

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

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	
Course Class	TRDXB1A DEPARTMENT OF DIPLOMACY AND INTERNATIONAL RELATIONS (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 SDG4 Quality education SDG9 Industry, Innovation, and Infrastructure 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>	<p>This course is based on basic anatomy, human physiology, and kinesiology to carry out practical teaching of comprehensive physical education courses, including swimming and water safety education, sports injury, badminton, basketball, track and field, and strength and conditioning courses (the course will depend on the venue) to achieve the benefits of improving physical fitness, so as to improve the quality of life and promote health.</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	According to exercise science, to achieve the correct operation of exercise.	Psychomotor

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, Experience, Imitation	Testing, Practicum, Activity Participation

**Course Schedule**

Week	Date	Course Contents	Note
1	111/09/05 ~ 111/09/11	introduction	
2	111/09/12 ~ 111/09/18	swimming and water safety education	
3	111/09/19 ~ 111/09/25	swimming and water safety education	
4	111/09/26 ~ 111/10/02	swimming and water safety education	
5	111/10/03 ~ 111/10/09	swimming and water safety education	
6	111/10/10 ~ 111/10/16	training of badminton service	

7	111/10/17 ~ 111/10/23	training of badminton basic strokes	
8	111/10/24 ~ 111/10/30	training of badminton smash	
9	111/10/31 ~ 111/11/06	training of badminton drop	
10	111/11/07 ~ 111/11/13	Midterm Exam Week	
11	111/11/14 ~ 111/11/20	training of basketball dribble	
12	111/11/21 ~ 111/11/27	training of basketball pass	
13	111/11/28 ~ 111/12/04	training of basketball shot	
14	111/12/05 ~ 111/12/11	training of basketball defense	
15	111/12/12 ~ 111/12/18	training of track and field dynamic warm-up	
16	111/12/19 ~ 111/12/25	training of track and field running skill	
17	111/12/26 ~ 112/01/01	strength and conditioning	
18	112/01/02 ~ 112/01/08	Final Exam Week	
Requirement	Wear appropriate sports suits and shoes to reduce the incidence of sports injuries.		
Teaching Facility	Other (運動課程所需之相關器材)		
Textbooks and Teaching Materials	Essentials of Strength Training and Conditioning 4th edition		
References			
Number of Assignment(s)	(Filled in by assignment instructor only)		
Grading Policy	◆ Attendance : 30.0 %   ◆ Mark of Usual : 10.0 %   ◆ Midterm Exam : 30.0 % ◆ Final Exam : 30.0 % ◆ Other ( ) : %		
Note	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> . <b>※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</b>		