

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

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	CHUN JU YANG
Course Class	TLFBB1A DIVISION OF GLOBAL COMMERCE, DEPARTMENT OF INTERNATIONAL BUSINESS (ENGLISH TAUGHT PROGRAM), 1A	Details	<ul style="list-style-type: none"> <li>◆ Required</li> <li>◆ One 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 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	F
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	DG

### 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	105/09/12 ~ 105/09/18	1.Introduce the sport environment and facilities of the campus	
2	105/09/19 ~ 105/09/25	Introduce the safety concept of water sport and activities. 2. Brief 1. The summary of the swimming lesson (safety) 2.Self-rescue in water (back float, jellyfish float, aerobic respiration	
3	105/09/26 ~ 105/10/02	Introduce and practice kicking technique of free stroke	
4	105/10/03 ~ 105/10/09	Introduce and practice the arm movement of free stroke (ground, in the water)	
5	105/10/10 ~ 105/10/16	1.Introduce and practice the technique of side breathing 2. Combination of free stroke technique	
6	105/10/17 ~ 105/10/23	1. Review and practice the technique of side breathing 2. Combination of free stroke technique	
7	105/10/24 ~ 105/10/30	Combination of free stroke technique	
8	105/10/31 ~ 105/11/06	Midterm exam: 50m Free style	
9	105/11/07 ~ 105/11/13	Midterm exam: 50m Free style	
10	105/11/14 ~ 105/11/20	Midterm Exam Week	
11	105/11/21 ~ 105/11/27	1. The history, rule and etiquette of volleyball 2.underhand pass practice	
12	105/11/28 ~ 105/12/04	Review underhand pass	
13	105/12/05 ~ 105/12/11	Underhand serve	
14	105/12/12 ~ 105/12/18	1. Test of underhand serve 2.Game	
15	105/12/19 ~ 105/12/25	Introduce and practice the technique of dribbling and pass ball	
16	105/12/26 ~ 106/01/01	Introduce and practice the technique of free through, layup	

17	106/01/02 ~ 106/01/08	1. Test of free through 2. Three-on-three basketball	
18	106/01/09 ~ 106/01/15	Final Exam Week	
Requirement	1. Student must put on sport wear when attending the class 2. Please do not absent over three times 請假請依學校規定辦理： (1)曠課6節者，予以扣考。 (2)缺課總時數達該科授課時數三分之一時，學期成績以零分計算。		
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 :           %   ◆ Mark of Usual :           %   ◆ Midterm Exam :           % ◆ Final Exam :           % ◆ Other 〈 品德倫理20、樂活健康60、團隊合作20〉 : 100.0 %		
Note	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> . <b>※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</b>		