

Tamkang University Academic Year 113, 1st Semester Course Syllabus

Course Title	PHYSICAL EDUCATION-AEROBIC DANCE	Instructor	LIN, TZU-WEN
Course Class	TGUPB2C PE BY INTEREST, 2C	Details	<ul style="list-style-type: none"> ◆ General Course ◆ Required ◆ 1st Semester ◆ 1 Credits
Relevance to SDGs	SDG3 Good health and well-being for people SDG4 Quality education SDG17 Partnerships for the goals		
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	<p>The aim of this course is to introduce the theory and practice of aerobic dance. Through the course, students will enhance their movement skills, physical fitness, and sportsmanship. They will learn to independently consider ways to express movements to enhance personal aesthetic cultivation, promote enjoyment of physical and mental health through sports, and develop a lifelong habit of regular exercise.</p>
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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.To understand basic concepts and movements of aerobic dance. 2.To promote physical fitness and health. 3.Be able to interact and cooperate with others. 4.To advocate proper leisure activity and cultivate regular exercise.	Affective

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		12345678	Lecture, Discussion, Publication, Practicum, Experience, Imitation	Testing, Study Assignments, Discussion(including classroom and online), Practicum, Report(including oral and written), Activity Participation

Course Schedule

Week	Date	Course Contents	Note

1	113/09/09 ~ 113/09/15	Introducing the progress and content of the aerobic dance course; explaining class guidelines; filling out basic information. Warm-up includes aerobic dance basic steps and gentle stretching exercises.	
2	113/09/16 ~ 113/09/22	Understanding dance elements: time, space, force, and relationship.	
3	113/09/23 ~ 113/09/29	Basic aerobic dance steps and breakdown of movements (1). / Water Safety Awareness	
4	113/09/30 ~ 113/10/06	Basic aerobic dance steps and breakdown of movements (2) with peer group practice.	
5	113/10/07 ~ 113/10/13	Basic aerobic dance steps and combination practice (3) / Physical fitness test (part 1)	
6	113/10/14 ~ 113/10/20	Midterm exam assigned movement instruction in group practice and flexibility breakdown training.	
7	113/10/21 ~ 113/10/27	Midterm exam designated movement instruction in group practice and flexibility combination training.	
8	113/10/28 ~ 113/11/03	Midterm exam aerobic dance movement combination/group comprehensive practice	
9	113/11/04 ~ 113/11/10	Midterm Exam: Aerobic Dance Movement Combinations	
10	113/11/11 ~ 113/11/17	Hi-Lo Aerobics and Core Muscle Training Combination (1)/Physical fitness test(part 2): 1600m/800m run (Track and Filed Ground)	
11	113/11/18 ~ 113/11/24	Hi-Lo Aerobics and Core Muscle Training Combination (2)	
12	113/11/25 ~ 113/12/01	Hi-Lo Aerobics and Core Muscle Training Combination (3)	
13	113/12/02 ~ 113/12/08	Party Aerobics and End-of-Term Group Practice	
14	113/12/09 ~ 113/12/15	Party Aerobics and End-of-Term Group Practice	
15	113/12/16 ~ 113/12/22	Party Aerobics, End-of-Term Group Practice, and Submission of End-of-Term Reflection Report	
16	113/12/23 ~ 113/12/29	Group Comprehensive Practice and End-of-Term Test Rehearsal	
17	113/12/30 ~ 114/01/05	Final Exam: Group Creative Aerobic Dance and Sharing Semester Reflection	

18	114/01/06~ 114/01/12	Flexible Learning Week (Self-directed Learning - Submission of Self-Practice Log)	
Key capabilities			
Interdisciplinary			
Distinctive teaching			
Course Content	General Courses		
Requirement	<p>1. Leave requests must be submitted online. Absences exceeding one week will be considered as truancy. If you enter the class for more than 20 minutes, you will be considered late, and if you exceed 30 minutes, you will be absent from class. Accumulated 5 absences (10 hrs) and 0 points will be calculated as zero points for the semester.</p> <p>2. Roll call does not have a fixed time, so please pay attention and ensure you protect your own rights.</p> <p>3. Submit a reflection report on the entire semester's classes by the 15th week of the semester; late submissions will not be graded.</p> <p>4. Please bring clean indoor shoes.</p>		
Textbooks and Teaching Materials	Self-made teaching materials:Teacher-created		
References			
Grading Policy	<p>◆ Attendance : 40.0 % ◆ Mark of Usual : 5.0 % ◆ Midterm Exam : 20.0 %</p> <p>◆ Final Exam : 25.0 %</p> <p>◆ Other <Reflection Report> : 10.0 %</p>		
Note	<p>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 .</p> <p>※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</p>		