

Tamkang University Academic Year 114, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor				
Course Class	TFLAB1A DEPARTMENT OF ENGLISH (ENGLISH-TAUGHT PROGRAM), 1A	Details	<ul style="list-style-type: none"> ♦ General Course ♦ Required ♦ One Semester ♦ 1 Credits 			
Relevance to SDGs	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	<p>The purposes of the course are to let students understand the concepts of the health physical fitness and movement security. Through the classes of physical fitness, movement security, and water activities arrangements, they help students understand the present situation of individual physical fitness; assess the movement environment potential risks; promote the methods of physical fitness.</p>
---------------------	--

<p>The correspondences between the course's instructional objectives and the cognitive, affective, and psychomotor objectives.</p> <p>Differentiate the various objective methods among the cognitive, affective and psychomotor domains of the course's instructional objectives.</p> <p>I. Cognitive : Emphasis upon the study of various kinds of knowledge in the cognition of the course's veracity, conception, procedures, outcomes, etc.</p> <p>II.Affective : Emphasis upon the study of various kinds of knowledge in the course's appeal, morals, attitude, conviction, values, etc.</p> <p>III.Psychomotor: Emphasis upon the study of the course's physical activity and technical manipulation.</p>
--

No.	Teaching Objectives	objective methods
1	1.Understanding the sports environment and facility, and aware of the potential risk in environment.	Cognitive
2	2.Promote physical function and promote the physical and mental health.	Cognitive
3	3.Promote personal swimming skills.	Psychomotor
4	4.Enjoy aquatics sports and develop lifelong habits.	Psychomotor
5	5.Aware of the risk in water sports, and understand to apply the accidents of aquatics sports.	Cognitive
6	6.To interact with people by physical activity.	Affective

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		12345678	Lecture	Testing, Discussion(including classroom and online), Practicum, Activity Participation

2		4567	Lecture, Discussion, Publication, Practicum, Experience	Testing, Discussion(including classroom and online), Practicum, Activity Participation
3		467	Lecture, Practicum, Experience	Testing, Discussion(including classroom and online), Practicum, Activity Participation
4		467	Lecture, Practicum, Experience	Testing, Discussion(including classroom and online), Practicum, Activity Participation
5		2467	Lecture, Practicum, Experience	Discussion(including classroom and online)
6		4678	Lecture, Discussion	Discussion(including classroom and online), Activity Participation

Course Schedule

Week	Date	Course Contents	Note
1	114/09/15 ~ 114/09/21	Course introduction, class rules, grading policy / Facility tour	SG322 Table Tennis Room
2	114/09/22 ~ 114/09/28	Table Tennis: Rules / Basic Skills Practice	SG322 Table Tennis Room
3	114/09/29 ~ 114/10/05	Table Tennis: Forehand / Backhand Practice / Group Round Robin 1	SG322 Table Tennis Room
4	114/10/06 ~ 114/10/12	Table Tennis: Group Round Robin 2	SG322 Table Tennis Room
5	114/10/13 ~ 114/10/19	Weight Training: Equipment Introduction & Major Muscle Group Focus	SG323 Weight Room
6	114/10/20 ~ 114/10/26	Weight Training: Upper and Lower Body Strength Training 1	SG323 Weight Room
7	114/10/27 ~ 114/11/02	Weight Training: Upper and Lower Body Strength Training 2	SG323 Weight Room
8	114/11/03 ~ 114/11/09	Weight Training: Designing Your Own Exercise Prescription	SG323 Weight Room
9	114/11/10 ~ 114/11/16	Swimming: Water Safety Education / Water Sensory Activities	Swimming Pool (Please bring your swim gear)
10	114/11/17 ~ 114/11/23	Swimming: Basic Movements / Kicking and Arm-Leg Coordination 1	Swimming Pool
11	114/11/24 ~ 114/11/30	Swimming: Basic Movements / Kicking and Arm-Leg Coordination 2	Swimming Pool

12	114/12/01 ~ 114/12/07	Swimming: Skill Integration and Safety Games	Swimming Pool
13	114/12/08 ~ 114/12/14	Badminton: Basic Rules and Shuttlecock Games	Court K2
14	114/12/15 ~ 114/12/21	Badminton: Basic Skills Practice / Team Match 1	Court K2
15	114/12/22 ~ 114/12/28	Badminton: Team Match 2 / Written Test	Court K2
16	114/12/29 ~ 115/01/04	National Holiday	
17	115/01/05 ~ 115/01/11	Flexible Teaching Week for Teachers	
18	115/01/12 ~ 115/01/18	Flexible Teaching Week for Teachers	
Key capabilities		self-directed learning Social Participation Humanistic Caring Problem solving	
Interdisciplinary			
Distinctive teaching		Translation Teaching Course	
Course Content		General Courses	
Requirement		Course Reminders Attire: Please wear appropriate athletic clothing to class. Jeans are not permitted. For swimming, you must bring your own swimming gear. Attendance: Be on time for class; roll call will be taken weekly. Leaving without permission will be marked as an unexcused absence. Absence Policy: Submit leave forms within two weeks as per school regulations. Three unexcused absences or four total absences in a semester will result in a zero for class participation and a failing final grade. Physical Conditions: If you have a physical condition that affects your ability to swim, provide documentation to arrange for an adjusted evaluation. Grading Policy: Class Attendance, Participation, and Proper Attire: 50% Sports Skills Performance: 40% Written Test: 10%	

Textbooks and Teaching Materials	Using teaching materials from other writers:Textbooks Name of teaching materials: 2.運動與健康-減肥健身與疾病的運動處方方進隆著
References	
Grading Policy	◆ Attendance : 25.0 % ◆ Mark of Usual : 25.0 % ◆ Midterm Exam : % ◆ Final Exam : % ◆ Other (Sports Skills) : 50.0 %
Note	This syllabus may be uploaded at the website of Course Syllabus Management System at https://web2.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 . ※"Adhere to the concept of intellectual property rights" and "Do not illegally photocopy, download, or distribute." Using original textbooks is advised. It is a crime to improperly photocopy others' publications.