

Tamkang University Academic Year 109, 2nd Semester Course Syllabus

Course Title	PHYSICAL EDUCATION- WEIGHT TRAINING	Instructor	PAN, TING-CHUN
Course Class	TGNPB2A PE BY INTEREST ON LANYANG CAMPUS, 2A	Details	<ul style="list-style-type: none"> ◆ General Course ◆ Required ◆ One Semester
Relevance to SDGs	SDG3 Good health and well-being for people		
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	The aim of the course is to introduce weight training, through the combination of theory and practice. further training Muscle fitness, and establish a the concept of lifelong exercise.		

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. Understand the basic principles and developments of weight training.	Cognitive
2	2. Demonstrate effective and correct strength training exercises.	Psychomotor
3	3. Understand set up own program and enjoy exercising habit.	Affective

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		4	Practicum	Practicum
2		46	Practicum	Practicum
3		67	Practicum	Practicum

Course Schedule

Week	Date	Course Contents	Note
1	110/02/22 ~ 110/02/28	1. to introduce the rules of this curriculum.	
2	110/03/01 ~ 110/03/07	to understand the history and the theories of the weight training	
3	110/03/08 ~ 110/03/14	to understand what is 1 RM , and how to measure 1RM	
4	110/03/15 ~ 110/03/21	to understand the strength , power and endurance .	
5	110/03/22 ~ 110/03/28	to know how to measure the strength , power and endurance.	
6	110/03/29 ~ 110/04/04	the fitness test.	
7	110/04/05 ~ 110/04/11	the fitness test.	
8	110/04/12 ~ 110/04/18	to introduce the weight traing machine	

9	110/04/19 ~ 110/04/25	to understand how to operate the weight training machine.	
10	110/04/26 ~ 110/05/02	Midterm Exam Week	
11	110/05/03 ~ 110/05/09	the CORE MUSCLE theory.	
12	110/05/10 ~ 110/05/16	how to operate the CORE MUSCLE training.	
13	110/05/17 ~ 110/05/23	to understand the sport injuries theory.	
14	110/05/24 ~ 110/05/30	how to avoid the sport injuries.	
15	110/05/31 ~ 110/06/06	how to avoid the sport injuries.	
16	110/06/07 ~ 110/06/13	final exam	
17	110/06/14 ~ 110/06/20	final exam	
18	110/06/21 ~ 110/06/27	Final Exam Week	
Requirement	1. no late for class and leave earlier. 2. to put on the sport clothes and shoes. 3. to have good behaviors and learning attitude on the class.		
Teaching Facility	(None)		
Textbooks and Teaching Materials			
References			
Number of Assignment(s)	(Filled in by assignment instructor only)		
Grading Policy	◆ Attendance : 40.0 % ◆ Mark of Usual : 10.0 % ◆ Midterm Exam : 20.0 % ◆ Final Exam : 30.0 % ◆ 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.		