

Tamkang University Academic Year 111, 1st Semester Course Syllabus

Course Title	P.E. - ADAPTED PHYSICAL EDUCATION	Instructor	(多位教師合開) WU SHIH-WEI
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			
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	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.			
<p>The correspondences between the course's instructional objectives and the cognitive, affective, and psychomotor objectives.</p> <p>Differentiate the various objective methods among the cognitive, affective and psychomotor domains of the course's instructional objectives.</p> <p>I. Cognitive : Emphasis upon the study of various kinds of knowledge in the cognition of the course's veracity, conception, procedures, outcomes, etc.</p> <p>II.Affective : Emphasis upon the study of various kinds of knowledge in the course's appeal, morals, attitude, conviction, values, etc.</p> <p>III.Psychomotor: Emphasis upon the study of the course's physical activity and technical manipulation.</p>				
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		136	Practicum, Imitation	Practicum, Activity Participation
2		247	Practicum, Imitation	Practicum, Activity Participation
3		358	Practicum, Imitation	Practicum, Activity Participation
Course Schedule				
Week	Date	Course Contents		Note
1	111/09/05 ~ 111/09/11	1)1.General introduction and court setting. 2)Stretching Workout(I)		

2	111/09/12 ~ 111/09/18	Individual & Team Activities	
3	111/09/19 ~ 111/09/25	Throwing & Rolling Activities	
4	111/09/26 ~ 111/10/02	Fine & Gross Motor Activities(I)	
5	111/10/03 ~ 111/10/09	Fine & Gross Motor Activities(II)	
6	111/10/10 ~ 111/10/16	Strength Training(I)	
7	111/10/17 ~ 111/10/23	Strength Training(II)	
8	111/10/24 ~ 111/10/30	Cardio Workout	
9	111/10/31 ~ 111/11/06	Self-defense Training	
10	111/11/07 ~ 111/11/13	Midterm Exam Week	
11	111/11/14 ~ 111/11/20	Self-defense Training	
12	111/11/21 ~ 111/11/27	Self-defense Training	
13	111/11/28 ~ 111/12/04	Self-defense Training- Upper Extremity	
14	111/12/05 ~ 111/12/11	Self-defense Training- Lower Extremity	
15	111/12/12 ~ 111/12/18	Self-defense Training-Combination Skills	
16	111/12/19 ~ 111/12/25	Self-defense Training-Combination Skills	
17	111/12/26 ~ 112/01/01	Self-defense Training-Combination Skills	
18	112/01/02 ~ 112/01/08	Final Exam Week	
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	<p>◆ Attendance : 75.0 % ◆ Mark of Usual : 10.0 % ◆ Midterm Exam : %</p> <p>◆ Final Exam : %</p> <p>◆ Other (Oral presentation) : 15.0 %</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>