine | |
| 9 | 105/04/11 ~ 105/04/17 | to understand how to operate the weight training machine. | |
| 10 | 105/04/18 ~ 105/04/24 | Midterm Exam Week | |
| 11 | 105/04/25 ~ 105/05/01 | the CORE MUSCLE theory. | |
| 12 | 105/05/02 ~ 105/05/08 | how to operate the CORE MUSCLE training. | |
| 13 | 105/05/09 ~ 105/05/15 | to understand the sport injuries theory. | |
| 14 | 105/05/16 ~ 105/05/22 | how to avoid the sport injuries. | |
| 15 | 105/05/23 ~ 105/05/29 | how to avoid the sport injuries. | |
| 16 | 105/05/30 ~ 105/06/05 | final exam | |
| 17 | 105/06/06 ~ 105/06/12 | final exam | |
| 18 | 105/06/13 ~ 105/06/19 | Final Exam Week | |
| Requirement | 1. no late for class and leave earlier. 2. to put on the sport clothes and shoes. 3. to have good behaviors and learning attitude on the class. | | |
| Teaching Facility | (None) | | |
| Textbook(s) | | | |
| Reference(s) | | | |
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| Number of Assignment(s) | (Filled in by assignment instructor only) |
| Grading Policy | ◆ Attendance : 50.0 % ◆ Mark of Usual : % ◆ Midterm Exam : % ◆ Final Exam : 50.0 % ◆ 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. |