

Tamkang University Academic Year 113, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	CHENG-EN, WU
Course Class	TLFBB1B DIVISION OF GLOBAL COMMERCE, DEPARTMENT OF INTERNATIONAL BUSINESS (ENGLISH-TAUGHT PROGRAM), 1B	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		
Departmental Aim of Education			
<ul style="list-style-type: none"> I. Enhance physical adaptability. II. Establish correct sports concept. III. Enhance sport skills. IV. Experience fun in sports participation. 			
Subject Schoolwide essential virtues			
<ul style="list-style-type: none"> 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 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.</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	Understanding the sports environment and facility, and aware of the potential risk in environment.	Cognitive
2	Promote physical function and promote the physical and mental health.	Affective
3	To interact with people by physical activity	Psychomotor
4	Enjoy aquatics sports and develop lifelong habits.	Cognitive
5	Aware of the risk in water sports, and understand to apply the accidents of aquatics sports.	Cognitive

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		123	Lecture, Practicum	Practicum
2		456	Lecture, Practicum	Practicum
3		678	Practicum, Imitation	Practicum
4		567	Lecture, Practicum, Imitation	Practicum, Activity Participation

5		123567	Lecture	Discussion(including classroom and online)
Course Schedule				
Week	Date	Course Contents		Note
1	113/09/09 ~ 113/09/15	Course Introduction/Introduction to the brief history of table tennis and rules, Table tennis grip and ball feel exercises		Sports Complex (SG322 table tennis room)
2	113/09/16 ~ 113/09/22	Serve and backhand push		Sports Complex (SG322 table tennis room)
3	113/09/23 ~ 113/09/29	Forehand and single group practice		Sports Complex (SG322 table tennis room)
4	113/09/30 ~ 113/10/06	Doubles competition group practice		Sports Complex (SG322 table tennis room)
5	113/10/07 ~ 113/10/13	Water sports safety concepts and risk assessment		swimming pool
6	113/10/14 ~ 113/10/20	Freestyle hand movements/kickboard practice		swimming pool
7	113/10/21 ~ 113/10/27	Basic swimming ability practice/kickboard practice		swimming pool
8	113/10/28 ~ 113/11/03	Basic swimming ability test/game		swimming pool
9	113/11/04 ~ 113/11/10	Midterm Exam Week		swimming pool
10	113/11/11 ~ 113/11/17	Ball sense exercises/basketball footwork		SG 7F(Basketball Court)
11	113/11/18 ~ 113/11/24	Dribble/pass/shoot on the move		SG 7F(Basketball Court)
12	113/11/25 ~ 113/12/01	Comprehensive dribbling drill		SG 7F(Basketball Court)
13	113/12/02 ~ 113/12/08	Physical fitness test (part 2)		SG 7F(Basketball Court)
14	113/12/09 ~ 113/12/15	Badminton-Base and Basic stroke		Sports Complex (4th Floor Badminton Court)
15	113/12/16 ~ 113/12/22	Badminton-Basic stroke		Sports Complex (4th Floor Badminton Court)
16	113/12/23 ~ 113/12/29	Badminton-Clear		Sports Complex (4th Floor Badminton Court)
17	113/12/30 ~ 114/01/05	Final Exam Week		Sports Complex (4th Floor Badminton Court)
18	114/01/06 ~ 114/01/12	Flex week, learning activities should be arranged.		
Key capabilities				

Interdisciplinary	
Distinctive teaching	
Course Content	General Courses
Requirement	<p>1. For swimming lessons, you need to bring your own swimsuit (outfits), swimming goggles and swimming cap.</p> <p>2. If absences do not ask for leave, that will be counted as one absenteeism, and absenteeism reaches 3 times, the score of attendance score is 0, and semester grades will be failed.</p> <p>If there are 5 absences (include leave) in the whole semester, the total grade of the semester will be failed.</p> <p>3. Please come to class wearing sportswear.</p>
Textbooks and Teaching Materials	<p>Self-made teaching materials: Presentations</p> <p>Using teaching materials from other writers: Textbooks</p>
References	
Grading Policy	<p>◆ Attendance : 40.0 % ◆ Mark of Usual : % ◆ Midterm Exam : 25.0 %</p> <p>◆ Final Exam : 25.0 %</p> <p>◆ Other (Physical Fitness tes) : 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>