

## Tamkang University Academic Year 112, 1st Semester Course Syllabus

Course Title	P.E. - BEGINNING SWIMMING	Instructor	CHEN, JUI-CHEN
Course Class	TGUPB2D PE BY INTEREST, 2D	Details	<ul style="list-style-type: none"> <li>◆ General Course</li> <li>◆ Required</li> <li>◆ 1st Semester</li> </ul>
Relevance to SDGs	SDG3 Good health and well-being for people SDG4 Quality education		
Departmental Aim of Education			
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	The purpose of this course is to enable students to acquire basic knowledge of freestyle swimming. This course will give students correctly and efficiently freestyle swimming methods, let students easy to swim in the swimming pool and enjoy to swim after class. Also maintain or improve health-related 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 Understand the right ways for freestyle swimming. 2 Motivates the interests for swimming. 3 Develop the basic movements and enhance swimmer skills of freestyle swimming.	Cognitive

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		12345678	Practicum, Experience, Imitation	Attendance rate

**Course Schedule**

Week	Date	Course Contents	Note
1	112/09/11 ~ 112/09/17	Course rules. Course Objectives. Easy swim. Pretest freestyle. Water Safety Advocacy.	
2	112/09/18 ~ 112/09/24	Pretest freestyle. Swimming breathing method.	
3	112/09/25 ~ 112/10/01	Freestyle kicking method.	
4	112/10/02 ~ 112/10/08	Freestyle breathing and kicking method I. (Pull buoy, two big size kicking board support)	

5	112/10/09 ~ 112/10/15	Freestyle breathing and kicking method II. (One big size kicking board support)	
6	112/10/16 ~ 112/10/22	Freestyle breathing and kicking method III. (Two medium size kicking board support)	
7	112/10/23 ~ 112/10/29	Freestyle breathing and kicking method IV. (One medium size and one small size kicking board support)	
8	112/10/30 ~ 112/11/05	Freestyle breathing and kicking method V. (Two small size kicking board support)	
9	112/11/06 ~ 112/11/12	Physical fitness test (Midterm Exam Week)	
10	112/11/13 ~ 112/11/19	Freestyle breathing and kicking method VI. (One small size kicking board support)	
11	112/11/20 ~ 112/11/26	Freestyle stroke method.	
12	112/11/27 ~ 112/12/03	Freestyle breathing, kicking and stroking method I. (Single arm stroke)	
13	112/12/04 ~ 112/12/10	Freestyle breathing, kicking and stroking method II. (Front cross with finger paddle method)	
14	112/12/11 ~ 112/12/17	Freestyle breathing, kicking and stroking method III. (Front cross and closed fist method)	
15	112/12/18 ~ 112/12/24	Long distance freestyle swimming I.	
16	112/12/25 ~ 112/12/31	Long distance freestyle swimming II.	
17	113/01/01 ~ 113/01/07	Final Exam Week	
18	113/01/08 ~ 113/01/14	Physical fitness retesting (Flex week)	
Key capabilities			
Interdisciplinary			
Distinctive teaching			

Course Content	General Courses
Requirement	<ol style="list-style-type: none"> <li>1. Bring your own swimsuit, goggles, and swimming cap.</li> <li>2. Leave, please according to school rules: <ol style="list-style-type: none"> <li>(1) If you have the situation of absent class more than 3 times, it can't be possible to pass. Pls fully understood before you enroll.</li> <li>(2) Semester grade will calculated in zero, if the total hours of absence reached one-third of the teaching hours.</li> </ol> </li> <li>3. People with skin diseases, infectious diseases and doctor advice do not swimming, please do not choose this course.</li> <li>4. Female physiological period, please make up the class within one month.</li> <li>5. Students must apply for a swim pass or purchase single ticket for this course.</li> <li>6. The first class need wear swimming suit and swimming.</li> <li>7. Roll call for each class, if you are not able to make it, pls reconsider before you register this course.</li> </ol>
Textbooks and Teaching Materials	Self-made teaching materials:Videos
References	Yutaka, Y., & Yusuke T. (1999). Swimming. Yihchyun Publishing Co., Ltd.
Grading Policy	<p>◆ Attendance :           %   ◆ Mark of Usual :           %   ◆ Midterm Exam :           %</p> <p>◆ Final Exam :           %</p> <p>◆ Other 〈Attendance rate〉 : 100.0 %</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>