

Tamkang University Academic Year 114, 1st Semester Course Syllabus

Course Title	P.E. - ADAPTED PHYSICAL EDUCATION	Instructor	(Collaborative teaching) LIN, TZU-WEN			
Course Class	TGUPB2C PE BY INTEREST, 2C	Details	<ul style="list-style-type: none"> ♦ General Course ♦ Required ♦ 1st Semester ♦ 1 Credits 			
Relevance to SDGs	SDG3 Good health and well-being for people					
Departmental Aim of Education						
<ul style="list-style-type: none"> I. Enhance physical adaptability. II. Establish correct sports concept. III. Enhance sport skills. IV. Experience fun in sports participation. 						
Subject Schoolwide essential virtues						
<ol style="list-style-type: none"> 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 Adapted Physical Education(APE)course is designed for students with special needs whose physical and mental conditions are not suitable for participating in regular physical education classes. It aims to develop motor skills through appropriate rhythmic activities, ball games, gymnastics games, and other exercises, helping students overcome their own limitations and cultivate an interest in sports. Additionally, students will learn to plan and design fitness exercises that suit themselves, thereby developing a habit of regular physical activity.</p>
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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	Be able to plan and carry out a personal health promotion plan related to physical activity.	Cognitive
2	Learn various modified exercise skills.	Psychomotor
3	Understand the concept and importance of physical fitness.	Cognitive
4	Actively participate in functional physical activities.	Psychomotor
5	Develop interest in sports and the ability to appreciate them.	Affective

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		123456	Lecture, Discussion, Experience	Study Assignments, Report(including oral and written), Activity Participation
2		1567	Experience, Imitation	Activity Participation
3		123467	Lecture, Discussion, Experience	Testing, Discussion(including classroom and online), Report(including oral and written)

4		123568	Experience, Imitation	Activity Participation
5		123468	Discussion, Experience	Discussion(including classroom and online), Report(including oral and written)

Course Schedule

Week	Date	Course Contents	Note
1	114/09/15 ~ 114/09/21	APE Course Introduction and Discussion of Learning Objectives; Warm-up Activities & Stretching Exercises	SG Building 3F, SG323
2	114/09/22 ~ 114/09/28	Rhythmic Activity (I)	SG323
3	114/09/29 ~ 114/10/05	Weight Training (I)	SG323
4	114/10/06 ~ 114/10/12	Gymnastics Games (I)	SG323
5	114/10/13 ~ 114/10/19	Ball Games (I)	SG323
6	114/10/20 ~ 114/10/26	Target Sports (I)	SG323
7	114/10/27 ~ 114/11/02	Rhythmic Activity (II)	SG323
8	114/11/03 ~ 114/11/09	Physical Activity Planning and Design	SG323
9	114/11/10 ~ 114/11/16	Weight Training (II)	SG323
10	114/11/17 ~ 114/11/23	Gymnastics Games (II)	SG323
11	114/11/24 ~ 114/11/30	Ball Games (II)	SG323
12	114/12/01 ~ 114/12/07	Target Sports (II)	SG323
13	114/12/08 ~ 114/12/14	Weight Training (III)	SG323
14	114/12/15 ~ 114/12/21	Final Assessment: Presentation on Personal Physical Activity Plan	SG323
15	114/12/22 ~ 114/12/28	Constitution Day	Class suspended
16	114/12/29 ~ 115/01/04	Final Week of Diverse Assessments; New Year's Day	Class suspended
17	115/01/05 ~ 115/01/11	Final Week of Diverse Assessments/Flexible Teaching Week for Teachers	Online test
18	115/01/12 ~ 115/01/18	Flexible Teaching Week for Teachers	Online test
Key capabilities			

Interdisciplinary	
Distinctive teaching	
Course Content	General Courses
Requirement	<p>Students are required to wear appropriate sportswear, including personal swimming gear for swimming classes. Please also bring a towel and a water bottle. Wearing jeans or any other attire unsuitable for physical activity is strictly prohibited.</p> <p>Roll call will be taken ten minutes after the class bell rings. Students who are more than 20 minutes late or leave the class without the instructor's permission will be marked as absent.</p> <p>Students must follow the university's official leave procedures. A printed leave form or a clear electronic image must be submitted within one month to remove the absence record.</p> <p>Failure to request leave according to the regulations will result in the absence being recorded. If a student accumulates three unexcused absences, their participation score for the semester will be zero, and they will fail the course.</p> <p>Failure to submit the leave documentation will be considered as an unexcused absence. If the total number of absences reaches four throughout the semester, the student will not pass the course.</p>
Textbooks and Teaching Materials	Self-made teaching materials:Presentations
References	<p>Horvat, M., Eichstaedt, C.B., Kalakian, Leonard, H.,& Croce, R.原著・高桂足、林鎮坤、林世澤譯(2009)。發展性適應體育。台北市：五南。</p> <p>Bennett, E., & Dyck, M. (2023). Active Games for Children on the Autism Spectrum: Physical Literacy for Life. Human Kinetics.</p> <p>方進隆、蔡秀華、林晉利、黃谷臣、謝錦城、卓俊辰、卓俊伶、劉影梅、黃永任、巫錦霖(2020)。健康體適能 - 理論與實務 (四版修訂版)。台中市：華格納。</p> <p>周俊良、陳張榮、高桂足等譯 (2012)。適應體育。台北市：禾楓書局。</p> <p>高桂足、林鎮坤、林世澤譯 (2009)。發展性適應體育。台北市：五南。</p> <p>張妙瑛、盧俊宏、闕月清、呂香珠、黃月蟬 (2015)。運動與健康管理 (第五版)。新北市：全華圖書。</p> <p>蔣勳 (2008)。身體美學。新北市：遠流出版社。</p>
Grading Policy	<p>◆ Attendance : 30.0 % ◆ Mark of Usual : 40.0 % ◆ Midterm Exam : %</p> <p>◆ Final Exam : 30.0 %</p> <p>◆ Other < > : %</p>

Note

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