

## Tamkang University Academic Year 107, 1st Semester Course Syllabus

Course Title	PHYSICAL EDUCATION-PHYSICAL FITNESS	Instructor	GU, HUEI-LAN
Course Class	TGUPB2J PE BY INTEREST, 2J	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 main purpose of this subject was designed to introduce the basic knowledge of condition training and sports sciences which encompass a wide range of topics and give the student a solid training theory background of one of the most important fields of study. Introduction to condition training was also designed to use as a reference long into one's fitness coaching career.</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 background of condition training 2.understanding condition training mode 3.understanding basic condition training theory 4.understanding weight-bearing exercise theory and manipulation 5.understanding exercise training aids theory and manipulation 6.understanding the application of synergetic condition training	P3	DFG

**Teaching Objectives, Teaching Methods and Assessment**

No.	Teaching Objectives	Teaching Methods	Assessment
1	1.understanding background of condition training 2.understanding condition training mode 3.understanding basic condition training theory 4.understanding weight-bearing exercise theory and manipulation 5.understanding exercise training aids theory and manipulation 6.understanding the application of synergetic condition training	Lecture	Participation

**Course Schedule**

Week	Date	Subject/Topics	Note
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1	107/09/10 ~ 107/09/16	course guideline	
2	107/09/17 ~ 107/09/23	Stretching training	
3	107/09/24 ~ 107/09/30	Muscular Strength training	
4	107/10/01 ~ 107/10/07	Muscular Strength training	
5	107/10/08 ~ 107/10/14	Muscular Strength training	
6	107/10/15 ~ 107/10/21	Muscular Strength training	
7	107/10/22 ~ 107/10/28	Muscular Endurance training	
8	107/10/29 ~ 107/11/04	Muscular Endurance training	
9	107/11/05 ~ 107/11/11	Muscular Endurance training	
10	107/11/12 ~ 107/11/18	Midterm Exam Week	
11	107/11/19 ~ 107/11/25	Muscular Endurance training	
12	107/11/26 ~ 107/12/02	Interval training	
13	107/12/03 ~ 107/12/09	Interval training	
14	107/12/10 ~ 107/12/16	Interval training	
15	107/12/17 ~ 107/12/23	Circuit Training	
16	107/12/24 ~ 107/12/30	Circuit Training	
17	107/12/31 ~ 108/01/06	Circuit Training	
18	108/01/07 ~ 108/01/13	Final Exam Week	
Requirement			
Teaching Facility		(None)	
Textbook(s)			
Reference(s)		林正常《運動科學與訓練》·台北：銀禾文化·2002年修訂三版 Health Behavior: Theory, Research, and Practice, 5th Edition. Karen Glanz (Editor), Barbara K. Rimer (Editor), K. Viswanath (Editor)	

Number of Assignment(s)	(Filled in by assignment instructor only)
Grading Policy	<p>◆ Attendance : 30.0 %    ◆ Mark of Usual : 20.0 %    ◆ Midterm Exam : 25.0 %</p> <p>◆ Final Exam : 25.0 %</p> <p>◆ Other ( ) : %</p>
Note	<p>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>.</p> <p><b>※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</b></p>