

Tamkang University Academic Year 109, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	WU SHIH-WEI
Course Class	TLWXB1A BACHELOR'S PROGRAM IN GLOBAL FINANCIAL MANAGEMENT (ENGLISH-TAUGHT PROGRAM), 1A	Details	◆ General Course ◆ Required ◆ One Semester
D e p a r t m e n t a l 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	This course aims to help students understanding the importance of physical exercise for health. It will provide students with basic knowledge of fundamental skills, and help student actively participating exercise regularly.		

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	1.Understanding the sports environment and facility, and aware of the potential risk in environment.	Affective
2	2.Promote physical function and promote the physical and mental health.	Psychomotor
3	3.Promote personal swimming skills.	Psychomotor
4	4.Enjoy aquatics sports and develop lifelong habits.	Psychomotor
5	5.Aware of the risk in water sports, and understand to apply the accidents of aquatics sports.	Cognitive
6	6.To interact with people by physical activity.	Affective

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		6	Lecture	Practicum
2		6	Practicum	Practicum
3		6	Lecture, Practicum	Practicum, Activity Participation
4		6	Lecture	Practicum
5		6	Lecture	Discussion(including classroom and online)
6		47	Lecture, Discussion	Discussion(including classroom and online), Activity Participation

Course Schedule

Week	Date	Course Contents	Note
1	109/09/14 ~ 109/09/20	1.General introduction and court setting. 2.Basic skills practice	

2	109/09/21 ~ 109/09/27	Practice: The TKU 70th anniversary performance.	SG 7F(Basketball Court)
3	109/09/28 ~ 109/10/04	Campus Run	SG323(Weight Room)
4	109/10/05 ~ 109/10/11	Strength training	SG323(Weight Room)
5	109/10/12 ~ 109/10/18	Fitness Test Part 1(1600m/800m)	Track & Field Ground
6	109/10/19 ~ 109/10/25	Strength training	Outside of SG4F
7	109/10/26 ~ 109/11/01	Strength training	Outside of SG4F
8	109/11/02 ~ 109/11/08	Plank Test	Outside of SG4F
9	109/11/09 ~ 109/11/15	Physical fitness test (Part 2)	Outside of SG4F
10	109/11/16 ~ 109/11/22	Midterm Exam Week	
11	109/11/23 ~ 109/11/29	Swimming-(1)Safety instruction;(2)Swimming ability test.	Swimming Pool
12	109/11/30 ~ 109/12/06	Swimming-Introduce and practice kicking technique of free stroke	Swimming Pool
13	109/12/07 ~ 109/12/13	Make-up Exam (Last class of semester)	Swimming Pool
14	109/12/14 ~ 109/12/20	Course changes in response to the TKU 70th anniversary performance. The first round of rehearsals will be held on Friday, November 6, 2020, 16:00-18:00. (Stadium)	Stadium
15	109/12/21 ~ 109/12/27	Course changes in response to the TKU 70th anniversary performance. The second round of rehearsals will be held on Friday, November 6, 2020, 18:00-20:00. (Stadium)	Stadium
16	109/12/28 ~ 110/01/03	Course changes in response to the TKU 70th anniversary performance. The third round of rehearsals will be held on Saturday, November 7, 2020, 6:30-8:30. (Stadium)	Stadium
17	110/01/04 ~ 110/01/10	Course changes in response to the TKU 70th anniversary performance. It will be held on Saturday, November 7, 2020, 8:30-10:30. (Stadium)	Stadium
18	110/01/11 ~ 110/01/17	Final Exam Week	

Requirement	<p>■This course is to coincide with the TKU 70th anniversary performance. Please read the syllabus carefully. If you cannot cooperate, please do not select it.</p> <p>■Tardiness or absenteeism without a justifiable reason will not be tolerated.</p> <p>■Roll call for each class, if you are not able to make it, pls reconsider before you register this course.</p> <p>■If you have the situation of skipping class more than 3 times, it can't be possible to pass. Pls fully understood before you enroll.</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> <p>■Please wear proper exercise attire to class.</p> <p>■Do not use mobile phone, I-pad or laptop at the class.</p> <p>■Grading Policy: (1)Attendance:45%;(2)Mark of usual:15%;(3)Skills Assessment Tests:Plank test(15%), Physical fitness test(10%),and Campus run(15%)</p>
Teaching Facility	(None)
Textbooks and Teaching Materials	
References	<p>劉雅萍、劉秀慧、馬祖琳、廖雯玲、劉怡君 (2000) 。玩遊戲學游泳。高雄市：麗文。</p> <p>運動健康與體適能 (2019) 。盧俊宏，張育愷，王俊智，溫蕙甄，賴韻宇，陳銘正，陳聰毅，蘇俊雄，楊碧霞，詹美玲，翁仲邦，童淑琴，李麗晶，謝武進。臺北市：華都。</p> <p>林昆樺翻譯 (2011) 。提升游泳技巧200絕招。臺北市：臺灣東販。(小松原真紀，2010)</p>
Number of Assignment(s)	(Filled in by assignment instructor only)
Grading Policy	<p>◆ Attendance : 45.0 % ◆ Mark of Usual : 15.0 % ◆ Midterm Exam : %</p> <p>◆ Final Exam : %</p> <p>◆ Other < 3 Tests > : 40.0 %</p>
Note	<p>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.</p> <p>※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</p>