

Tamkang University Academic Year 114, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	WANG FONG-JIA
Course Class	TLBAB1A DEPARTMENT OF BANKING AND FINANCE DIVISION OF GLOBAL FINANCIAL MANAGEMENT (ENGLISH-TAUGHT PROGRAM),	Details	◆ General Course ◆ Required ◆ One Semester ◆ 1 Credits
Relevance to SDGs	1A 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)			

Course Introduction	This course promotes fitness, health, and personal growth through diverse physical activities. Students develop movement skills, endurance, flexibility, and teamwork, while learning to respect individual differences. By understanding male and female physical development, students adopt healthy exercise habits and build a foundation for lifelong well-being.
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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	To help students understand the principles, concepts, and procedures of physical education, and to develop knowledge about fitness and health.	Cognitive
2	To foster positive attitudes, respect, teamwork, and appreciation of the values and ethics associated with physical activity, encouraging lifelong engagement in healthy behaviors.	Affective
3	To develop students' physical skills, coordination, and technical abilities through practice of various activities, improving strength, endurance, flexibility, and overall performance.	Psychomotor

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		1234	Lecture, Discussion, Experience	Testing, Discussion(including classroom and online), Activity Participation
2		4567	Discussion, Experience	Discussion(including classroom and online), Activity Participation
3		1578	Lecture, Discussion	Study Assignments, Activity Participation

Course Schedule			
Week	Date	Course Contents	Note
1	114/09/15 ~ 114/09/21	Introduction to basketball rules, basic dribbling and passing	
2	114/09/22 ~ 114/09/28	Shooting techniques and footwork	
3	114/09/29 ~ 114/10/05	Offensive and defensive strategies, teamwork drills	
4	114/10/06 ~ 114/10/12	Game play, review, and skill assessment	
5	114/10/13 ~ 114/10/19	Water safety, basic breathing and floating techniques (Water Safety Education)	
6	114/10/20 ~ 114/10/26	Freestyle and backstroke fundamentals	
7	114/10/27 ~ 114/11/02	Breaststroke and diving techniques	
8	114/11/03 ~ 114/11/09	Swimming endurance, practice, and evaluation	
9	114/11/10 ~ 114/11/16	Rules, grip techniques, and basic forehand strokes	
10	114/11/17 ~ 114/11/23	Backhand strokes and footwork	
11	114/11/24 ~ 114/11/30	Serves, spins, and game strategies	
12	114/12/01 ~ 114/12/07	Match play, practice, and feedback	
13	114/12/08 ~ 114/12/14	Introduction to strength training principles, safety, and equipment	
14	114/12/15 ~ 114/12/21	Upper body exercises and techniques	
15	114/12/22 ~ 114/12/28	Lower body and core strength training (Classes will be rescheduled to November 8th, 1:00–4:00 PM, to accommodate the school sports day.)	
16	114/12/29 ~ 115/01/04	Full-body workout, program design, and final assessment (Classes will be rescheduled to November 8th, 1:00–4:00 PM, to accommodate the school sports day.)	
17	115/01/05 ~ 115/01/11	Make-up Exam	
18	115/01/12 ~ 115/01/18	Online Lecture	
Key capabilities		self-directed learning Problem solving	

Interdisciplinary	Competency-based education 'competency exploration' sustained competency or global issues STEEP (Society, Technology, Economy, Environment, and Politics)
Distinctive teaching	Game-based learning courses Translation Teaching Course Collaborative teaching (multiple teachers and business teachers in the school) course
Course Content	General Courses
Requirement	Students are required to wear appropriate sportswear during class. If you need to take a leave, please notify the instructor by email at least one week in advance. Participation in swimming classes is mandatory, and all students must enter the water and take part in the swimming activities.
Textbooks and Teaching Materials	Self-made teaching materials:Handouts Using teaching materials from other writers:Handouts
References	
Grading Policy	<p>◆ Attendance : 70.0 % ◆ Mark of Usual : 10.0 % ◆ Midterm Exam : 10.0 %</p> <p>◆ Final Exam : 10.0 %</p> <p>◆ Other < > : %</p>
Note	<p>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.</p> <p>※"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.</p>