

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

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	GU, HUEI-LAN
Course Class	TLWXB1A BACHELOR'S PROGRAM IN GLOBAL FINANCIAL MANAGEMENT (ENGLISH-TAUGHT PROGRAM), 1A	Details	<ul style="list-style-type: none"> <li>◆ General Course</li> <li>◆ Required</li> <li>◆ One Semester</li> </ul>
<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>Subject Schoolwide essential virtues</b>			
<p>4. Moral integrity. (ratio:20.00)</p> <p>6. A cheerful attitude and healthy lifestyle. (ratio:60.00)</p> <p>7. A spirit of teamwork and dedication. (ratio:20.00)</p>			
<b>Course Introduction</b>	<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>		

**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	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。	Psychomotor

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		467	Lecture	Testing, Activity Participation

**Course Schedule**

Week	Date	Course Contents	Note
1	108/09/09 ~ 108/09/15	curriculum and instruction information	Please wear proper exercise attire to class.
2	108/09/16 ~ 108/09/22	Badminton- Handshake grip	Please wear proper exercise attire to class.
3	108/09/23 ~ 108/09/29	Badminton- service	Please wear proper exercise attire to class.
4	108/09/30 ~ 108/10/06	Badminton service test	Please wear proper exercise attire to class.
5	108/10/07 ~ 108/10/13	Basketball- dribble	Please wear proper exercise attire to class.
6	108/10/14 ~ 108/10/20	Basketball- Free throw	Please wear proper exercise attire to class.
7	108/10/21 ~ 108/10/27	Basketball-shoot	Please wear proper exercise attire to class.
8	108/10/28 ~ 108/11/03	Basketball test	Please wear proper exercise attire to class.

9	108/11/04 ~ 108/11/10	Swimming- Freestyle	Please wear proper exercise attire to class.
10	108/11/11 ~ 108/11/17	Midterm Exam Week	
11	108/11/18 ~ 108/11/24	Swimming- aerobic respiration	Please wear proper exercise attire to class.
12	108/11/25 ~ 108/12/01	Swimming- Kicking	Please wear proper exercise attire to class.
13	108/12/02 ~ 108/12/08	Swimming- pull	Please wear proper exercise attire to class.
14	108/12/09 ~ 108/12/15	Swimming- control breathing	Please wear proper exercise attire to class.
15	108/12/16 ~ 108/12/22	Swimming- control breathing	Please wear proper exercise attire to class.
16	108/12/23 ~ 108/12/29	Swimming test	Please wear proper exercise attire to class.
17	108/12/30 ~ 109/01/05	Swimming test	Please wear proper exercise attire to class.
18	109/01/06 ~ 109/01/12	Final Exam Week (Date:109/1/3-109/1/9)	
Requirement	<p>Please wear proper exercise attire to class.          If you skip 6 classes, you will not pass the class.          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 permission from the school and give the note to the class instructor.</p>		
Teaching Facility	(None)		
Textbooks and Teaching Materials	Corbin, C. B., Lindsey, R., & Welk, G. (2000). Concepts of physical fitness: Active lifestyles for wellness. Boston: McGraw-Hill.		
References	<p>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。</p>		
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 %          ◆ Final Exam : 25.0 %          ◆ 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>		