

Tamkang University Academic Year 113, 2nd Semester Course Syllabus

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| Course Title | P.E. - ADAPTED PHYSICAL EDUCATION | Instructor | (多位教師合開) WU SHIH-WEI |
| Course Class | TGUPB2B PE BY INTEREST, 2B | Details | <ul style="list-style-type: none"> ◆ General Course ◆ Required ◆ 2nd Semester ◆ 1 Credits |
| Relevance to SDGs | SDG3 Good health and well-being for people SDG4 Quality education SDG5 Gender equality 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. 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) | | | |

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| Course Introduction | The course aims to enhance students' physical fitness by addressing individual needs while promoting the development of motor skills, coordination, and overall health. Through adapted physical activities, students will build confidence in their understanding of sports, improve their physical abilities, and foster a positive mindset toward exercise and interpersonal relationships. |
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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 |
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| 1 | Cultivate a sportsmanship mindset, acquire lessons in professional sports skills, and learn techniques for administering first aid in sports injuries. | Cognitive |
| 2 | Enhance physical strength and develop self-care capabilities. | Affective |
| 3 | Appreciate sports performances, foster regular exercise habits, and nurture a spirit of teamwork. | Psychomotor |

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

| No. | Core Competences | Essential Virtues | Teaching Methods | Assessment |
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| 1 | | 146 | Practicum | Activity Participation |
| 2 | | 238 | Discussion, Practicum | Activity Participation |
| 3 | | 567 | Lecture, Discussion | Activity Participation |

Course Schedule

| Week | Date | Course Contents | Note |
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| 1 | 114/02/17 ~ 114/02/23 | Introduction to the Course and Grouping | |

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| 2 | 114/02/24 ~ 114/03/02 | First Aid for Sports Injuries: An Overview; Water Safety Awareness | |
| 3 | 114/03/03 ~ 114/03/09 | Evaluation of Body Composition and Explanation | |
| 4 | 114/03/10 ~ 114/03/16 | Design Methods and Principles for Exercise Prescription I | |
| 5 | 114/03/17 ~ 114/03/23 | Design Methods and Principles for Exercise Prescription II (Promoting water safety) | I class |
| 6 | 114/03/24 ~ 114/03/30 | Design Methods and Principles for Exercise Prescription III | |
| 7 | 114/03/31 ~ 114/04/06 | Tomb Sweeping Day (National Holiday) | No Class |
| 8 | 114/04/07 ~ 114/04/13 | Explanation of Cardiopulmonary Fitness and Training Principles I | |
| 9 | 114/04/14 ~ 114/04/20 | Midterm Exam/Midterm Assessment Week (teachers can adjust the week as needed) | |
| 10 | 114/04/21 ~ 114/04/27 | Explanation of Cardiopulmonary Fitness and Training Principles I | |
| 11 | 114/04/28 ~ 114/05/04 | Explanation of Softness and Training Principles I | |
| 12 | 114/05/05 ~ 114/05/11 | Explanation of Softness and Training Principles II | |
| 13 | 114/05/12 ~ 114/05/18 | Design of Upper Body Training | |
| 14 | 114/05/19 ~ 114/05/25 | Design of Lower body training | |
| 15 | 114/05/26 ~ 114/06/01 | Creating a personalized exercise prescription I | |
| 16 | 114/06/02 ~ 114/06/08 | Creating a personalized exercise prescription II | |
| 17 | 114/06/09 ~ 114/06/15 | Final Exam/Final Assessment Week (teachers can adjust the week as needed) | |
| 18 | 114/06/16 ~ 114/06/22 | Make-up Exam | |
| Key capabilities | self-directed learning Social Participation Humanistic Caring | | |
| Interdisciplinary | In addition to teaching content of the teacher's professional field, integrate other subjects or invite experts and scholars in other fields to share knowledge or teaching | | |
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| Distinctive teaching | Collaborative teaching (multiple teachers and business teachers in the school) course |
| Course Content | General Courses |
| Requirement | <p>■Attendance Policy:</p> <p>A. Two (2) tardies will be allowed for class. After that, the student will have 1 point deducted from the final grade for each additional tardy.</p> <p>B. Two (2) unexcused absences will be allowed for classes. After that, the student will have 25 points deducted from the final grade for each additional absence.</p> <p>C. For an absence to be excused, written documentation from the proper authorities must be submitted to the instructor within one week of absence. Documentation submitted after one week will not be accepted, and the absence will be considered unexcused.</p> <p>■Roll call for each class; if you cannot make it, please reconsider before registering for this course.</p> <p>■If you skip class more than three times, it can't be possible to pass. Please fully understand before you enroll.</p> <p>■If you have to leave the class early or can not attend the case, please follow the school policy and go through all the required processes to get permission from the school and give the note to the class instructor.</p> <p>■Please wear proper exercise attire to class.</p> |
| Textbooks and Teaching Materials | <p>Self-made teaching materials:Presentations, Handouts, Videos</p> <p>Using teaching materials from other writers:Presentations, Handouts, Videos</p> |
| References | |
| Grading Policy | <p>◆ Attendance : 80.0 % ◆ Mark of Usual : 20.0 % ◆ Midterm Exam : %</p> <p>◆ Final Exam : %</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> |