

## Tamkang University Academic Year 110, 1st Semester Course Syllabus

|   |  |            |  |
|---|--|------------|--|
| Course Title  | PHYSICAL EDUCATION- WEIGHT TRAINING  | Instructor | KO, MING-CHEN  |
| Course Class  | TGUPB2E<br>PE BY INTEREST, 2E  | Details    | <ul style="list-style-type: none"> <li>◆ General Course</li> <li>◆ Required</li> <li>◆ 1st Semester</li> </ul> |
| Relevance to SDGs   | SDG3 Good health and well-being for people   |            |  |
| <b>Departmental Aim of Education</b>  |  |            |  |
| <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> |  |            |  |
| <b>Subject Schoolwide essential virtues</b>   |  |            |  |
| <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   | <p>An introductory course designed to help each student: improve muscular strength; gain knowledge and understanding of weight training theory and practice; develop a personalized weight training program.</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   | 1. To understand basic anatomy and application of exercise physiology. 2. To gain fundamental knowledge of physiological principles: strength training benefits, strength training effects, strength training principles 3. To develop an individualized program based upon students goals: Emphasizing either muscle strength, muscle endurance, muscle size, muscle flexibility or a combination of any. | 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 | Activity Participation |

**Course Schedule**

| Week | Date                  | Course Contents  | Note |
|------|-----------------------|--|------|
| 1    | 110/09/22 ~ 110/09/28 | Weight Training Technique; Safety and Etiquette.       |      |
| 2    | 110/09/29 ~ 110/10/05 | Designing a Weight Training Program, based upon goals. |      |
| 3    | 110/10/06 ~ 110/10/12 | Stretching and Flexibility.                            |      |
| 4    | 110/10/13 ~ 110/10/19 | Muscular Structure and Function.                       |      |
| 5    | 110/10/20 ~ 110/10/26 | Myths and Common Questions and Muscle Group.           |      |
| 6    | 110/10/27 ~ 110/11/02 | Free Weights vs. Machines.                             |      |
| 7    | 110/11/03 ~ 110/11/09 | Finalize Individual Routines.                          |      |
| 8    | 110/11/10 ~ 110/11/16 | Free Weight Variations: Back and Chest Exercises.      |      |
| 9    | 110/11/17 ~ 110/11/23 | Midterm Exam Week                                      |      |

|                                  |  |   |  |
|----------------------------------|--|---|--|
| 10                               | 110/11/24 ~<br>110/11/30   | .                                       |  |
| 11                               | 110/12/01 ~<br>110/12/07   | Free Weight Variations: Leg Exercises.  |  |
| 12                               | 110/12/08 ~<br>110/12/14   | Nutrition.                              |  |
| 13                               | 110/12/15 ~<br>110/12/21   | Measuring Progress and Problem Solving. |  |
| 14                               | 110/12/22 ~<br>110/12/28   | Advanced Weight Training.               |  |
| 15                               | 110/12/29 ~<br>111/01/04   | Advanced Weight Training.               |  |
| 16                               | 111/01/05 ~<br>111/01/11   | Advanced Weight Training.               |  |
| 17                               | 111/01/12 ~<br>111/01/18   | Advanced Weight Training.               |  |
| 18                               | 111/01/19 ~<br>111/01/25   | (Supplementary Teaching.                |  |
| 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 %<br>◆ Final Exam : 20.0 %<br>◆ 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> .<br><b>※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</b> |   |  |