

Tamkang University Academic Year 110, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	HUANG, CHIA-SHENG
Course Class	TRJXB1A DEPARTMENT OF GLOBAL POLITICS AND ECONOMICS (ENGLISH-TAUGHT PROGRAM), 1A	Details	◆ 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			
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	Exercise and health are important for human pursuit of the high-quality life. This course is designed for first-year university students. The goals of the course are understanding the importance of exercise to maintaining physical fitness. To know the basic knowledge of exercise and health. Experiencing and learning different sports skills(basketball, fitness training, swimming, etc.). To choose sports that you are interested in and play with others, and then develop regular exercise habits.		

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	To develop special sports skills and to improve sports participation and knowledge.	Psychomotor
2	To develop regular exercise habits and to promote health physical fitness.	Psychomotor
3	To develop agreeable interpersonal relationship and to establish sports ethics.	Affective
4	To improve sports appreciative ability and to enrich diversified leisure activities	Cognitive

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		67	Lecture, Discussion, Practicum	Testing, Study Assignments, Discussion(including classroom and online), Practicum, Activity Participation
2		6	Practicum, Experience	Testing, Practicum, Activity Participation
3		46	Discussion, Practicum, Experience	Discussion(including classroom and online), Practicum, Activity Participation
4		67	Lecture, Discussion, Practicum, Experience	Testing, Study Assignments, Discussion(including classroom and online), Practicum, Report(including oral and written)

Course Schedule

Week	Date	Course Contents	Note

1	110/09/22 ~ 110/09/28	Introduction of course, precautions for class announcements, guided tour of the school sports and exercise environment.	B2: Basketball court next to the track and field
2	110/09/29 ~ 110/10/05	Basketball: warm-up, basic dribbling practice.	B2
3	110/10/06 ~ 110/10/12	Basketball: basic move, offensive and defensive displacement; Water safety advocacy.	B2
4	110/10/13 ~ 110/10/19	Basketball: basic pass and catch, four-corner passing.	B2
5	110/10/20 ~ 110/10/26	Basketball: all kinds of layups intro and practice.	B2
6	110/10/27 ~ 110/11/02	Basketball: 1 on 1 offensive and defensive practice.	B2
7	110/11/03 ~ 110/11/09	Basketball: fast break practice by three players.	B2
8	110/11/10 ~ 110/11/16	Physical fitness test	B2
9	110/11/17 ~ 110/11/23	Midterm Exam Week	
10	110/11/24 ~ 110/11/30	Fitness training: free-hand muscle strength.	I: Martial arts classroom
11	110/12/01 ~ 110/12/07	Fitness training: core exercise.	I
12	110/12/08 ~ 110/12/14	Fitness training: aerobic exercise.	I
13	110/12/15 ~ 110/12/21	Fitness training: stretches to improve flexibility	I
14	110/12/22 ~ 110/12/28	Swimming and water safety: water adaptation and water games.	S2: Swimming pool
15	110/12/29 ~ 111/01/04	Swimming and water safety: Breathing Technique, float, rhythmic breathing.	S2
16	111/01/05 ~ 111/01/11	Swimming and water safety: back-floating and self-rescue skills, swimming test.	S2
17	111/01/12 ~ 111/01/18	Submit the term paper; Final Exam	
18	111/01/19 ~ 111/01/25	Make-up exam	
Requirement		<p>1. Please be sure to wear appropriate sportswear, and to take a towel and a water bottle. It is forbidden to wear jeans and other inconvenient clothing to exercise.</p> <p>2. To take roll call 5 minutes after the class bell rings. Those who arrive more than 30 minutes after the bell rings, or leave without the teacher's permission during class, will be an absenteeism.</p> <p>3. Those who are absent must ask for leave in accordance with the school leave procedures, and then print and submit the leave record within the specified deadline.</p> <p>4. If absentees do not ask for leave, they will be counted as one absenteeism, and absenteeism reaches 3 times, the score of attendance score is 0, and semester grades will be failed.</p>	

Teaching Facility	Computer, Projector
Textbooks and Teaching Materials	1. Kenney, W. L., Wilmore, J. H., & Costill, D. L. (2020). Physical of Sport and Exercise (7th Ed.). 運動生理學 (第四版) (林貴福總校閱)。台北市：禾楓書局。
References	<p>1. Hoeger, W. W. K., & Hoeger, S. A. (2012). Principles and Labs for Fitness and Wellness (10th Ed.). 體適能與全人健康的理論與實務 (第2版) (李水碧譯)。新北市：藝軒圖書</p> <p>2. Athletics and Fitness Association of America (2018). A Comprehensive Resource for Personal Trainer. 個人體能訓練：理論與實務 (第六版) (黃月桂總校閱)。台北市：台灣阿諾運動事業。</p> <p>3. 卓俊辰總校閱 (2020)。健康體適能 - 理論與實務 (四版修訂版)。台中市：華格那。</p> <p>4. 盧俊宏、張育愷、王俊智、溫蕙甄、賴韻宇、陳聰毅等 (2019) 運動健康與體適能。台中市：華都文化。</p>
Number of Assignment(s)	(Filled in by assignment instructor only)
Grading Policy	<p>◆ Attendance : 50.0 % ◆ Mark of Usual : 40.0 % ◆ Midterm Exam : %</p> <p>◆ Final Exam : 10.0 %</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>