

Tamkang University Academic Year 113, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	WANG FONG-JIA
Course Class	TLFBB1A DIVISION OF GLOBAL COMMERCE, DEPARTMENT OF INTERNATIONAL BUSINESS (ENGLISH-TAUGHT PROGRAM), 1A	Details	<ul style="list-style-type: none"> ◆ General Course ◆ Required ◆ One Semester ◆ 1 Credits
Relevance to SDGs	SDG3 Good health and well-being for people SDG4 Quality education SDG5 Gender equality		
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 purposes of the course are to enable students to comprehend the concepts of health, physical fitness, and movement security. Through classes on physical fitness, movement security, and water activities, the course aims to help students grasp their current level of physical fitness, assess potential risks in the movement environment, and promote various methods to enhance their physical well-being.
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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	I. Cognitive : Emphasis upon the study of various kinds of knowledge in the cognition of the course's veracity, conception, procedures, outcomes, etc.	Cognitive
2	Affective : Emphasis upon the study of various kinds of knowledge in the course's appeal, morals, attitude, conviction, values, etc.	Affective
3	Psychomotor: Emphasis upon the study of the course's physical activity and technical manipulation.	Psychomotor

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		1234	Lecture, Practicum	Testing, Activity Participation
2		5678	Lecture, Practicum	Practicum, Activity Participation
3		2345678	Discussion, Practicum	Practicum, Activity Participation

Course Schedule

Week	Date	Course Contents	Note

1	113/09/09 ~ 113/09/15	1. Course Introduction 2. Introduction to the sport of volleyball	
2	113/09/16 ~ 113/09/22	1. Introduction to Overhand (高手) / dig (低手) passing 2. Overhand (高手) / dig (低手) passing practice	
3	113/09/23 ~ 113/09/29	1. Multiple people passing practice 2. Receive-pass or receive-set techniques	
4	113/09/30 ~ 113/10/06	1. Underarm serve practice (focus on the feelings of contact points and ways of application of force) [short distance: 6m] 2. Overhand serve practice (focus on the feelings of contact points and ways of application of force) [short distance: 6m]	
5	113/10/07 ~ 113/10/13	Explanation of Basic Taekwondo Rules and Grouping Based on Skill Levels	
6	113/10/14 ~ 113/10/20	Explanation of Taekwondo-Related Sports Injuries (Water Safety Advocacy)	
7	113/10/21 ~ 113/10/27	Basic Kicking Exercises: Forward Leg Lift and Front Kick	
8	113/10/28 ~ 113/11/03	Basic Kicking Exercises: Hanging Legs Inside and Outside, Pressing Down	
9	113/11/04 ~ 113/11/10	Midterm Exam/Midterm Assessment Week	
10	113/11/11 ~ 113/11/17	Basic open water swimming pool safety (Accident prevention)	
11	113/11/18 ~ 113/11/24	Under swimming pool breathing technique practice	
12	113/11/25 ~ 113/12/01	Learn basic self-help skills and the correct concept of water safety	
13	113/12/02 ~ 113/12/08	Basic swimming skill test	
14	113/12/09 ~ 113/12/15	Ball-handing practice	
15	113/12/16 ~ 113/12/22	Basketball footwork drills (Mikan Drill 、 Jump Stop Drill 、 Defensive Slide Drill)	
16	113/12/23 ~ 113/12/29	Dribble layup (Two-Ball Dribble Layups 、 Speed Layups 、 Defender Challenge Layups)	
17	113/12/30 ~ 114/01/05	Final Exam/Final Assessment Week	
18	114/01/06 ~ 114/01/12	Make-up exam	

Key capabilities	self-directed learning Social Participation
Interdisciplinary	
Distinctive teaching	
Course Content	General Courses
Requirement	
Textbooks and Teaching Materials	Self-made teaching materials:Textbooks, Handouts, Videos
References	
Grading Policy	<p>◆ Attendance : 70.0 % ◆ Mark of Usual : 10.0 % ◆ Midterm Exam : 10.0 %</p> <p>◆ Final Exam : 10.0 %</p> <p>◆ Other () : %</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>