

Tamkang University Academic Year 106, 2nd Semester Course Syllabus

Course Title	PHYSICAL EDUCATION-POWER BODY BUILDING	Instructor	HSIAO-WEN CHAO
Course Class	TGUPB1A PE BY INTEREST, 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 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	DF
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	FG
4	4.Respect for others, and integrate into groups	A6	DFG

Teaching Objectives, Teaching Methods and Assessment

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

Course Schedule

Week	Date	Subject/Topics	Note

1	107/02/26 ~ 107/03/04	1. Introduction Powerful body sculpting and health fitness; 2. Body fat pretest.	
2	107/03/05 ~ 107/03/11	Cardiopulmonary and core strength training, soft stretching exercises (1)	
3	107/03/12 ~ 107/03/18	Cardiopulmonary and core strength training, soft stretching exercises (2)	
4	107/03/19 ~ 107/03/25	Cardiopulmonary and core strength training, soft stretching exercises (3)	
5	107/03/26 ~ 107/04/01	Cardiopulmonary and core strength training, soft stretching exercises (4)	
6	107/04/02 ~ 107/04/08	Children's Day (holiday day)	
7	107/04/09 ~ 107/04/15	Aerobic dance (1)	
8	107/04/16 ~ 107/04/22	Aerobic dance (2)	
9	107/04/23 ~ 107/04/29	Physical fitness test	
10	107/04/30 ~ 107/05/06	Midterm Exam Week	
11	107/05/07 ~ 107/05/13	Cardiopulmonary and core strength training, soft stretching exercises (5)	
12	107/05/14 ~ 107/05/20	Cardiopulmonary and core strength training, soft stretching exercises (6)	
13	107/05/21 ~ 107/05/27	Cardiopulmonary and core strength training, soft stretching exercises (7)	
14	107/05/28 ~ 107/06/03	Group presentation guidance and teaching demonstration (1)	
15	107/06/04 ~ 107/06/10	Group presentation guidance and teaching demonstration (2)	
16	107/06/11 ~ 107/06/17	Group presentation guidance and teaching demonstration (3)	
17	107/06/18 ~ 107/06/24	Body fat measured	
18	107/06/25 ~ 107/07/01	Final Exam Week	
Requirement	<p>※注意事項：</p> <p>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。</p> <p>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。</p>		

Teaching Facility	Computer, Projector
Textbook(s)	
Reference(s)	健康體適能理論與實務
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 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 . ※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.