

## Tamkang University Academic Year 105, 1st Semester Course Syllabus

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|---|---|------------|---|
| Course Title  | PHYSICAL EDUCATION-DANCE  | Instructor | HSIAO-WEN CHAO  |
| Course Class  | TGUPB2C<br>PE BY INTEREST, 2C   | Details    | <ul style="list-style-type: none"> <li>◆ Required</li> <li>◆ 1st Semester</li> <li>◆ 0 Credits</li> </ul> |
| <b>A i m o f E d u c a t i o n</b>  |   |            |   |
| <ul style="list-style-type: none"> <li>I. Enhance physical adaptability.</li> <li>II. Establish correct sports concept.</li> <li>III. Enhance sport skills.</li> <li>IV. Experience fun in sports participation.</li> </ul>   |   |            |   |
| <b>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</b>  |   |            |   |
| <ul style="list-style-type: none"> <li>A. A global perspective.</li> <li>B. Information literacy.</li> <li>C. A vision for the future.</li> <li>D. Moral integrity.</li> <li>E. Independent thinking.</li> <li>F. A cheerful attitude and healthy lifestyle.</li> <li>G. A spirit of teamwork and dedication.</li> <li>H. A sense of aesthetic appreciation.</li> </ul> |   |            |   |
| <b>Course Introduction</b>  | <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> |            |   |
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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-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 basic concepts and movements of aerobic dance.        | C6               | F                            |
| 2   | 2.To promote physical fitness and health.                             | P6               | F                            |
| 3   | 3.Be able to interact and cooperate with others.                      | A6               | DG                           |
| 4   | 4.To advocate proper leisure activity and cultivate regular exercise. | A6               | F                            |

### Teaching Objectives, Teaching Methods and Assessment

| No. | Teaching Objectives   | Teaching Methods | Assessment    |
|-----|---|------------------|---------------|
| 1   | 1.To understand basic concepts and movements of aerobic dance.        | Practicum        | Participation |
| 2   | 2.To promote physical fitness and health.                             | Practicum        | Participation |
| 3   | 3.Be able to interact and cooperate with others.                      | Practicum        | Participation |
| 4   | 4.To advocate proper leisure activity and cultivate regular exercise. | Practicum        | Participation |

### Course Schedule

| Week | Date                    | Subject/Topics  | Note |
|------|-------------------------|---|------|
| 1    | 105/09/12~<br>105/09/18 | Mid-Autumn Festival (holiday)                           |      |
| 2    | 105/09/19~<br>105/09/25 | Course Introduction, IParty Start (1) & Muscle training |      |

|                         |  |  |  |
|-------------------------|--|--|--|
| 3                       | 105/09/26 ~<br>105/10/02   | IParty Start (2) & Muscle training                     |  |
| 4                       | 105/10/03 ~<br>105/10/09   | IParty Start (3) & Muscle training                     |  |
| 5                       | 105/10/10 ~<br>105/10/16   | IParty Start (4) & Muscle training                     |  |
| 6                       | 105/10/17 ~<br>105/10/23   | IParty Start (5) & Muscle training                     |  |
| 7                       | 105/10/24 ~<br>105/10/30   | IParty Start (6) & Packet choreographer exercises (1)  |  |
| 8                       | 105/10/31 ~<br>105/11/06   | IParty Start (7) & Packet choreographer exercises (2)  |  |
| 9                       | 105/11/07 ~<br>105/11/13   | IParty Start (8) & Packet choreographer exercises (3)  |  |
| 10                      | 105/11/14 ~<br>105/11/20   | Midterm Exam Week                                      |  |
| 11                      | 105/11/21 ~<br>105/11/27   | IParty Start (9) & Packet choreographer exercises (4)  |  |
| 12                      | 105/11/28 ~<br>105/12/04   | IParty Start (10) & Packet choreographer exercises (5) |  |
| 13                      | 105/12/05 ~<br>105/12/11   | IParty Start (11) & Packet choreographer exercises (6) |  |
| 14                      | 105/12/12 ~<br>105/12/18   | IParty Start (12) & Packet choreographer exercises (7) |  |
| 15                      | 105/12/19 ~<br>105/12/25   | IParty Start (13) & Packet choreographer exercises (8) |  |
| 16                      | 105/12/26 ~<br>106/01/01   | Performance (1)  |  |
| 17                      | 106/01/02 ~<br>106/01/08   | Performance (2)  |  |
| 18                      | 106/01/09 ~<br>106/01/15   | Final Exam Week  |  |
| Requirement             | <p>※注意事項：</p> <p>1. 請假請依規定辦理並繳交假單給老師。<br/>         ※缺課總時數達該科授課時數三分之一時（曠課一小時・作缺課二小時論）・學期成績以零分計算；曠課6節者・予以扣考。</p> <p>2. 體育課程當中請務必注意安全・若有身體不適・生病等特殊情形・務必立即告知老師。上課請穿著運動服裝、室內運動鞋・攜帶水和毛巾。</p>                                   |  |  |
| Teaching Facility       | Computer, Projector  |  |  |
| Textbook(s)             |  |  |  |
| Reference(s)            |  |  |  |
| Number of Assignment(s) | (Filled in by assignment instructor only)  |  |  |
| Grading Policy          | <p>◆ Attendance :                    %    ◆ Mark of Usual :                    %    ◆ Midterm Exam :                    %</p> <p>◆ Final Exam :                    %</p> <p>◆ Other 〈品德倫理20、樂活健康60、團隊合作20〉 : 100.0 %</p> |  |  |

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| Note | <p>This syllabus may be uploaded at the website of Course Syllabus Management System at <a href="http://info.ais.tku.edu.tw/csp">http://info.ais.tku.edu.tw/csp</a> or through the link of Course Syllabus Upload posted on the home page of TKU Office of Academic Affairs at <a href="http://www.acad.tku.edu.tw/CS/main.php">http://www.acad.tku.edu.tw/CS/main.php</a> .</p> <p><b>※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</b></p> |
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