

## Tamkang University Academic Year 109, 2nd Semester Course Syllabus

Course Title	PHYSICAL EDUCATION- WEIGHT TRAINING	Instructor	KO, MING-CHEN
Course Class	TGUPB2D PE BY INTEREST, 2D	Details	<ul style="list-style-type: none"> <li>◆ General Course</li> <li>◆ Required</li> <li>◆ 2nd Semester</li> </ul>
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			
<ul style="list-style-type: none"> <li>I. Enhance physical adaptability.</li> <li>II. Establish correct sports concept.</li> <li>III. Enhance sport skills.</li> <li>IV. Experience fun in sports participation.</li> </ul>			
Subject Schoolwide essential virtues			
<ul style="list-style-type: none"> <li>4. Moral integrity. (ratio:20.00)</li> <li>6. A cheerful attitude and healthy lifestyle. (ratio:60.00)</li> <li>7. A spirit of teamwork and dedication. (ratio:20.00)</li> </ul>			
Course Introduction	The introduction and development of basic skills, general rules, and strategy, related to the game of basketball with particular emphasis on acquisition of skills.		

**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	Play and practice Basketball employing correct technique. Demonstrate knowledge of Basketball etiquette and safety. Play Basketball employing rules and keeping score. Demonstrate knowledge of Basketball terminology	Cognitive

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

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

**Course Schedule**

Week	Date	Course Contents	Note
1	110/02/22 ~ 110/02/28	Introduction/ Warming- up/ conditioning	
2	110/03/01 ~ 110/03/07	Individual defense-dribble	
3	110/03/08 ~ 110/03/14	Passing and receiving	
4	110/03/15 ~ 110/03/21	Shooting	
5	110/03/22 ~ 110/03/28	3 on 3 Class Play	
6	110/03/29 ~ 110/04/04	2-1-2 Zone Press Defense/ 5 on 5 class play/ Written Midterm on Skill	
7	110/04/05 ~ 110/04/11	Rules/ Fast Break/ 5 on 5 class play	
8	110/04/12 ~ 110/04/18	Rules/ 3-1-1 Zone Press Defense/ 5 on 5 class play	
9	110/04/19 ~ 110/04/25	Rules/ 3-1-1 Zone Press Defense/ 5 on 5 class play	
10	110/04/26 ~ 110/05/02	Midterm Exam Week	

11	110/05/03 ~ 110/05/09	5 on 5 class play	
12	110/05/10 ~ 110/05/16	5 on 5 class play/practicing to be a referee	
13	110/05/17 ~ 110/05/23	5 on 5 class play/practicing to be a referee	
14	110/05/24 ~ 110/05/30	Tournament	
15	110/05/31 ~ 110/06/06	Tournament	
16	110/06/07 ~ 110/06/13	Tournament	
17	110/06/14 ~ 110/06/20	Tournament	
18	110/06/21 ~ 110/06/27	Final Exam Week	
Requirement			
Teaching Facility	(None)		
Textbooks and Teaching Materials			
References			
Number of Assignment(s)	(Filled in by assignment instructor only)		
Grading Policy	◆ Attendance : 60.0 %   ◆ Mark of Usual :   %   ◆ Midterm Exam : 20.0 % ◆ Final Exam : 20.0 % ◆ Other < > :   %		
Note	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> . <b>※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</b>		