

Tamkang University Academic Year 110, 1st Semester Course Syllabus

Course Title	P.E. - ADAPTED PHYSICAL EDUCATION	Instructor	(多位教師合開) WANG FONG-JIA
Course Class	TGUPB2A PE BY INTEREST, 2A	Details	◆ General Course ◆ Required ◆ 1st Semester
Relevance to SDGs	SDG3 Good health and well-being for people SDG4 Quality education SDG17 Partnerships for the goals		
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			
I . Enhance physical adaptability. II . Establish correct sports concept. III . Enhance sport skills. IV . Experience fun in sports participation.			
Subject Schoolwide essential virtues			
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	The aim of the course is to help students improve physical fitness and cultivate a right attitude of interpersonal relationship. Through the PE class, students will learn to develop an accurate and secure sports concept, enhance physical condition and develop a lifelong regular exercise habbit.		

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.Build the spirits of sports, take lessons in professional sport skills, and learn the techniques of first aid of sports injuries.	Cognitive
2	2.Strengthen bodies and build capacities of self-caring.	Psychomotor
3	3.Admire the performances of sports, cultivate habits of regular exercises, and build the spirit of teamwork.	Cognitive

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		47	Practicum, Imitation	Practicum, Activity Participation
2		67	Practicum, Imitation	Practicum, Activity Participation
3		67	Practicum, Imitation	Practicum, Activity Participation

Course Schedule

Week	Date	Course Contents	Note
1	110/09/22 ~ 110/09/28	1)1.General introduction and court setting. 2)Stretching Workout(I)	
2	110/09/29 ~ 110/10/05	Individual & Team Activities	
3	110/10/06 ~ 110/10/12	Throwing & Rolling Activities	
4	110/10/13 ~ 110/10/19	Fine & Gross Motor Activities(I)	
5	110/10/20 ~ 110/10/26	Fine & Gross Motor Activities(II)	
6	110/10/27 ~ 110/11/02	Strength Training	
7	110/11/03 ~ 110/11/09	Cardio Workout	

8	110/11/10 ~ 110/11/16	XVI Paralympic Games- (forum or workshop)	
9	110/11/17 ~ 110/11/23	Midterm Exam Week	
10	110/11/24 ~ 110/11/30	Development Adapted Physical Education in Taiwan - (forum or workshop)	
11	110/12/01 ~ 110/12/07	Petanque game	
12	110/12/08 ~ 110/12/14	Self-defense Training	
13	110/12/15 ~ 110/12/21	Self-defense Training- Upper Extremity	
14	110/12/22 ~ 110/12/28	Self-defense Training- Lower Extremity	
15	110/12/29 ~ 111/01/04	Sport injury and Athletic - (forum or workshop)	
16	111/01/05 ~ 111/01/11	Self-defense Training-Combination Skills	
17	111/01/12 ~ 111/01/18	Final Exam Week	
18	111/01/19 ~ 111/01/25		
Requirement	1. Please wear proper(sporty, active, flexible) outfits and shoes while taking the class. 2. For applying day-offs, please follow the instructions of school protocols. (1) Students with 6 times of absences will be disqualified from taking tests. (2) Students with a total hours of absence up to 1/3 of the total hours of curriculum will be given a final score of 0.		
Teaching Facility	(None)		
Textbooks and Teaching Materials			
References			
Number of Assignment(s)	(Filled in by assignment instructor only)		
Grading Policy	◆ Attendance : 75.0 % ◆ Mark of Usual : 10.0 % ◆ Midterm Exam : % ◆ Final Exam : % ◆ Other 〈Oral presentation〉 : 15.0 %		
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.		