

## Tamkang University Academic Year 112, 2nd Semester Course Syllabus

Course Title	P.E. - ADAPTED PHYSICAL EDUCATION	Instructor	(多位教師合開) WANG FONG-JIA
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 SDG5 Gender equality 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	The goal of the course is to assist students in enhancing their physical fitness and fostering a positive attitude in interpersonal relationships. In Physical Education classes, students will acquire the skills to form a precise and confident understanding of sports, improve their physical condition, and establish a lifelong habit of regular exercise.
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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	Cultivate a sportsmanship mindset, acquire lessons in professional sports skills, and learn techniques for administering first aid in sports injuries.	Cognitive
2	Enhance physical strength and develop self-care capabilities.	Affective
3	Appreciate sports performances, foster regular exercise habits, and nurture a spirit of teamwork.	Psychomotor

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		123	Practicum	Activity Participation
2		456	Discussion, Practicum	Activity Participation
3		678	Lecture, Discussion	Activity Participation

**Course Schedule**

Week	Date	Course Contents	Note
1	113/02/19 ~ 113/02/25	Introduction to the Course and Grouping	

2	113/02/26 ~ 113/03/03	First Aid for Sports Injuries: An Overview; Water Safety Awareness	
3	113/03/04 ~ 113/03/10	Evaluation of Body Composition and Explanation	
4	113/03/11 ~ 113/03/17	Design Methods and Principles for Exercise Prescription I	
5	113/03/18 ~ 113/03/24	Design Methods and Principles for Exercise Prescription II (Promoting water safety)	I class
6	113/03/25 ~ 113/03/31	Design Methods and Principles for Exercise Prescription III	
7	113/04/01 ~ 113/04/07	Tomb Sweeping Day (No class)	No class
8	113/04/08 ~ 113/04/14	Explanation of Cardiopulmonary Fitness and Training Principles I	
9	113/04/15 ~ 113/04/21	Midterm Exam Week	
10	113/04/22 ~ 113/04/28	Explanation of Cardiopulmonary Fitness and Training Principles I	
11	113/04/29 ~ 113/05/05	Explanation of Softness and Training Principles I	
12	113/05/06 ~ 113/05/12	Explanation of Softness and Training Principles II	
13	113/05/13 ~ 113/05/19	Design of Upper Body Training	
14	113/05/20 ~ 113/05/26	Design of Lower body training	
15	113/05/27 ~ 113/06/02	Creating a personalized exercise prescription I	
16	113/06/03 ~ 113/06/09	Creating a personalized exercise prescription II	
17	113/06/10 ~ 113/06/16	Final Exam Week (Date:113/6/11-113/6/17)	
18	113/06/17 ~ 113/06/23	Make-up examination	
Key capabilities		self-directed learning Social Participation Humanistic Caring	
Interdisciplinary		In addition to teaching content of the teacher's professional field, integrate other subjects or invite experts and scholars in other fields to share knowledge or teaching	

Distinctive teaching	Collaborative teaching (multiple teachers and business teachers in the school) course
Course Content	General Courses
Requirement	1)Students are required to submit a medical certificate for training. 2)If you skip class more than three times, it can't be possible to pass. Please fully understand before you enroll. 3)Please wear proper exercise attire to class.
Textbooks and Teaching Materials	Self-made teaching materials:Presentations, Handouts, Videos Using teaching materials from other writers:Presentations, Handouts, Videos
References	
Grading Policy	<p>◆ Attendance : 80.0 %    ◆ Mark of Usual : 20.0 %    ◆ Midterm Exam : %</p> <p>◆ Final Exam : %</p> <p>◆ Other ( ) : %</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>