

Tamkang University Academic Year 106, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	HSIAO-WEN CHAO
Course Class	TIDXB1A DEPARTMENT OF DIPLOMACY AND INTERNATIONAL RELATIONS (ENGLISH-TAUGHT PROGRAM), 1A	Details	<ul style="list-style-type: none"> ◆ Required ◆ One Semester ◆ 0 Credits
A i m o f E d u c a t i o n			
<ul style="list-style-type: none"> I. Enhance physical adaptability. II. Establish correct sports concept. III. Enhance sport skills. IV. Experience fun in sports participation. 			
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			
<ul style="list-style-type: none"> A. A global perspective. B. Information literacy. C. A vision for the future. D. Moral integrity. E. Independent thinking. F. A cheerful attitude and healthy lifestyle. G. A spirit of teamwork and dedication. H. A sense of aesthetic appreciation. 			
Course Introduction	<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	D
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	DF
6	6.To interact with people by physical activity.	A5	DFG

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.	Practicum	Practicum, Participation
2	2.Promote physical function and promote the physical and mental health.	Practicum	Practicum, Participation
3	3.Promote personal swimming skills.	Practicum	Practicum, Participation
4	4.Enjoy aquatics sports and develop lifelong habits.	Practicum	Practicum, Participation

5	5.Aware of the risk in water sports, and understand to apply the accidents of aquatics sports.	Practicum	Practicum, Participation
6	6.To interact with people by physical activity.	Practicum	Practicum, Participation

Course Schedule

Week	Date	Subject/Topics	Note
1	106/09/18 ~ 106/09/24	Water activities security concepts and risk assessment	
2	106/09/25 ~ 106/10/01	Basic swimming ability to detect	
3	106/10/02 ~ 106/10/08	Swimming skills teaching (1)	
4	106/10/09 ~ 106/10/15	Swimming skills teaching (2)	
5	106/10/16 ~ 106/10/22	Swimming skills teaching (3) & Swimming test (1)	
6	106/10/23 ~ 106/10/29	Swimming skills teaching (4) & Swimming test (2)	
7	106/10/30 ~ 106/11/05	Swimming skills teaching (5) & Swimming test (3)	
8	106/11/06 ~ 106/11/12	Swimming skills teaching (6) & Swimming test (4)	
9	106/11/13 ~ 106/11/19	Core muscle training (1)	
10	106/11/20 ~ 106/11/26	Midterm Exam Week	
11	106/11/27 ~ 106/12/03	Core muscle training (2)	
12	106/12/04 ~ 106/12/10	Core muscle training (3)	
13	106/12/11 ~ 106/12/17	Core muscle training (4)	
14	106/12/18 ~ 106/12/24	Basic teaching and practice of badminton	
15	106/12/25 ~ 106/12/31	Badminton doubles rules explain & group games (1)	
16	107/01/01 ~ 107/01/07	Badminton doubles rules explain & group games (2)	
17	107/01/08 ~ 107/01/14	Badminton doubles rules explain & group games (3)	
18	107/01/15 ~ 107/01/21	Final Exam Week	

Requirement

- ※注意事項：
1. 請假請依規定辦理並繳交假單給老師。
※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。
 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。

Teaching Facility	(None)
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20〉 : 100.0 %</p>
Note	<p>This syllabus may be uploaded at the website of Course Syllabus Management System at http://info.ais.tku.edu.tw/csp or through the link of Course Syllabus Upload posted on the home page of TKU Office of Academic Affairs at http://www.acad.tku.edu.tw/CS/main.php .</p> <p>※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</p>