

## Tamkang University Academic Year 105, 2nd Semester Course Syllabus

|   |   |            |   |
|---|---|------------|---|
| Course Title  | PHYSICAL EDUCATION-POWER BODY BUILDING  | Instructor | LAI, FANG CHEN  |
| Course Class  | TGNPB2A<br>PE BY INTEREST ON LANYANG CAMPUS, 2A   | 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 aim of the course is, through different forms of movement, enhance athletic skills and established the sense of physical beauty. At the same time, enhanced physical fitness, achieve the effect of health and body sculpting, cultivate regular exercise habits .</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.Enjoy exercise and to understand Body Sculpting and Physical Fitness.                   | A5               | DFG                          |
| 2   | 2.To improve students' physical fitness, lose weights , keep in shape and enjoy exercise. | P5               | FG                           |
| 3   | 3.Enhance the correctness and effectiveness of movements.                                 | A6               | DFG                          |
| 4   | 4.Respect for others, and integrate into groups   | A6               | G                            |

### Teaching Objectives, Teaching Methods and Assessment

| No. | Teaching Objectives   | Teaching Methods               | Assessment |
|-----|---|--------------------------------|------------|
| 1   | 1.Enjoy exercise and to understand Body Sculpting and Physical Fitness.                   | Lecture, Practicum             | Practicum  |
| 2   | 2.To improve students' physical fitness, lose weights , keep in shape and enjoy exercise. | Lecture, Discussion, Practicum | Practicum  |
| 3   | 3.Enhance the correctness and effectiveness of movements.                                 | Lecture, Practicum             | Practicum  |
| 4   | 4.Respect for others, and integrate into groups   | Practicum, Visit               | Practicum  |

### Course Schedule

| Week | Date | Subject/Topics | Note |
|------|------|----------------|------|
|      |      |                |      |

|                   |  |                                      |  |
|-------------------|--|--------------------------------------|--|
| 1                 | 106/02/13 ~<br>106/02/19   | 1. Introductions & Master class.     |  |
| 2                 | 106/02/20 ~<br>106/02/26   | 1. Move Ur Feet!                     |  |
| 3                 | 106/02/27 ~<br>106/03/05   | 1. Step by Step                      |  |
| 4                 | 106/03/06 ~<br>106/03/12   | 1. NTC Training Club                 |  |
| 5                 | 106/03/13 ~<br>106/03/19   | 1. NTC Training Club                 |  |
| 6                 | 106/03/20 ~<br>106/03/26   | 1. NTC Training Club                 |  |
| 7                 | 106/03/27 ~<br>106/04/02   | 1. NTC Training Club                 |  |
| 8                 | 106/04/03 ~<br>106/04/09   | 1. Interval Training                 |  |
| 9                 | 106/04/10 ~<br>106/04/16   | 1. Interval Training                 |  |
| 10                | 106/04/17 ~<br>106/04/23   | Midterm Exam Week                    |  |
| 11                | 106/04/24 ~<br>106/04/30   | 1. Fitness Test                      |  |
| 12                | 106/05/01 ~<br>106/05/07   | 1. Step 2*2                          |  |
| 13                | 106/05/08 ~<br>106/05/14   | 1. Step 4*4                          |  |
| 14                | 106/05/15 ~<br>106/05/21   | 1. It's My Step( Step Demo )         |  |
| 15                | 106/05/22 ~<br>106/05/28   | 1. 1st PE Examinations(Verification) |  |
| 16                | 106/05/29 ~<br>106/06/04   | 1. 2ed PE Examinations (Performace)  |  |
| 17                | 106/06/05 ~<br>106/06/11   | 1. PE_Make-Up Examinations           |  |
| 18                | 106/06/12 ~<br>106/06/18   | Final Exam Week                      |  |
| Requirement       | 1.put on the sport clothes and shoes.<br>2.don't late for class and don't leave class earlier. |                                      |  |
| Teaching Facility | Other (practicum)  |                                      |  |
| Textbook(s)       |  |                                      |  |
| Reference(s)      |  |                                      |  |
|                   |  |                                      |  |

|                         |  |
|-------------------------|--|
| Number of Assignment(s) | (Filled in by assignment instructor only)  |
| Grading Policy          | ◆ Attendance : 20.0 %    ◆ Mark of Usual :        %    ◆ Midterm Exam : 30.0 %<br>◆ Final Exam : 50.0 %<br>◆ 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> .<br><b>※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</b> |