

## Tamkang University Academic Year 108, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	CHEN CHU
Course Class	TLFBB1A DIVISION OF GLOBAL COMMERCE, DEPARTMENT OF INTERNATIONAL BUSINESS (ENGLISH TAUGHT PROGRAM), 1A	Details	◆ General Course ◆ Required ◆ One Semester
A i m o f E d u c a t i o n			
I . Enhance physical adaptability. II . Establish correct sports concept. III . Enhance sport skills. IV . Experience fun in sports participation.			
Subject Schoolwide essential virtues			
4. Moral integrity. (ratio:20.00) 6. A cheerful attitude and healthy lifestyle. (ratio:60.00) 7. A spirit of teamwork and dedication. (ratio:20.00)			
Course Introduction	The ultimate purpose of this course is to establish the concept of lifelong physical activity participation. Learning how to develop physical abilities by practicing several kinds of exercise skills and engaging in various exercises.		

**The correspondences between the course's instructional objectives and the cognitive, affective, and psychomotor objectives.**

Differentiate the various objective methods among the cognitive, affective and psychomotor domains of the course's instructional objectives.

I. Cognitive : Emphasis upon the study of various kinds of knowledge in the cognition of the course's veracity, conception, procedures, outcomes, etc.

II.Affective : Emphasis upon the study of various kinds of knowledge in the course's appeal, morals, attitude, conviction, values, etc.

III.Psychomotor: Emphasis upon the study of the course's physical activity and technical manipulation.

No.	Teaching Objectives	objective methods
1	Familiarization of the environment, facilities, and equipment.	Cognitive
2	Being able to perform different types of exercise skills.	Psychomotor
3	Knowing and establishing the ability of teamwork	Affective
4	Promoting and developing the concept of physical fitness maintenance.	Affective
5	Developing the concept of teamwork and sportsmanship.	Affective

The correspondences of teaching objectives : core competences, essential virtues, teaching methods, and assessment

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		467	Lecture, Publication, Experience	Discussion(including classroom and online), Practicum
2		467	Lecture, Practicum, Experience	Testing, Practicum, Activity Participation
3		467	Lecture, Discussion, Experience	Testing, Discussion(including classroom and online), Practicum, Activity Participation
4		467	Lecture, Discussion, Publication	Discussion(including classroom and online), Activity Participation
5		467	Lecture, Discussion, Practicum, Imitation	Testing, Discussion(including classroom and online), Practicum, Activity Participation

**Course Schedule**

Week	Date	Course Contents	Note
1	108/09/09 ~ 108/09/15	Moon festival	

2	108/09/16 ~ 108/09/22	Introduction of badminton rules and court setting	
3	108/09/23 ~ 108/09/29	Basic skills practices	
4	108/09/30 ~ 108/10/06	Single and double game practices	
5	108/10/07 ~ 108/10/13	The national day	
6	108/10/14 ~ 108/10/20	Introduction of basketball rules and court setting	
7	108/10/21 ~ 108/10/27	Basic skills practices	
8	108/10/28 ~ 108/11/03	Basketball drills practices	
9	108/11/04 ~ 108/11/10	Safety instruction and introduction of swimming	
10	108/11/11 ~ 108/11/17	Midterm Exam Week	
11	108/11/18 ~ 108/11/24	Basic swimming skills practices	
12	108/11/25 ~ 108/12/01	Breathing skill practices of each style	
13	108/12/02 ~ 108/12/08	Distance swimming and relay	
14	108/12/09 ~ 108/12/15	Safety instruction and introduction of resistance training	
15	108/12/16 ~ 108/12/22	The designation of resistance training program	
16	108/12/23 ~ 108/12/29	Machine equipment practices	
17	108/12/30 ~ 109/01/05	Free weight equipment practices	
18	109/01/06 ~ 109/01/12	Final Exam Week (Date:109/1/3-109/1/9)	
Requirement			
Teaching Facility		(None)	
Textbooks and Teaching Materials			
References			

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>