

Tamkang University Academic Year 114, 1st Semester Course Syllabus

Course Title	MALE AND FEMALE PHYSICAL EDUCATION	Instructor	HUANG, CHIA-SHENG
Course Class	TRBXB1A DEPARTMENT OF INTERNATIONAL TOURISM MANAGEMENT (ENGLISH-TAUGHT PROGRAM), 1A	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>Exercise and health are very important for human pursuit of the high-quality life.</p> <p>This course is designed for first-year university students. From understanding the importance of exercise to maintaining physical fitness. To know the basic knowledge of exercise and health. Experiencing and learning different sports methods (table tennis, swimming, badminton, and volleyball etc.). To choose sports that you are interested in and play with others, and then develop regular exercise habits.</p>
---------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

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	Understanding the sports environment and facility, and aware of the potential risk in environment.	Cognitive
2	Promote physical function and promote the physical and mental health.	Psychomotor
3	Promote personal swimming skills.	Psychomotor
4	Enjoy aquatics sports and develop lifelong habits.	Affective
5	Aware of the risk in water sports, and understand to apply the accidents of aquatics sports.	Cognitive
6	To interact with people by physical activity.	Affective

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		1356	Lecture, Discussion, Practicum	Testing, Study Assignments, Discussion(including classroom and online), Practicum, Activity Participation

2		168	Practicum, Experience	Testing, Practicum, Activity Participation
3		1457	Practicum, Experience, Imitation	Practicum, Activity Participation
4		3468	Lecture, Discussion, Practicum, Experience	Testing, Study Assignments, Discussion(including classroom and online), Practicum, Report(including oral and written)
5		1235	Lecture, Discussion	Testing, Study Assignments, Discussion(including classroom and online), Report(including oral and written)
6		568	Discussion, Practicum, Experience	Study Assignments, Discussion(including classroom and online), Report(including oral and written)

Course Schedule

Week	Date	Course Contents	Note
1	114/09/15 ~ 114/09/21	Introduction of course, precautions for class announcements, guided tour of the school sports and exercise facilities	S1: Swimming pool
2	114/09/22 ~ 114/09/28	Swimming & Water safety: Water safety advocacy; water adaptation, breathing technique, float, Swimming skill test	S1
3	114/09/29 ~ 114/10/05	Swimming & Water safety: Back-floating and self-rescue skills; Swimming skill test	S1
4	114/10/06 ~ 114/10/12	National Day	
5	114/10/13 ~ 114/10/19	Table Tennis: Foundations in Place - Grip, Ready Stance, and Forehand Drive Consistency	SG Building 3F, SG322
6	114/10/20 ~ 114/10/26	Taiwan Retrocession Day – one day compensatory leave	
7	114/10/27 ~ 114/11/02	Table Tennis: Building Both Wings - Backhand Drive and Fundamental Footwork Integration	SG322
8	114/11/03 ~ 114/11/09	Table Tennis: Serve, Spin, and Placement: Basic Serving, Return, and Push Techniques	SG322
9	114/11/10 ~ 114/11/16	Basketball: Basketball rules, warm-up, basic handling & dribbling practice	SG Building 7F, basketball courts, B1
10	114/11/17 ~ 114/11/23	Basketball: Basic moving steps, basic passing practice	B1

11	114/11/24 ~ 114/11/30	Basketball: All kinds of layups and field throws practices, 3 on 3 games	B1
12	114/12/01 ~ 114/12/07	Basketball: 3 players Fast Break, 3 on 3 games	B1
13	114/12/08 ~ 114/12/14	Badminton: 1. Forehand & Backhand grips. 2. The basic rules of Singles.	SG Building 4F, Badminton Hall, K1
14	114/12/15 ~ 114/12/21	Badminton: 1.The basic footwork practice. 2. The basic rules of Doubles.	K1
15	114/12/22 ~ 114/12/28	Badminton: 1. The service practice (short service & long service). 2. Friendly matches of doubles.	K1
16	114/12/29 ~ 115/01/04	Badminton: 1. Forehand clear. 2. Friendly matches of doubles.	K1
17	115/01/05 ~ 115/01/11	Flexible Teaching Week & Online Meeting: Physical education and Sport Online Test	Online test
18	115/01/12 ~ 115/01/18	Flexible Teaching Week	Online test
Key capabilities			
Interdisciplinary			
Distinctive teaching			
Course Content		General Courses	
Requirement		<p>1. Please wear appropriate athletic attire and bring a water bottle and towel to every class. Jeans and any clothing or footwear unsuitable for physical activity are not permitted.</p> <p>2. Roll will be taken and instruction will begin approximately 10 minutes after the class bell. Arrival more than 30 minutes after the bell will be recorded as late; the day' s continuous-assessment/participation credit will be reduced by half. If a student needs to leave early or step out for personal reasons, the instructor must be informed in advance; otherwise, the class will be recorded as an absence.</p> <p>3. Any absence without an approved leave will be recorded as unexcused. Three unexcused absences, or a total of more than Four absences of any kind (excused and unexcused combined), will result in an attendance score of zero and a failing course grade.</p>	

Textbooks and Teaching Materials	<p>Self-made teaching materials:Presentations</p> <p>Using teaching materials from other writers:Textbooks</p> <p>Name of teaching materials:</p> <p>Kenney, W. L., Wilmore, J. H., & Costill, D. L. (2020). Physical of Sport and Exercise (7th Ed.). 運動生理學 (第四版) (林貴福總校閱)。台北市：禾楓書局。</p>
References	<p>1. Hoeger, W. W. K., & Hoeger, S. A. (2012). Principles and Labs for Fitness and Wellness (10th Ed.). 體適能與全人健康的理論與實務 (第2版) (李水碧譯)。新北市：藝軒圖書</p> <p>2. Athletics and Fitness Association of America (2018). A Comprehensive Resource for Personal Trainer. 個人體能訓練：理論與實務 (第六版) (黃月桂總校閱)。台北市：台灣阿諾運動事業。</p> <p>3. 卓俊辰總校閱 (2020)。健康體適能 - 理論與實務 (四版修訂版)。台中市：華格那。</p> <p>4. 盧俊宏、張育愷、王俊智、溫蕙甄、賴韻宇、陳聰毅等 (2019) 運動健康與體適能。台中市：華都文化。</p>
Grading Policy	<p>◆ Attendance : 20.0 % ◆ Mark of Usual : 20.0 % ◆ Midterm Exam : %</p> <p>◆ Final Exam : 15.0 %</p> <p>◆ Other < Course participation > : 45.0 %</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>