

Tamkang University Academic Year 111, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	HUANG, CHIA-SHENG
Course Class	TEIDB1A DEPARTMENT OF COMPUTER SCIENCE AND INFORMATION ENGINEERING (ENGLISH-TAUGHT PROGRAM), 1A	Details	<ul style="list-style-type: none"> ◆ General Course ◆ Required ◆ One Semester
Relevance to SDGs	SDG3 Good health and well-being for people		
Departmental Aim of Education			
<ul style="list-style-type: none"> I. Enhance physical adaptability. II. Establish correct sports concept. III. Enhance sport skills. IV. Experience fun in sports participation. 			
Subject Schoolwide essential virtues			
<ul style="list-style-type: none"> 1. A global perspective. (ratio:5.00) 2. Information literacy. (ratio:5.00) 3. A vision for the future. (ratio:5.00) 4. Moral integrity. (ratio:20.00) 5. Independent thinking. (ratio:5.00) 6. A cheerful attitude and healthy lifestyle. (ratio:30.00) 7. A spirit of teamwork and dedication. (ratio:25.00) 8. A sense of aesthetic appreciation. (ratio:5.00) 			

Course Introduction	<p>Exercise and health are very important for human pursuit of the high-quality life. This course is designed for first-year university students. From understanding the importance of exercise to maintaining physical fitness. To know the basic knowledge of exercise and health. Experiencing and learning different sports Skills (weight training, badminton, swimming, table tennis, etc.). To choose sports that you are interested in and play with others, and then develop regular exercise habits.</p>
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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	Understanding the sports environment and facility, and aware of the potential risk in environment.	Cognitive
2	Promote physical function and promote the physical and mental health.	Psychomotor
3	Promote personal swimming skills.	Psychomotor
4	Enjoy aquatics sports and develop lifelong habits.	Affective
5	Aware of the risk in water sports, and understand to apply the accidents of aquatics sports.	Cognitive
6	To interact with people by physical activity.	Affective

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		2458	Lecture, Discussion, Practicum	Testing, Study Assignments, Discussion(including classroom and online), Practicum, Activity Participation

2		156	Practicum, Experience	Testing, Practicum, Activity Participation
3		356	Practicum, Experience, Imitation	Practicum, Activity Participation
4		3567	Lecture, Discussion, Practicum, Experience	Testing, Study Assignments, Discussion(including classroom and online), Practicum, Report(including oral and written)
5		257	Lecture, Discussion	Testing, Study Assignments, Discussion(including classroom and online), Report(including oral and written)
6		467	Discussion, Practicum, Experience	Study Assignments, Discussion(including classroom and online), Report(including oral and written)

Course Schedule

Week	Date	Course Contents	Note
1	111/09/05 ~ 111/09/11	Introduction of course, precautions for class announcements, guided tour of the school sports and exercise environment.	SG323: Weight Training Room
2	111/09/12 ~ 111/09/18	Weight Training & Fitness: The importance of fitness	SG323
3	111/09/19 ~ 111/09/25	Weight Training & Fitness: The introduction of workout equipment	SG323
4	111/09/26 ~ 111/10/02	Weight Training: Learn about the Weight Machines	SG323
5	111/10/03 ~ 111/10/09	Badminton: Forehand & Backhand grips	K2: Student Activity Center
6	111/10/10 ~ 111/10/16	Badminton: The basic footwork practice	B2
7	111/10/17 ~ 111/10/23	Badminton: The service practice (short service & long service)	B2
8	111/10/24 ~ 111/10/30	Badminton: The basic rules of Singles & Doubles	B2
9	111/10/31 ~ 111/11/06	Swimming & water safety: water adaptation and water games	S1: Swimming pool
10	111/11/07 ~ 111/11/13	Midterm Exam Week	
11	111/11/14 ~ 111/11/20	Swimming & Water Safety: Breathing technique, float, rhythmic breathing	S1

12	111/11/21~ 111/11/27	Swimming & Water Safety: back-floating and self-rescue skills	S1
13	111/11/28~ 111/12/04	Swimming & Water Safety: Swimming test	S1
14	111/12/05~ 111/12/11	Table Tennis: The practice of Feeling in table tennis	SG322: Table Tennis
15	111/12/12~ 111/12/18	Table Tennis: Forehand & Backhand service	SG322
16	111/12/19~ 111/12/25	Table Tennis: Topspin & Backspin	SG322
17	111/12/26~ 112/01/01	Table Tennis: The rules of Singles & Doubles;Submit the term paper	SG322
18	112/01/02~ 112/01/08	Final Exam Week	
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：台灣阿珞運動事業。</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 : 20.0 % ◆ Mark of Usual : 40.0 % ◆ Midterm Exam : %</p> <p>◆ Final Exam : 20.0 %</p> <p>◆ Other <Physical Fitness> : 20.0 %</p>		

Note

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