

Tamkang University Academic Year 109, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION (I)	Instructor	PAN, TING-CHUN
Course Class	TQAXB1A DEPARTMENT OF ENGLISH LANGUAGE AND CULTURE (ENGLISH-TAUGHT PROGRAM), 1A	Details	<ul style="list-style-type: none"> ◆ General Course ◆ Required ◆ 1st 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			
<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>			
Subject Schoolwide essential virtues			
<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>			
Course Introduction	<p>The purposes of the course are to let students understand the concepts of the health physical fitness and movement security. Through the classes of physical fitness, movement security, and water activities arrangements, they help students understand the present situation of individual physical fitness; assess the movement environment potential risks; promote the methods of physical fitness.</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	Understanding the sports environment and facility, and aware of the potential risk in environment.	Cognitive
2	Promote physical function and promote the physical and mental health.	Affective
3	Promote personal swimming skills.	Affective
4	Enjoy aquatics sports and develop lifelong habits.	Psychomotor
5	Aware of the risk in water sports, and understand to apply the accidents of aquatics sports.	Affective
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	Practicum	Practicum
2		6	Practicum	Practicum
3		6	Practicum	Practicum
4		6	Practicum	Practicum
5		6	Practicum	Practicum
6		47	Practicum	Practicum

Course Schedule

Week	Date	Course Contents	Note
1	109/09/14~ 109/09/20	1. Introduction to the sporting environment and facilities in school. 2. Understanding of the current situation of the physical education activities in school. 3. Notice on the selection of physical education class	

2	109/09/21 ~ 109/09/27	Introduction to the concept and meaning behind health and fitness.	
3	109/09/28 ~ 109/10/04	Fitness test	
4	109/10/05 ~ 109/10/11	Recognizing and strengthening flexibility (1)	
5	109/10/12 ~ 109/10/18	Recognizing and strengthening flexibility (2)	
6	109/10/19 ~ 109/10/25	Recognizing and strengthening muscular strength and endurance (1)	
7	109/10/26 ~ 109/11/01	Recognizing and strengthening muscular strength and endurance (2)	
8	109/11/02 ~ 109/11/08	Recognizing and strengthening cardiovascular endurance (1)	
9	109/11/09 ~ 109/11/15	Recognizing and strengthening cardiovascular endurance (2)	
10	109/11/16 ~ 109/11/22	Midterm Exam Week	
11	109/11/23 ~ 109/11/29	Concept and risk evaluation on safety of water activity	
12	109/11/30 ~ 109/12/06	Basic swimming ability test	
13	109/12/07 ~ 109/12/13	Concept and techniques of onshore life saving. (1)	
14	109/12/14 ~ 109/12/20	Concept and techniques of self-rescue in water (heads up floating, jellyfish floating, rhythmic breathing and making of temporary floating equipments).	
15	109/12/21 ~ 109/12/27	Teaching of swimming techniques (1)	
16	109/12/28 ~ 110/01/03	Teaching of swimming techniques (2)	
17	110/01/04 ~ 110/01/10	Test	
18	110/01/11 ~ 110/01/17	Final Exam Week	
Requirement	1. Students must wear full sports attire and sports shoes. 2. Please apply for leave according to school procedures (1) Exclusion from test will be given to students that absent without leave for 6 times. (2) Absence from class for more than 1/3 of the total course time will be given 0 mark for semester grading.		
Teaching Facility	(None)		
Textbooks and Teaching Materials			

References	
Number of Assignment(s)	(Filled in by assignment instructor only)
Grading Policy	<p>◆ Attendance : 40.0 % ◆ Mark of Usual : 10.0 % ◆ Midterm Exam : 20.0 %</p> <p>◆ Final Exam : 30.0 %</p> <p>◆ Other () : %</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>