

Tamkang University Academic Year 114, 1st Semester Course Syllabus

Course Title	PHYSICAL EDUCATION-ADVANCED SWIMMING	Instructor	CHEN, JUI-CHEN
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		
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 course introduces the basic skills of the swimming, combines with the basic skills and the competition methods, explains rules and the officiating. Through the sport let students enjoy swimming, challenging myself, pursuing outstanding.
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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. Understand the history and the development of swimming. 2. Enhances the basic skills of swimming. 3. Application of the swimming Rules and officiating. 4. Appreciate the swimming competition. 5.Involved in swimming competition.	Psychomotor

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		12345678	Lecture, Discussion, Publication, Practicum, Experience, Imitation	Practicum, Activity Participation

Course Schedule

Week	Date	Course Contents	Note
1	114/09/15 ~ 114/09/21	1. Swimming introduction, swimming physiology, water safety awareness	
2	114/09/22 ~ 114/09/28	2. Water safety introduction and practice	
3	114/09/29 ~ 114/10/05	3. Formulation of a training plan	
4	114/10/06 ~ 114/10/12	4. Formulation of a training plan	

5	114/10/13 ~ 114/10/19	5. Freestyle training - long distance	
6	114/10/20 ~ 114/10/26	6. Freestyle training - long distance	
7	114/10/27 ~ 114/11/02	7. Freestyle training - short distance sprint	
8	114/11/03 ~ 114/11/09	8. Freestyle training - short distance sprint	
9	114/11/10 ~ 114/11/16	Midterm exam / midterm assessment week	
10	114/11/17 ~ 114/11/23	9. Specialized training - various styles	
11	114/11/24 ~ 114/11/30	10. Specialized training - various styles	
12	114/12/01 ~ 114/12/07	11. Specialized training - various styles	
13	114/12/08 ~ 114/12/14	12. Specialized training - various styles	
14	114/12/15 ~ 114/12/21	13. Specialized training - various styles	
15	114/12/22 ~ 114/12/28	14. Turns and starts	
16	114/12/29 ~ 115/01/04	Final Week of Diverse Assessments	
17	115/01/05 ~ 115/01/11	Final Week of Diverse Assessments/Flexible Teaching Week for Teachers	
18	115/01/12 ~ 115/01/18	Flexible Teaching Week for Teachers	
Key capabilities		Problem solving	
Interdisciplinary			
Distinctive teaching			
Course Content		General Courses	
Requirement			

Textbooks and Teaching Materials	Self-made teaching materials:Handouts
References	1. 游泳教室(聯廣) 2. 游泳訓練法(徐興泰-北體) 3. 游泳論 (武育勇-國編館)
Grading Policy	◆ Attendance : % ◆ Mark of Usual : % ◆ Midterm Exam : % ◆ Final Exam : % ◆ Other 〈 出席率、課程投入程度 〉 : 100.0 %
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.