

Tamkang University Academic Year 110, 2nd Semester Course Syllabus

Course Title	PHYSICAL EDUCATION-PHYSICAL FITNESS	Instructor	WU SHIH-WEI
Course Class	TGUPB2A PE BY INTEREST, 2A	Details	<ul style="list-style-type: none"> ◆ General Course ◆ Required ◆ 2nd Semester
Relevance to SDGs	SDG3 Good health and well-being for people SDG4 Quality education SDG16 Peace, justice and strong institutions 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	This course is designed to give students the opportunity to learn strength training concepts and techniques used for obtaining optimal physical fitness. Students will benefit from comprehensive strength training and cardiorespiratory endurance activities. Students will engage in lifetime physical activities of sufficient intensity and to maximize healthy benefits.		

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. Differentiate among various strength training methods.	Cognitive
2	2.Motivates the interests for strength training.	Affective
3	3.Develop the basic movements and enhance skills of strength training.	Psychomotor
4	4.Enjoy the challenge of different fitness training activities.	Affective
5	5.Demonstrate proper spotting techniques for both safety and a partner's workout enhancement.	Psychomotor
6	6.Develop personal goals to improve performance in strength training and fitness.	Psychomotor

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		6	Lecture, Practicum	Practicum, Activity Participation
2		6	Lecture, Practicum	Practicum, Activity Participation
3		6	Lecture, Practicum	Practicum, Activity Participation
4		67	Lecture, Practicum	Practicum, Activity Participation
5		467	Practicum	Practicum, Activity Participation
6		6	Lecture, Practicum	Practicum, Activity Participation

Course Schedule

Week	Date	Course Contents	Note
1	111/02/21 ~ 111/02/25	1.General introduction.	SG B1 KENDO CLASSROOM

2	111/02/28 ~ 111/03/04	Peace Memorial Day (Holiday)	No Class
3	111/03/07 ~ 111/03/11	Hand-Eye Coordination Training (1)	Basketball Court(B2)
4	111/03/14 ~ 111/03/18	Hand-Eye Coordination Training (2)	Basketball Court(B2)
5	111/03/21 ~ 111/03/25	Campus Run	Outside of SG4F
6	111/03/28 ~ 111/04/01	Physical fitness test	SG B1 KENDO CLASSROOM
7	111/04/04 ~ 111/04/08	Children' s Day (Holiday)	No Class
8	111/04/11 ~ 111/04/15	Physical fitness test	Basketball Court(B2)
9	111/04/18 ~ 111/04/22	Skill Test	Basketball Court(B2)
10	111/04/25 ~ 111/04/29	Midterm Exam Week	
11	111/05/02 ~ 111/05/06	Upper body & Core	SG B1 KENDO CLASSROOM
12	111/05/09 ~ 111/05/13	ABS & Core	SG B1 KENDO CLASSROOM
13	111/05/16 ~ 111/05/20	ABS & Core	SG B1 KENDO CLASSROOM
14	111/05/23 ~ 111/05/27	Building endurance & Strength & Mobility	SG B1 KENDO CLASSROOM
15	111/05/30 ~ 111/06/03	Building endurance & Strength & Mobility	SG B1 KENDO CLASSROOM
16	111/06/06 ~ 111/06/10	Skill Test	SG B1 KENDO CLASSROOM
17	111/06/13 ~ 111/06/17	Make-up Exam	SG B1 KENDO CLASSROOM
18	111/06/20 ~ 111/06/24	Final Exam Week	
Requirement	<p>■Attendance Policy: A. Two (2) tardies will be allowed for each class. After that, the student will have 25 points deducted from the final grade for each additional tardy. B. Two (2) unexcused absences will be allowed for classes. After that, the student will have 25 points deducted from the final grade for each additional absence. C. For an absence to be excused, written documentation from the proper authorities must be submitted to the instructor within 1 week of absence. Documentation submitted after one week will not be accepted and the absence will be considered unexcused.</p> <p>■Roll call for each class, if you are not able to make it, pls reconsider before you register this course.</p> <p>■If you have the situation of skipping class more than 3 times, it can' t be possible to pass. Pls fully understood before you enroll.</p> <p>■If you have to leave the class early or you can not show up for the case, please follow the school policy and go through all the required processes to get the permission from the school and give the note to the class instructor.</p> <p>■Please wear proper exercise attire to class.</p> <p>■Grading Policy: (1)Attendance:50%;(2)Skills Assessment Test: 40%;(3)Mark of usual:10%</p>		

Teaching Facility	(None)
Textbooks and Teaching Materials	
Number of Assignment(s)	(Filled in by assignment instructor only)
Grading Policy	<p>◆ Attendance : 50.0 % ◆ Mark of Usual : 10.0 % ◆ Midterm Exam : %</p> <p>◆ Final Exam : %</p> <p>◆ Other 〈Skill & Fitness Test〉 : 40.0 %</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>