

## Tamkang University Academic Year 111, 2nd 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 ◆ 2nd 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			
<p>I. Enhance physical adaptability.</p> <p>II. Establish correct sports concept.</p> <p>III. Enhance sport skills.</p> <p>IV. Experience fun in sports participation.</p>			
Subject Schoolwide essential virtues			
<p>1. A global perspective. (ratio:5.00)</p> <p>2. Information literacy. (ratio:5.00)</p> <p>3. A vision for the future. (ratio:5.00)</p> <p>4. Moral integrity. (ratio:20.00)</p> <p>5. Independent thinking. (ratio:5.00)</p> <p>6. A cheerful attitude and healthy lifestyle. (ratio:30.00)</p> <p>7. A spirit of teamwork and dedication. (ratio:25.00)</p> <p>8. A sense of aesthetic appreciation. (ratio:5.00)</p>			

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 habit.
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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. 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	112/02/13~ 112/02/19	1) General introduction and court setting. 2) Stretching Workout	

2	112/02/20 ~ 112/02/26	Stretching Workout	
3	112/02/27 ~ 112/03/05	Stretching Workout	
4	112/03/06 ~ 112/03/12	Self-defense Training- Upper Extremity	
5	112/03/13 ~ 112/03/19	Self-defense Training- Lower Extremity	
6	112/03/20 ~ 112/03/26	Self-defense Training-Combination Skills	
7	112/03/27 ~ 112/04/02	Strength Self-defense Training-Combination Skills	
8	112/04/03 ~ 112/04/09	Adjusted Holiday (No Class)	No Class
9	112/04/10 ~ 112/04/16	Self-defense Training	
10	112/04/17 ~ 112/04/23	Midterm Exam Week	
11	112/04/24 ~ 112/04/30	Fine & Gross Motor Activities(I)	
12	112/05/01 ~ 112/05/07	Fine & Gross Motor Activities(II)	
13	112/05/08 ~ 112/05/14	Strength Training- Upper limb (I)	
14	112/05/15 ~ 112/05/21	Strength Training- Upper limb (II)	
15	112/05/22 ~ 112/05/28	Strength Training- Lower limb (I)	
16	112/05/29 ~ 112/06/04	Strength Training- Lower limb (II)	
17	112/06/05 ~ 112/06/11	Strength Training	
18	112/06/12 ~ 112/06/18	Final Exam Week	
Requirement	<p>1. Please wear proper(sporty, active, flexible) outfits and shoes while taking the class.</p> <p>2. For applying day-offs, please follow the instructions of school protocols.</p> <p>(1) Students with 6 times of absences will be disqualified from taking tests.</p> <p>(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.</p>		
Teaching Facility	(None)		
Textbooks and Teaching Materials			
References			

Number of Assignment(s)	(Filled in by assignment instructor only)
Grading Policy	<ul style="list-style-type: none"> <li>◆ Attendance : 75.0 %</li> <li>◆ Mark of Usual : 10.0 %</li> <li>◆ Midterm Exam : %</li> <li>◆ Final Exam : %</li> <li>◆ Other (Oral presentation) : 15.0 %</li> </ul>
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>