

Tamkang University Academic Year 107, 2nd 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"> ◆ Required ◆ 2nd 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 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	understanding background of condition training	P3	DFG
2	understanding condition training mode	C3	DFG
3	understanding basic condition training theory	C3	DFG
4	understanding weight-bearing exercise theory and manipulation	C3	DFG
5	understanding exercise training aids theory and manipulation	C3	DFG
6	understanding the application of synergetic condition training	C3	DFG

Teaching Objectives, Teaching Methods and Assessment

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

6	understanding the application of synergetic condition training	Lecture	Participation
Course Schedule			
Week	Date	Subject/Topics	Note
1	108/02/18 ~ 108/02/24	course guideline	
2	108/02/25 ~ 108/03/03	Stretching training	
3	108/03/04 ~ 108/03/10	Muscular Strength training	
4	108/03/11 ~ 108/03/17	Muscular Strength training	
5	108/03/18 ~ 108/03/24	Muscular Strength training	
6	108/03/25 ~ 108/03/31	Muscular Strength training	
7	108/04/01 ~ 108/04/07	Muscular Endurance training	
8	108/04/08 ~ 108/04/14	Muscular Endurance training	
9	108/04/15 ~ 108/04/21	Muscular Endurance training	
10	108/04/22 ~ 108/04/28	Midterm Exam Week	
11	108/04/29 ~ 108/05/05	Muscular Endurance training	
12	108/05/06 ~ 108/05/12	Interval training	
13	108/05/13 ~ 108/05/19	Interval training	
14	108/05/20 ~ 108/05/26	Interval training	
15	108/05/27 ~ 108/06/02	Circuit Training	
16	108/06/03 ~ 108/06/09	Circuit Training	
17	108/06/10 ~ 108/06/16	Circuit Training	
18	108/06/17 ~ 108/06/23	Final Exam Week	
Requirement	<p>Please wear proper exercise attire to class.</p> <p>If you skip 3 classes(6 Hour), you will not pass the class.</p> <p>If you have to leave the class early or you can not show up for the case, please follow the school policy and go through all the required processes to get the permission from the school and give the note to the class instructor.</p>		

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	◆ Attendance : 30.0 % ◆ Mark of Usual : 20.0 % ◆ Midterm Exam : 25.0 % ◆ Final Exam : 25.0 % ◆ Other < > : %
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.