

## Tamkang University Academic Year 113, 2nd Semester Course Syllabus

Course Title	P.E. -YOGA	Instructor	LIN, TZU-WEN
Course Class	TGUPB1D PE BY INTEREST, 1D	Details	◆ General Course ◆ Required ◆ One Semester ◆ 1 Credits
Relevance to SDGs	SDG3 Good health and well-being for people		
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	<p>This course emphasizes the "three-in-one body and mind". Through the basic yoga course, we can experience the basic asanas. Through various exercises in the yoga course, it can help us calm, feel the internal and external space, so as to release the pressure and get comfortable through clearing the meridian. To develop the habit of regular exercise throughout your life and enrich your diverse leisure life!</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.Learn the basic knowledge of yoga. 2.Practice basic yoga postures and develop a lifelong habit of healthy and recreational exercise. 3.Cultivate knowledge and methods for self-awareness and mental and physical health. 4.Expand social networks. 5.Enjoy the fun of yoga.	Cognitive

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, Practicum, Experience, Imitation	Testing, Study Assignments, Discussion(including classroom and online), Report(including oral and written), Activity Participation

**Course Schedule**

Week	Date	Course Contents	Note

1	114/02/17 ~ 114/02/23	Introduction of course progress and content/Notes on class/fill in information card	
2	114/02/24 ~ 114/03/02	Basic concept of yoga, yoga breathing method	
3	114/03/03 ~ 114/03/09	Bound Cow Face Pose 、 Staff pose 、 Cow Face	
4	114/03/10 ~ 114/03/16	Plow 、 Head-to-Knee Forward Bend 、 Child's Pose	
5	114/03/17 ~ 114/03/23	Frog 、 Half Lord of the Fishes Pose 、 Half boat posture/Physical fitness test (part 1)	
6	114/03/24 ~ 114/03/30	Downward-Facing Dog 、 Bow posture up to 、 Half Moon	
7	114/03/31 ~ 114/04/06	Children' s Day and National Tomb Sweeping Day are consecutive holidays (have a day off)	
8	114/04/07 ~ 114/04/13	Half boat posture 、 Four-Limbed Staff 、 Bow 、 Joint sun salutation (peer group discussion)	
9	114/04/14 ~ 114/04/20	Midterm Exam : Joint sun salutation	
10	114/04/21 ~ 114/04/27	Comprehensive exercises 、 Eagle/Physical fitness test(part 2): 1600m/800m run (Track and Filed Ground)	
11	114/04/28 ~ 114/05/04	Pigeon 、 Ear-pressing 、 Crocodile	
12	114/05/05 ~ 114/05/11	Lord of the Dance 、 Standing Forward Bend	
13	114/05/12 ~ 114/05/18	Revolved Side Angle 、 Seated Forward Bend	
14	114/05/19 ~ 114/05/25	Royal pigeon 、 Supported Whole Body Posture	
15	114/05/26 ~ 114/06/01	Bridge 、 Half Wheel 、 Perfect Pose 、 Lion. Comprehensive Exercise: Creative Sun Salutations	
16	114/06/02 ~ 114/06/08	Final Exam/Final quiz: group creative sun salutations 、 submit final report	
17	114/06/09 ~ 114/06/15	Final make-up exam/Final quiz: group creative sun salutations 、 submit final report	
18	114/06/16 ~ 114/06/22	Flexible Learning Week (Self-directed Learning - Submission of Self-Practice Log)	
Key capabilities			

Interdisciplinary	
Distinctive teaching	
Course Content	General Courses
Requirement	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. 2. Roll call does not have a fixed time, so please pay attention and ensure you protect your own rights. 3. Submit a reflection report on the entire semester's classes by the 15th week of the semester; late submissions will not be graded.
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 〈Final 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>