

## Tamkang University Academic Year 113, 1st Semester Course Syllabus

Course Title	HEALTH PROMOTION FOR THE SENIOR POPULATION	Instructor	LIN, TZU-WEN
Course Class	TZIBM1R MASTER'S PROGRAM, DIVISION OF GERONTECHNOLOGY, GRADUATE INSTITUTE OF INTELLIGENT HEALTHCARE INDUSTRY, 1R	Details	<ul style="list-style-type: none"> <li>◆ General Course</li> <li>◆ Selective</li> <li>◆ One Semester</li> <li>◆ 3 Credits</li> </ul>
Relevance to SDGs	SDG3 Good health and well-being for people SDG4 Quality education 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. Development of problem solving capacity. II. Development of reserch and innovation capacity. III. Enhancement of cross-disciplinary capacity. IV. Development of lifelong self learning capacity.			
S u b j e c t   D e p a r t m e n t a l   c o r e   c o m p e t e n c e s			
A. Capacity of problem solving.(ratio:15.00) B. Capacity of senior health managemnt.(ratio:10.00) C. Capacity of Healthcare Industry Management.(ratio:15.00) D. Analytical capacity of health informatics.(ratio:10.00) E. Capacity of research and innovation.(ratio:15.00) F. Capacity of Scientific Paper Writing.(ratio:20.00) G. Capacity of lifelong self learning.(ratio:10.00) H. Creative Capacity.(ratio:5.00)			
S u b j e c t   S c h o o l w i d e   e s s e n t i a l   v i r t u e s			
1. A global perspective. (ratio:15.00) 2. Information literacy. (ratio:10.00) 3. A vision for the future. (ratio:15.00) 4. Moral integrity. (ratio:10.00) 5. Independent thinking. (ratio:15.00) 6. A cheerful attitude and healthy lifestyle. (ratio:20.00)			

7. A spirit of teamwork and dedication. (ratio:10.00)

8. A sense of aesthetic appreciation. (ratio:5.00)

**Course Introduction**

This course aims to introduce the foundational theories and practical applications of health promotion for older adults. Through classroom activities, students will develop theories related to successful aging and design health promotion programs for the elderly. The course will cultivate skills in planning, implementing, and evaluating health promotion and recreational programs for older adults, enriching and diversifying their recreational and health-promoting lives.

**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.Understand the knowledge of fitness and motor learning for older adults. 2.Understand the beneficial effects of exercise on the conditions associated with aging. 3.Design fitness activities tailored to the specific needs and abilities of older adults. 4.Use basic knowledge of motor skill learning, and physical exercise to facilitate effective coaching for older adults.	Cognitive

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1	ABCDEFGH	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	Course Schedule and Content Overview / Class Guidelines / Grouping/課程進度與內容簡介/上課注意事項說明 / 分組	
2	113/09/16~ 113/09/22	Successful Aging in Older Adults/高齡者成功老化	
3	113/09/23~ 113/09/29	Characteristics and Health of Older Adults/高齡者特徵與健康	
4	113/09/30~ 113/10/06	Recreational Participation and Cultural Differences in Older Adults/高齡者休閒參與和文化差異	
5	113/10/07~ 113/10/13	Leisure Motivation and Participation in Older Adults/高齡者休閒動機和休閒參與	
6	113/10/14~ 113/10/20	Practical Implementation of Motor Development for Older Adults/實作高齡者的動作發展	
7	113/10/21~ 113/10/27	Design Principles for Games and Physical Activities for Older Adults/實作高齡者遊戲與身體活動的設計原則	
8	113/10/28~ 113/11/03	Midterm Exam/期中考	
9	113/11/04~ 113/11/10	Cardiovascular Endurance Planning for Older Adults/高齡者的心肺耐力規劃	
10	113/11/11~ 113/11/17	Flexibility Training Planning for Older Adults/高齡者的柔軟度力規劃	
11	113/11/18~ 113/11/24	Muscular Endurance Planning for Older Adults/高齡者的肌耐力規劃	
12	113/11/25~ 113/12/01	Activity Design for Older Adults/高齡者的活動設計	
13	113/12/02~ 113/12/08	Activity Implementation for Older Adults/高齡者的活動執行	
14	113/12/09~ 113/12/15	Group Discussion: Designing Activity Plans for Older Adults/小組討論-高齡者設計活動規劃	
15	113/12/16~ 113/12/22	Final Report/期末報告	
16	113/12/23~ 113/12/29	*宜蘭大學運動營養實驗室參觀	參訪
17	113/12/30~ 114/01/05	開國紀念日(放假一天)	
18	114/01/06~ 114/01/12	Final Report/期末報告	

Key capabilities	
Interdisciplinary	
Distinctive teaching	
Course Content	Sustainability issue
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. Attendance checks are not done at a fixed time, so please be attentive and protect your own rights.</p> <p>3. Performance grades are based on class attendance and active participation in discussions during class breaks.</p> <p>4. Individual and group written reports should be submitted before the 15th week of the semester. Late submissions will not be accepted or graded.</p>
Textbooks and Teaching Materials	<p>Self-made teaching materials: Presentations, Videos</p> <p>Using teaching materials from other writers: Textbooks</p>
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 <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>