

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

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	WU SHIH-WEI
Course Class	TRDXB1A DEPARTMENT OF DIPLOMACY AND INTERNATIONAL RELATIONS (ENGLISH-TAUGHT PROGRAM), 1A	Details	◆ 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			
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	This course aims to help students understanding the importance of physical exercise for health. It will provide students with basic knowledge of fundamental skills, and help student actively participating exercise regularly.
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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.Understanding the sports environment and facility, and aware of the potential risk in environment.	Affective
2	2.Promote physical function and promote the physical and mental health.	Psychomotor
3	3.Promote personal swimming skills.	Psychomotor
4	4.Enjoy aquatics sports and develop lifelong habits.	Psychomotor
5	5.Aware of the risk in water sports, and understand to apply the accidents of aquatics sports.	Cognitive
6	6.To interact with people by physical activity.	Affective

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		1234567	Lecture	Practicum
2		13567	Practicum	Practicum
3		567	Lecture, Practicum	Practicum, Activity Participation
4		567	Lecture	Practicum

5		1567	Lecture	Discussion(including classroom and online)
6		15678	Lecture, Discussion	Discussion(including classroom and online), Activity Participation
Course Schedule				
Week	Date	Course Contents		Note
1	112/09/11 ~ 112/09/17	General introduction and court setting (The outside platform of Shao-mo Memorial Gymnasium on 4th floor)		The outside platform of Shao-mo Memorial Gymnasium on 4th floor
2	112/09/18 ~ 112/09/24	Fitness-Campus Run		The outside platform of Shao-mo Memorial Gymnasium on 4th floor
3	112/09/25 ~ 112/10/01	Moon Festival (No class)		
4	112/10/02 ~ 112/10/08	Juggling		The outside platform of Shao-mo Memorial Gymnasium on 4th floor
5	112/10/09 ~ 112/10/15	Swimming-(1)Water Safety Awareness;(2)Swimming ability test.		Swimming Pool
6	112/10/16 ~ 112/10/22	Swimming-Breathing skill practices of each style		Swimming Pool
7	112/10/23 ~ 112/10/29	Swimming-Breathing skill practices of each style		Swimming Pool
8	112/10/30 ~ 112/11/05	Swimming ability test		Swimming Pool
9	112/11/06 ~ 112/11/12	Physical fitness test (Basketball Court of Shao-mo Memorial Gymnasium on 7th floor)		Stadium(Basketball Court)
10	112/11/13 ~ 112/11/19	Basketball-1)Stationary Ball Handling		Stadium(Basketball Court)
11	112/11/20 ~ 112/11/26	Basketball-1)Review stationary ball handling; 2)Basic dribbling practice		Stadium(Basketball Court)
12	112/11/27 ~ 112/12/03	Basketball-1)Dribbling on the move		Stadium(Basketball Court)
13	112/12/04 ~ 112/12/10	1)Review dribbling on the move; 2)Free throw line shooting practice		Stadium(Basketball Court)
14	112/12/11 ~ 112/12/17	Tournament		Stadium(Basketball Court)
15	112/12/18 ~ 112/12/24	Tournament		Stadium(Basketball Court)
16	112/12/25 ~ 112/12/31	Basketball-Dribbling Test		Stadium(Basketball Court)

17	113/01/01 ~ 113/01/07	Final Exam Week	
18	113/01/08 ~ 113/01/14	Make-up exam (Basketball-Dribbling)	Stadium(Basketball Court)
Key capabilities	self-directed learning Problem solving		
Interdisciplinary			
Distinctive teaching			
Course Content	General Courses		
Requirement	<p>■Attendance Policy: A. Two (2) tardies will be allowed for class. After that, the student will have 1 point deducted from the final grade for each additional tardy. B. Two (2) unexcused absences will be allowed for classes. After that, the student will have 25 points deducted from the final grade for each additional absence. C. For an absence to be excused, written documentation from the proper authorities must be submitted to the instructor within one week of absence. Documentation submitted after one week will not be accepted, and the absence will be considered unexcused.</p> <p>■Roll call for each class; if you cannot make it, please reconsider before registering for this course.</p> <p>■If you skip class more than three times, passing can’ t be possible. Please fully understand before you enroll.</p> <p>■If you have to leave the class early or can not attend the case, please follow the school policy and go through all the required processes to get permission from the school and give the note to the class instructor.</p> <p>■Please wear proper exercise attire to class.</p>		
Textbooks and Teaching Materials	Self-made teaching materials:Worksheets		
References	劉雅萍、劉秀慧、馬祖琳、廖雯玲、劉怡君（2000）。玩遊戲學游泳。高雄市：麗文。 運動健康與體適能（2019）。盧俊宏、張育愷、王俊智、溫蕙甄、賴韻宇、陳銘正、陳聰毅、蘇俊雄、楊碧霞、詹美玲、翁仲邦、童淑琴、李麗晶、謝武進。臺北市：華都。 林昆樺翻譯（2011）。提升游泳技巧200絕招。臺北市：臺灣東販。（小松原真紀，2010）		
Grading Policy	◆ Attendance： 45.0 %    ◆ Mark of Usual：15.0 %    ◆ Midterm Exam： % ◆ Final Exam： % ◆ Other 〈Skill tests〉：40.0 %		

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>
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