

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

Course Title	MALE AND FEMALE PHYSICAL EDUCATION (I)	Instructor	PAN, TING-CHUN
Course Class	TQAXB1A DEPARTMENT OF ENGLISH LANGUAGE AND CULTURE (ENGLISH-TAUGHT PROGRAM), 1A	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 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-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	Understanding the sports environment and facility, and aware of the potential risk in environment.	C2	FG
2	Promote physical function and promote the physical and mental health.	C3	DFG
3	Promote personal swimming skills.	P3	F
4	Enjoy aquatics sports and develop lifelong habits.	P3	FG
5	Aware of the risk in water sports, and understand to apply the accidents of aquatics sports.	C3	DFG
6	To interact with people by physical activity.	A5	G

### Teaching Objectives, Teaching Methods and Assessment

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

5	Aware of the risk in water sports, and understand to apply the accidents of aquatics sports.	Discussion	Practicum, Participation
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. Introduction to the sporting environment and facilities in school. 2. Understanding of the current situation of the physical education activities in school. 3. Notice on the selection of physical education class	
2	105/09/19 ~ 105/09/25	Introduction to the concept and meaning behind health and fitness.	
3	105/09/26 ~ 105/10/02	Fitness test	
4	105/10/03 ~ 105/10/09	Recognizing and strengthening flexibility (1)	
5	105/10/10 ~ 105/10/16	Recognizing and strengthening flexibility (2)	
6	105/10/17 ~ 105/10/23	Recognizing and strengthening muscular strength and endurance (1)	
7	105/10/24 ~ 105/10/30	Recognizing and strengthening muscular strength and endurance (2)	
8	105/10/31 ~ 105/11/06	Recognizing and strengthening cardiovascular endurance (1)	
9	105/11/07 ~ 105/11/13	Recognizing and strengthening cardiovascular endurance (2)	
10	105/11/14 ~ 105/11/20	Midterm Exam Week	
11	105/11/21 ~ 105/11/27	Concept and risk evaluation on safety of water activity	
12	105/11/28 ~ 105/12/04	Basic swimming ability test	
13	105/12/05 ~ 105/12/11	Concept and techniques of onshore life saving. (1)	
14	105/12/12 ~ 105/12/18	Concept and techniques of self-rescue in water (heads up floating, jellyfish floating, rhythmic breathing and making of temporary floating equipments).	
15	105/12/19 ~ 105/12/25	Teaching of swimming techniques (1)	
16	105/12/26 ~ 106/01/01	Teaching of swimming techniques (2)	

17	106/01/02 ~ 106/01/08	Test	
18	106/01/09 ~ 106/01/15	Final Exam Week	
Requirement	1. Students must wear full sports attire and sports shoes. 2. Please apply for leave according to school procedures (1) Exclusion from test will be given to students that absent without leave for 6 times. (2) Absence from class for more than 1/3 of the total course time will be given 0 mark for semester grading.		
Teaching Facility	(None)		
Textbook(s)			
Reference(s)			
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 <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>		