

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

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	FU, SZU-KAI
Course Class	TRJXB1A DEPARTMENT OF GLOBAL POLITICS AND ECONOMICS (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)			

Course Introduction	<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, volleyball, and table tennis (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	課程說明 introduction	
2	111/09/12 ~ 111/09/18	羽球發球訓練 training of badminton service	
3	111/09/19 ~ 111/09/25	羽球之基本擊球訓練 training of badminton basic strokes	
4	111/09/26 ~ 111/10/02	羽球之扣殺訓練 training of badminton smash	
5	111/10/03 ~ 111/10/09	游泳與水域安全教育 swimming and water safety education	

6	111/10/10~ 111/10/16	游泳與水域安全教育 swimming and water safety education	
7	111/10/17~ 111/10/23	游泳與水域安全教育 swimming and water safety education	
8	111/10/24~ 111/10/30	游泳與水域安全教育 swimming and water safety education	
9	111/10/31~ 111/11/06	桌球之發球訓練 Training of table tennis serving	
10	111/11/07~ 111/11/13	Midterm Exam Week	
11	111/11/14~ 111/11/20	桌球之接發球訓練 Training of table tennis receiving	
12	111/11/21~ 111/11/27	桌球之削球訓練 Training of table tennis chopping	
13	111/11/28~ 111/12/04	桌球之扣殺訓練 Training of table tennis smashing	
14	111/12/05~ 111/12/11	排球之發球訓練 training of volleyball serving	
15	111/12/12~ 111/12/18	排球之傳球訓練 training of volleyball passing	
16	111/12/19~ 111/12/25	排球之舉球訓練 training of volleyball setting	
17	111/12/26~ 112/01/01	排球之扣殺訓練 training of volleyball spiking	
18	112/01/02~ 112/01/08	Final Exam Week	
Requirement	穿著合適之運動服裝與運動鞋，以降低運動傷害之發生率。 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

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