

## Tamkang University Academic Year 106, 1st Semester Course Syllabus

Course Title	PHYSICAL EDUCATION- WEIGHT TRAINING	Instructor	KO, MING-CHEN
Course Class	TGUPB2E PE BY INTEREST, 2E	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>An introductory course designed to help each student: improve muscular strength; gain knowledge and understanding of weight training theory and practice; develop a personalized weight training program.</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. To understand basic anatomy and application of exercise physiology. 2. To gain fundamental knowledge of physiological principles: strength training benefits, strength training effects, strength training principles 3. To develop an individualized program based upon students goals: Emphasizing either muscle strength, muscle endurance, muscle size, muscle flexibility or a combination of any.	C3	DFG

**Teaching Objectives, Teaching Methods and Assessment**

No.	Teaching Objectives	Teaching Methods	Assessment
1	1. To understand basic anatomy and application of exercise physiology. 2. To gain fundamental knowledge of physiological principles: strength training benefits, strength training effects, strength training principles 3. To develop an individualized program based upon students goals: Emphasizing either muscle strength, muscle endurance, muscle size, muscle flexibility or a combination of any.	Lecture, Discussion	Participation

Course Schedule			
Week	Date	Subject/Topics	Note
1	106/09/18 ~ 106/09/24	Weight Training Technique; Safety and Etiquette	
2	106/09/25 ~ 106/10/01	Designing a Weight Training Program, based upon goals	
3	106/10/02 ~ 106/10/08	Stretching and Flexibility	
4	106/10/09 ~ 106/10/15	Muscular Structure and Function	
5	106/10/16 ~ 106/10/22	Myths and Common Questions and Muscle Group	
6	106/10/23 ~ 106/10/29	Free Weights vs. Machines	
7	106/10/30 ~ 106/11/05	Finalize Individual Routines	
8	106/11/06 ~ 106/11/12	Free Weight Variations: Back and Chest Exercises	
9	106/11/13 ~ 106/11/19	Free Weight Variations: Shoulder and Arm Exercises	
10	106/11/20 ~ 106/11/26	Midterm Exam Week	
11	106/11/27 ~ 106/12/03	Free Weight Variations: Leg Exercises	
12	106/12/04 ~ 106/12/10	Nutrition	
13	106/12/11 ~ 106/12/17	Measuring Progress and Problem Solving	
14	106/12/18 ~ 106/12/24	Advanced Weight Training	
15	106/12/25 ~ 106/12/31	Advanced Weight Training	
16	107/01/01 ~ 107/01/07	Advanced Weight Training	
17	107/01/08 ~ 107/01/14	Advanced Weight Training	
18	107/01/15 ~ 107/01/21	Final Exam Week	
Requirement			
Teaching Facility		(None)	
Textbook(s)			
Reference(s)			

Number of Assignment(s)	(Filled in by assignment instructor only)
Grading Policy	◆ Attendance : 60.0 %   ◆ Mark of Usual :   %   ◆ Midterm Exam : 20.0 % ◆ Final Exam : 20.0 % ◆ 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>