

## Tamkang University Academic Year 111, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	HSIAO-WEN CHAO
Course Class	TLFBB1A DIVISION OF GLOBAL COMMERCE, DEPARTMENT OF INTERNATIONAL BUSINESS (ENGLISH-TAUGHT PROGRAM), 1A	Details	<ul style="list-style-type: none"> <li>◆ General Course</li> <li>◆ Required</li> <li>◆ One Semester</li> </ul>
Relevance to SDGs	SDG3 Good health and well-being for people SDG5 Gender equality 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)			

<b>Course Introduction</b>	The purposes of the course are to let students understand the concepts of the 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	1. Understanding the sports environment and facility, and aware of the potential risk in environment.	Cognitive
2	2. Promote physical function and promote the physical and mental health.	Cognitive
3	3. Promote personal swimming skills.	Psychomotor
4	4. Enjoy aquatics sports and develop lifelong habits.	Psychomotor
5	5. Aware of the risk in water sports, and understand to apply the accidents of aquatics sports.	Cognitive
6	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, Imitation	Study Assignments, Discussion(including classroom and online), Report(including oral and written), Activity Participation

2		12345678	Lecture, Imitation	Discussion(including classroom and online), Activity Participation
3		12345678	Lecture, Imitation	Testing, Study Assignments, Discussion(including classroom and online), Activity Participation
4		12345678	Lecture, Imitation	Testing, Study Assignments, Activity Participation
5		12345678	Lecture, Imitation	Testing, Study Assignments, Discussion(including classroom and online), Activity Participation
6		12345678	Lecture, Imitation	Testing, Study Assignments, Activity Participation

### Course Schedule

Week	Date	Course Contents	Note
1	111/09/05 ~ 111/09/11	Course introduction; water sports safety concept and risk assessment publicity; K-pop dance teaching (1)	
2	111/09/12 ~ 111/09/18	K-pop dance teaching (2)	
3	111/09/19 ~ 111/09/25	K-pop dance teaching (3)	
4	111/09/26 ~ 111/10/02	K-pop dance teaching (4); Physical fitness test	
5	111/10/03 ~ 111/10/09	Swimming basic ability teaching and water sports games (1)	
6	111/10/10 ~ 111/10/16	Swimming basic ability teaching and water sports games (2); Swimming ability test (1)	
7	111/10/17 ~ 111/10/23	Swimming basic ability teaching and water sports games (3); Swimming ability test (2)	
8	111/10/24 ~ 111/10/30	Swimming basic ability teaching and water sports games (4)	
9	111/10/31 ~ 111/11/06	Badminton basic skills teaching and group competition (1)	
10	111/11/07 ~ 111/11/13	Midterm Exam Week	
11	111/11/14 ~ 111/11/20	Badminton basic skills teaching and group competition (2)	
12	111/11/21 ~ 111/11/27	Badminton basic skills teaching and group competition (3)	

13	111/11/28~ 111/12/04	Badminton basic skills teaching and group competition (4)	
14	111/12/05~ 111/12/11	Table tennis basic skills teaching and group competition (1)	
15	111/12/12~ 111/12/18	Table tennis basic skills teaching and group competition (2)	
16	111/12/19~ 111/12/25	Table tennis basic skills teaching and group competition (3)	
17	111/12/26~ 112/01/01	Table tennis basic skills teaching and group competition (4)	
18	112/01/02~ 112/01/08	Final Exam Week	
Requirement	<p>1. Sports clothing and sneakers are required.</p> <p>2. This course has four weeks of swimming instruction, please be sure to prepare your own swimming cap, goggles, swimsuit and swimming trunks. There is no loan service on site.</p> <p>3. Please follow the school's regulations for applying for leave: (You need to hand in the leave slip to the teacher in the next week)</p> <p>(1) Students who miss 6 classes will be deducted</p> <p>(2) When the total number of absent hours reaches 1/3 of the teaching hours of the subject, the semester grade will be calculated as zero.</p>		
Teaching Facility	Computer, Projector, Other (Mobile phone and video functions)		
Textbooks and Teaching Materials			
References	<p>1.學生的健康體適能 卓俊辰著</p> <p>2.運動與健康- 減肥健身與疾病的運動處方 方進隆著</p> <p>3.專家教你游泳 曹青軍、田珊著</p>		
Number of Assignment(s)	4 (Filled in by assignment instructor only)		
Grading Policy	<p>◆ Attendance : 60.0 %    ◆ Mark of Usual : 10.0 %    ◆ Midterm Exam : %</p> <p>◆ Final Exam : %</p> <p>◆ Other 〈Swim, badminton test〉 : 30.0 %</p>		
Note	<p>This syllabus may be uploaded at the website of Course Syllabus Management System at <a href="http://info.ais.tku.edu.tw/csp">http://info.ais.tku.edu.tw/csp</a> or through the link of Course Syllabus Upload posted on the home page of TKU Office of Academic Affairs at <a href="http://www.acad.tku.edu.tw/CS/main.php">http://www.acad.tku.edu.tw/CS/main.php</a>.</p> <p><b>※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</b></p>		