

## Tamkang University Academic Year 114, 1st Semester Course Syllabus

Course Title	PHYSICAL EDUCATION-TAEKWONDO	Instructor	WANG FONG-JIA
Course Class	TGUPB2A PE BY INTEREST, 2A	Details	◆ General Course ◆ Required ◆ 1st Semester ◆ 1 Credits
Relevance to SDGs	SDG3 Good health and well-being for people SDG4 Quality education 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	The aim of the course is to introduce Taekwondo knowledge and skills. The multiple PE teaching can help students develop an accurate sports concept and a graceful personality. In addition, students will learn the spirits of respect and obedience, and form a healthy sports habit.
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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. Teaching players to understand the history of Taekwondo, abide by the rules, and build the moral spirits of martial arts.	Cognitive
2	2. Improve both of the skills and utilization of strategies of attacks in Taekwondo.	Psychomotor
3	3. Express the abilities of self-defense and the correct approaches of first aid of sports injuries.	Psychomotor
4	4. Students should know correct method of sports injury and first aid.	Affective

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		123	Lecture, Practicum, Experience	Practicum, Activity Participation
2		456	Practicum	Testing, Practicum
3		1678	Lecture, Practicum	Testing, Practicum
4		12	Lecture, Discussion, Experience	Testing, Practicum

Course Schedule			
Week	Date	Course Contents	Note
1	114/09/15 ~ 114/09/21	Introduction to basic Taekwondo rules and ability-based grouping	
2	114/09/22 ~ 114/09/28	Basic offensive techniques – Part 1 (Water safety awareness)	
3	114/09/29 ~ 114/10/05	Basic offensive techniques – Part 2	
4	114/10/06 ~ 114/10/12	Basic offensive techniques – Part 3	
5	114/10/13 ~ 114/10/19	Basic offensive techniques – Part 4	
6	114/10/20 ~ 114/10/26	Basic counterattack techniques – Part 1	
7	114/10/27 ~ 114/11/02	Basic counterattack techniques – Part 2	
8	114/11/03 ~ 114/11/09	Comprehensive kicking techniques – Part 1	
9	114/11/10 ~ 114/11/16	Midterm exam / Midterm assessment week (Instructor may adjust schedule)	
10	114/11/17 ~ 114/11/23	Comprehensive kicking techniques – Part 2	
11	114/11/24 ~ 114/11/30	Offensive combination techniques – Part 1	
12	114/12/01 ~ 114/12/07	Offensive combination techniques – Part 2	
13	114/12/08 ~ 114/12/14	Advanced controlled sparring – Part 1	
14	114/12/15 ~ 114/12/21	Advanced controlled sparring – Part 1	
15	114/12/22 ~ 114/12/28	Free sparring practice	
16	114/12/29 ~ 115/01/04	Final Exam	
17	115/01/05 ~ 115/01/11	Make-up Exam	
18	115/01/12 ~ 115/01/18	Online Lecture	
Key capabilities		self-directed learning International mobility Social Participation Humanistic Caring Problem solving	
Interdisciplinary		Competency-based education 'competency exploration' sustained competency or global issues STEEP (Society, Technology, Economy, Environment, and Politics)	

Distinctive teaching	<p>Game-based learning courses</p> <p>Project implementation course</p> <p>Collaborative teaching (multiple teachers and business teachers in the school) course</p>
Course Content	General Courses
Requirement	<p>Students are required to wear sportswear to class; jeans are not allowed.</p> <p>Leave of absence must be handled according to university regulations:</p> <p>(1) If a student's total hours of absence reach one-third of the total course hours, the final grade for the course will be recorded as zero.</p> <p>(2) In addition to completing the online leave application procedure, students must notify the instructor in advance via email regarding their absence.</p>
Textbooks and Teaching Materials	<p>Self-made teaching materials: Presentations, Handouts</p> <p>Using teaching materials from other writers: Presentations, 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 <a href="https://web2.ais.tku.edu.tw/csp">https://web2.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>※"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>