

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

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	GU, HUEI-LAN
Course Class	TLFBB1A DIVISION OF GLOBAL COMMERCE, DEPARTMENT OF INTERNATIONAL BUSINESS (ENGLISH TAUGHT PROGRAM), 1A	Details	◆ Required ◆ One Semester ◆ 0 Credits
<b>A i m o f E d u c a t i o n</b>			
<p>I. Enhance physical adaptability.</p> <p>II. Establish correct sports concept.</p> <p>III. Enhance sport skills.</p> <p>IV. Experience fun in sports participation.</p>			
<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>			
<p>A. A global perspective.</p> <p>B. Information literacy.</p> <p>C. A vision for the future.</p> <p>D. Moral integrity.</p> <p>E. Independent thinking.</p> <p>F. A cheerful attitude and healthy lifestyle.</p> <p>G. A spirit of teamwork and dedication.</p> <p>H. A sense of aesthetic appreciation.</p>			
Course Introduction	<p>The basic physical Fitness is the foundation of all kinds of the sports.</p> <p>The contents of physical education for freshman includes warm up, Muscular Training, Muscular Endurance Training, Relaxation Training, Repetition Training, and so on Strengthen freshman's Physical Fitness, by above sports Training Methods.</p> <p>基本體能健身是各種運動的基礎。</p> <p>通過以上運動訓練方法，對新生體育教學內容包括熱身，肌肉訓練，肌肉耐力訓練，放鬆訓練，重複訓練等強化新生體能。</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-Characterizing, 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	To Introduce correct concepts and methods of health fitness. Elevating health-related physical fitness level of students by multi-physical activities. Enabling students designing and evaluating the capabilities of a personal physical fitness program. 介紹健康健身的正確概念和方法。通過多種體育活動提高學生的健康相關體質水平。使學生能夠設計和評估個人體能計劃的能力。	P3	DFG

### Teaching Objectives, Teaching Methods and Assessment

No.	Teaching Objectives	Teaching Methods	Assessment
1	To Introduce correct concepts and methods of health fitness. Elevating health-related physical fitness level of students by multi-physical activities. Enabling students designing and evaluating the capabilities of a personal physical fitness program. 介紹健康健身的正確概念和方法。通過多種體育活動提高學生的健康相關體質水平。使學生能夠設計和評估個人體能計劃的能力。	Lecture	Participation

### Course Schedule

Week	Date	Subject/Topics	Note
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1	107/09/10 ~ 107/09/16	curriculum and instruction information	
2	107/09/17 ~ 107/09/23	Badminton- Handshake grip	
3	107/09/24 ~ 107/09/30	Badminton- service	
4	107/10/01 ~ 107/10/07	Badminton service test	
5	107/10/08 ~ 107/10/14	Basketball- dribble	
6	107/10/15 ~ 107/10/21	Basketball- Free throw	
7	107/10/22 ~ 107/10/28	Basketball-shoot	
8	107/10/29 ~ 107/11/04	Basketball test	
9	107/11/05 ~ 107/11/11	Swimming- Freestyle	
10	107/11/12 ~ 107/11/18	Midterm Exam Week	
11	107/11/19 ~ 107/11/25	Swimming- aerobic respiration	
12	107/11/26 ~ 107/12/02	Swimming- Kicking	
13	107/12/03 ~ 107/12/09	Swimming- pull	
14	107/12/10 ~ 107/12/16	Swimming- control breathing	
15	107/12/17 ~ 107/12/23	Swimming- control breathing	
16	107/12/24 ~ 107/12/30	Swimming test	
17	107/12/31 ~ 108/01/06	Swimming test	
18	108/01/07 ~ 108/01/13	Final Exam Week	
Requirement			
Teaching Facility		(None)	
Textbook(s)			
Reference(s)		體適能與全人健康的理論與實際 謝深裕(2002)· ACSM體適能手冊· 美國運動醫學會。	

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>