

Tamkang University Academic Year 110, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	WANG FONG-JIA
Course Class	TRBXB1B DEPARTMENT OF INTERNATIONAL TOURISM MANAGEMENT (ENGLISH-TAUGHT PROGRAM), 1B	Details	◆ General Course ◆ Required ◆ One 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 purposes of the course are to let students understand the concepts of the health physical fitness and movement security. Through the classes of physical fitness, movement security, and water activities arrangements, they help students understand the presentsituation of individual physical fitness; assess the movement environment potential risks; promote the methods of physical fitness.		

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.	Cognitive
2	2. Promote physical function and promote the physical and mental health.	Affective
3	3. Promote personal swimming skills.	Psychomotor
4	4. Enjoy aquatics sports and develop lifelong habits.	Cognitive
5	5. Aware of the risk in water sports, and understand to apply the accidents of aquatics sports.	Psychomotor
6	6. To interact with people by physical activity.	Psychomotor

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		46	Practicum	Practicum, Activity Participation
2		67	Lecture, Practicum, Imitation	Practicum, Activity Participation
3		47	Practicum, Imitation	Practicum, Activity Participation
4		47	Lecture, Practicum, Imitation	Practicum, Activity Participation
5		67	Practicum, Imitation	Practicum, Activity Participation
6		67	Imitation	Activity Participation

Course Schedule

Week	Date	Course Contents	Note
1	110/09/22 ~ 110/09/28	1. Course Introduction 2. Introduction to the sport of Volleyball 3. Ball-handing/ball handling practice	

2	110/09/29 ~ 110/10/05	1. Introduction to Overhand (高手) / dig (低手) passing 2. Overhand (高手) / dig (低手) passing practice	
3	110/10/06 ~ 110/10/12	1. Multiple people passing practice 2. Receive-pass or receive-set techniques	
4	110/10/13 ~ 110/10/19	1. Underarm serve practice (focus on the feelings of contact points and ways of application of force) [short distance: 6m] 2. Overhand serve practice (focus on the feelings of contact points and ways of application of force) [short distance: 6m]	
5	110/10/20 ~ 110/10/26	Taekwondo- History and Development	
6	110/10/27 ~ 110/11/02	Basic Taekwondo Techniques-I Kicking Techniques (with right back stance)	
7	110/11/03 ~ 110/11/09	Basic Taekwondo Techniques-II (Snap Kick (or front kick), Side Kick, Axe Kick)	
8	110/11/10 ~ 110/11/16	Basic Taekwondo Techniques-III (Side Kick, Back Kick)	
9	110/11/17 ~ 110/11/23	Midterm Exam Week	
10	110/11/24 ~ 110/11/30	Orienteering Basics-(What orienteering is)	
11	110/12/01 ~ 110/12/07	Orienteering Basics-(Navigational skills using a map)	
12	110/12/08 ~ 110/12/14	Orienteering- O game 1(TKU)	
13	110/12/15 ~ 110/12/21	Orienteering- O game 2(TKU)	
14	110/12/22 ~ 110/12/28	Basic open water swimming pool safety (Accident prevention)	
15	110/12/29 ~ 111/01/04	Under swimming pool breathing technique practice	
16	111/01/05 ~ 111/01/11	Basic swimming skill test	
17	111/01/12 ~ 111/01/18	Final Exam Week	
18	111/01/19 ~ 111/01/25		
Requirement		Requirements: 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	<p>◆ Attendance : 40.0 % ◆ Mark of Usual : 20.0 % ◆ Midterm Exam : 20.0 %</p> <p>◆ Final Exam : 20.0 %</p> <p>◆ Other < > : %</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>