

Tamkang University Academic Year 110, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	CHEN CHU
Course Class	TFLAB1A DEPARTMENT OF ENGLISH (ENGLISH-TAUGHT PROGRAM), 1A	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	<p>The ultimate purpose of this course is to establish the concept of lifelong physical activity participation. Learning how to develop physical abilities by practicing several kinds of exercise skills and engaging in various exercises.</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	Familiarization of the environment, facilities, and equipment.	Cognitive
2	Being able to perform different types of exercise skills.	Psychomotor
3	Knowing and establishing the ability of teamwork	Affective
4	Promoting and developing the concept of physical fitness maintenance.	Affective
5	Developing the concept of teamwork and sportsmanship.	Affective

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		467	Lecture, Publication, Experience	Discussion(including classroom and online), Practicum
2		467	Lecture, Practicum, Experience	Testing, Practicum, Activity Participation
3		7	Lecture, Discussion, Experience	Testing, Discussion(including classroom and online), Practicum, Activity Participation
4		46	Lecture, Discussion, Publication	Discussion(including classroom and online), Activity Participation
5		467	Lecture, Discussion, Practicum, Imitation	Testing, Discussion(including classroom and online), Practicum, Activity Participation

Course Schedule

Week	Date	Course Contents	Note
1	110/09/22~ 110/09/28	Introduction of football and court setting	

2	110/09/29 ~ 110/10/05	Running with the ball; Adhesive control	
3	110/10/06 ~ 110/10/12	Football drills practice	
4	110/10/13 ~ 110/10/19	Passing and group coordination	
5	110/10/20 ~ 110/10/26	Small sided game and full game play	
6	110/10/27 ~ 110/11/02	Basic volleyball rules and skills introduction	
7	110/11/03 ~ 110/11/09	Underhand and passing drills practice	
8	110/11/10 ~ 110/11/16	Introducing and practice of services	
9	110/11/17 ~ 110/11/23	Midterm Exam Week	
10	110/11/24 ~ 110/11/30	Introducing and practice of setting	
11	110/12/01 ~ 110/12/07	Receiving introduction and practices	
12	110/12/08 ~ 110/12/14	Combination of passing drills	
13	110/12/15 ~ 110/12/21	Midterm exam	
14	110/12/22 ~ 110/12/28	Safety instruction and introduction of swimming	
15	110/12/29 ~ 111/01/04	Basic swimming skills practices	
16	111/01/05 ~ 111/01/11	Breathing skill practices of each style	
17	111/01/12 ~ 111/01/18	Final Exam Week	
18	111/01/19 ~ 111/01/25	Video analysis of swimming competition	
Requirement			
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 : 25.0 % ◆ Final Exam : 25.0 % ◆ 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.