

Tamkang University Academic Year 112, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	CHEN CHU
Course Class	TEIDB1A DEPARTMENT OF COMPUTER SCIENCE AND INFORMATION ENGINEERING (ENGLISH-TAUGHT PROGRAM), 1A	Details	<ul style="list-style-type: none"> ◆ General Course ◆ Required ◆ One Semester
Relevance to SDGs	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			
<ul style="list-style-type: none"> I. Enhance physical adaptability. II. Establish correct sports concept. III. Enhance sport skills. IV. Experience fun in sports participation. 			
Subject Schoolwide essential virtues			
<ul style="list-style-type: none"> 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 aims to establish the concept of lifelong physical activity participation. Learning how to develop physical abilities by practising several exercise skills and engaging in various exercises.</p>
------------------------	---

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	Being able to perform different types of exercise skills.	Psychomotor
2	Knowing and establishing the ability of teamwork	Affective
3	Promoting and developing the concept of physical fitness maintenance.	Affective
4	Developing the concept of teamwork and sportsmanship.	Affective
5	Familiarization with the environment, facilities, and equipment.	Cognitive

The correspondences of teaching objectives : core competences, essential virtues, teaching methods, and assessment

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		2	Lecture, Practicum, Experience	Testing, Practicum, Activity Participation
2		7	Lecture, Discussion, Experience	Testing, Discussion(including classroom and online), Practicum, Activity Participation
3		348	Lecture, Discussion, Publication	Discussion(including classroom and online), Activity Participation

4		6	Lecture, Discussion, Practicum, Imitation	Testing, Discussion(including classroom and online), Practicum, Activity Participation
5		15	Lecture, Experience	Discussion(including classroom and online), Practicum, Activity Participation

Course Schedule

Week	Date	Course Contents	Note
1	112/09/11 ~ 112/09/17	Safety instruction of water activity and Introduction of badminton	
2	112/09/18 ~ 112/09/24	Footwork and serving drills practice	
3	112/09/25 ~ 112/10/01	Single and double play introduction	
4	112/10/02 ~ 112/10/08	Single and double game practices	
5	112/10/09 ~ 112/10/15	Introduction and safety instruction of the weight training	
6	112/10/16 ~ 112/10/22	Upper body training instruction and practices	
7	112/10/23 ~ 112/10/29	Lower body training instruction and practices	
8	112/10/30 ~ 112/11/05	Free weight training introduction and instruction	
9	112/11/06 ~ 112/11/12	Midterm Exam Week	
10	112/11/13 ~ 112/11/19	Basic skills introduction of basketball	
11	112/11/20 ~ 112/11/26	Dribbling and passing drills	
12	112/11/27 ~ 112/12/03	3 vs 3 small sided game practices	
13	112/12/04 ~ 112/12/10	Introduction of the swimming and safety instructions	
14	112/12/11 ~ 112/12/17	Basic swimming skills practices	
15	112/12/18 ~ 112/12/24	Variations of arm stroke in all swimming style	
16	112/12/25 ~ 112/12/31	Kicking and Breathing technique practices in all style	
17	113/01/01 ~ 113/01/07	Final Exam Week	
18	113/01/08 ~ 113/01/14	Distance swimming and relay	

Key capabilities	self-directed learning International mobility Social Participation
Interdisciplinary	Competency-based education 'competency exploration' sustained competency or global issues STEEP (Society, Technology, Economy, Environment, and Politics)
Distinctive teaching	Game-based learning courses
Course Content	General Courses
Requirement	
Textbooks and Teaching Materials	Using teaching materials from other writers:Textbooks Name of teaching materials: Haff, G. G., & Triplett, N. T., (2016). Essentials of Strength Training and Conditioning (4th ed.). Human Kinetics
References	
Grading Policy	◆ Attendance : 40.0 % ◆ Mark of Usual : 10.0 % ◆ Midterm Exam : 25.0 % ◆ Final Exam : 25.0 % ◆ Other () : %
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.