

Tamkang University Academic Year 111, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	
Course Class	TLBAB1A DEPARTMENT OF BANKING AND FINANCE DIVISION OF GLOBAL FINANCIAL MANAGEMENT (ENGLISH-TAUGHT PROGRAM),	Details	♦ General Course ♦ Required ♦ One Semester
Relevance to SDGs	1A 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			
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 purposes of the course are to let students understand the concepts of health physical fitness and movement security. Through the classes of physical fitness, movement security, and water activities arrangements, they help students understand the present situation of individual physical fitness; assess the movement environment potential risks; promote the methods of physical fitness.
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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.	Cognitive
3	Promote personal swimming skills.	Psychomotor
4	Enjoy aquatics sports and develop lifelong habits.	Psychomotor
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		12345678	Lecture	Practicum
2		12345678	Practicum	Practicum
3		12345678	Lecture, Practicum	Practicum, Activity Participation
4		12345678	Lecture	Practicum

5		12345678	Lecture	Discussion(including classroom and online)
6		12345678	Lecture, Discussion	Discussion(including classroom and online), Activity Participation
Course Schedule				
Week	Date	Course Contents		Note
1	111/09/05 ~ 111/09/11	Course introduction; class announcements; water safety advocacy		S1: Swimming Pool
2	111/09/12 ~ 111/09/18	Water adaptation, breathing technique, rhythmic breathing, float		S1: Swimming Pool
3	111/09/19 ~ 111/09/25	Swimming skill learning		S1: Swimming Pool
4	111/09/26 ~ 111/10/02	Swimming test		S1: Swimming Pool
5	111/10/03 ~ 111/10/09	Table tennis: Introduction, basic ball handling, and serve practice		Stadium: SG322
6	111/10/10 ~ 111/10/16	Table tennis: Forehand blocking practice		Stadium: SG322
7	111/10/17 ~ 111/10/23	Table tennis: Backhand blocking practice		Stadium: SG322
8	111/10/24 ~ 111/10/30	Table tennis: Test		Stadium: SG322
9	111/10/31 ~ 111/11/06	Physical fitness test		
10	111/11/07 ~ 111/11/13	Midterm Exam Week		
11	111/11/14 ~ 111/11/20	Badminton: Introduction and serve practice		Stadium: Badminton court
12	111/11/21 ~ 111/11/27	Badminton: Basic skills practice		Stadium: Badminton court
13	111/11/28 ~ 111/12/04	Badminton: Singles and doubles		Stadium: Badminton court
14	111/12/05 ~ 111/12/11	Volleyball: Introduction and basic skills practice		Stadium: Volleyball court
15	111/12/12 ~ 111/12/18	Volleyball: Basic skills practice I		Stadium: Volleyball court
16	111/12/19 ~ 111/12/25	Volleyball: Basic skills practice II		Stadium: Volleyball court
17	111/12/26 ~ 112/01/01	Volleyball: Test		Stadium: Volleyball court
18	112/01/02 ~ 112/01/08	Final Exam Week		

Requirement	1. Appropriate sportswear is required. 2. Please ask for leave in accordance with school regulations. 3. If absenteeism reaches 3 times, semester grades will be failed.
Teaching Facility	(None)
Textbooks and Teaching Materials	
References	學生的健康體適能卓俊辰著 運動與健康-減肥健身與疾病的運動處方方進隆著 專家教你游泳曹青軍、田珊著
Number of Assignment(s)	(Filled in by assignment instructor only)
Grading Policy	◆ Attendance : 40.0 % ◆ Mark of Usual : 20.0 % ◆ Midterm Exam : % ◆ Final Exam : % ◆ Other 〈2 Tests〉 : 40.0 %
Note	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 . ※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.