

Tamkang University Academic Year 110, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	WU SHIH-WEI
Course Class	TEIDB1A DEPARTMENT OF COMPUTER SCIENCE AND INFORMATION ENGINEERING (ENGLISH-TAUGHT PROGRAM)SCIENCE AND	Details	<ul style="list-style-type: none"> ◆ General Course ◆ Required ◆ One Semester
Relevance to SDGs	INFORMATION ENGINEERING, 1A SDG3 Good health and well-being for people		
Departmental Aim of Education			
<ul style="list-style-type: none"> I. Enhance physical adaptability. II. Establish correct sports concept. III. Enhance sport skills. IV. Experience fun in sports participation. 			
Subject Schoolwide essential virtues			
<ul style="list-style-type: none"> 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		467	Lecture, Discussion	Discussion(including classroom and online), Activity Participation

Course Schedule

Week	Date	Course Contents	Note
1	110/09/22 ~ 110/09/28	General introduction and court setting	SG B1 KENDO CLASSROOM
2	110/09/29 ~ 110/10/05	Fitness-Campus Run	SG B1 KENDO

3	110/10/06 ~ 110/10/12	Adjusted holiday (No Class)	
4	110/10/13 ~ 110/10/19	Fitness-Strength training	SG B1 KENDO CLASSROOM
5	110/10/20 ~ 110/10/26	Fitness-Strength training	SG B1 KENDO CLASSROOM
6	110/10/27 ~ 110/11/02	Fitness ability test	SG B1 KENDO CLASSROOM
7	110/11/03 ~ 110/11/09	Fitness-Strength training	SG B1 KENDO CLASSROOM
8	110/11/10 ~ 110/11/16	Fitness-Plank Test	SG B1 KENDO CLASSROOM
9	110/11/17 ~ 110/11/23	Midterm Exam Week	
10	110/11/24 ~ 110/11/30	Basketball-1)Stationary Ball Handling; 2)Basic dribbling practice	Stadium(Basketball Court)
11	110/12/01 ~ 110/12/07	Basketball-1)Review stationary ball handling; 2) Dribbling on the move	Stadium(Basketball Court)
12	110/12/08 ~ 110/12/14	Basketball-1)Review dribbling on the move; 2)Free throw line shooting practice	Stadium(Basketball Court)
13	110/12/15 ~ 110/12/21	Basketball-Dribbling Test	Stadium(Basketball Court)
14	110/12/22 ~ 110/12/28	Swimming-(1)Safety instruction;(2)Swimming ability test.	Swimming Pool
15	110/12/29 ~ 111/01/04	Swimming-Breathing skill practices of each style	Swimming Pool
16	111/01/05 ~ 111/01/11	Swimming-Breathing skill practices of each style	Swimming Pool
17	111/01/12 ~ 111/01/18	Distance swimming	Swimming Pool
18	111/01/19 ~ 111/01/25	Make-up Exam	
Requirement	<ul style="list-style-type: none"> ■Please read the syllabus carefully. If you cannot cooperate, please do not select it. ■Tardiness or absenteeism without a justifiable reason will not be tolerated. ■Roll call for each class, if you are not able to make it, pls reconsider before you register this course. ■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. ■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. ■Please wear proper exercise attire to class. ■Grading Policy: (1)Attendance:45%;(2)Mark of usual:15%;(3)Skills Assessment Tests:Plank test(15%), Physical fitness test(10%),and Dribbling test(15%) 		

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>