

Tamkang University Academic Year 114, 1st Semester Course Syllabus

Course Title	PHYSICAL EDUCATION-SOFT TENNIS	Instructor	HSIAO-WEN CHAO
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 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 is going to introduce the history, fundamental movement of every skills, the technical terms, and the rules of soft tennis. Making learners catch the latest soft tennis information, understanding how to compete and appreciate competitions, and cultivate soft tennis into one of their lifelong exercises.
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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.Establish basic cognition and correct technical movements of soft tennis techniques.	Cognitive
2	2.Cultivate the way of learning soft tennis movenments.	Psychomotor
3	3.Hit the ball back to the direction and target area you want to control with the correct swing action to increase to increase the number of back and forth in sparring.	Psychomotor
4	4.Improve learning motivation and desire for knowledge.	Affective
5	5.Know the rules of soft tennis, and promote opportunities for students to cooperate with each other, improve team dynamics, and cultivate sportsmanship by practicing games.	Psychomotor
6	6.Improve physical fitness, promote physical and mental health, enjoy the fun of sports, and develop lifelong exercise habits.	Affective

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

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

2		12345678	Lecture, Practicum, Experience, Imitation	Testing, Practicum, Activity Participation
3		12345678	Practicum, Experience	Testing, Practicum, Activity Participation
4		12345678	Practicum, Experience	Practicum, Activity Participation
5		12345678	Lecture, Practicum, Experience, Imitation	Practicum, Activity Participation
6		12345678	Practicum, Experience, Imitation	Discussion(including classroom and online), Practicum, Activity Participation

Course Schedule

Week	Date	Course Contents	Note
1	114/09/15 ~ 114/09/21	Introduction to the course environment, explanation and discussion of the teaching schedule, introduction to soft tennis teaching equipment; group assignments; dynamic stretching instruction and practice.	Fill out the informed consent form
2	114/09/22 ~ 114/09/28	Instruction and practice on hand-eye coordination, basic grip techniques, and ball control drills. Skills assessment (underhand cut serve technique check and accuracy test). Fill out the pre-course questionnaire (technology acceptance and learning style satisfaction).	Pre-test (skills/questionnaire)
3	114/09/29 ~ 114/10/05	Aquatic Safety Awareness Week. Instruction on basic forehand and backhand techniques, and swing motion practice.	Aquatic Safety Awareness Week
4	114/10/06 ~ 114/10/12	Instruction on basic forehand and backhand techniques, and swing motion practice. Practice stationary forehand and backhand strokes, focusing on both down-the-line and cross-court directions.	
5	114/10/13 ~ 114/10/19	Practice stationary forehand and backhand strokes, focusing on both down-the-line and cross-court directions. Conduct continuous forehand and backhand stroke drills with balls fed over the net, practicing both down-the-line and cross-court shots.	VR instruction and familiarization
6	114/10/20 ~ 114/10/26	Basic instruction and practice of serving (including slice serve). How to serve the ball to different effective target zones and directions.	VR teaching intervention in Week 1
7	114/10/27 ~ 114/11/02	Basic instruction and practice of serving (including slice serve). Teaching and practice of receiving stance and key techniques for returning serves.	VR teaching intervention in Week 2

8	114/11/03 ~ 114/11/09	Instruction and practice of receiving stance and key techniques for returning serves. Combined drills for serving and serve reception. Basic instruction and practice of net volley and overhead smash techniques.	VR teaching intervention in Week 3
9	114/11/10 ~ 114/11/16	Conduct integrated rally exercises that combine serving and serve returns. Teach and practice serving and returning serves with an immediate approach to the net.	VR teaching intervention in Week 4
10	114/11/17 ~ 114/11/23	Complete the post-test questionnaire (technology acceptance and learning mode satisfaction). Skills assessment (evaluation of underhand slice serve technique and accuracy).	Post-test (skills assessment / questionnaire). Write a reflection and provide suggestions after the course
11	114/11/24 ~ 114/11/30	Forehand and backhand baseline rally practice (down-the-line / cross-court). Serve and return rally practice.(1)	
12	114/12/01 ~ 114/12/07	Forehand and backhand baseline rally practice (down-the-line / cross-court). Serve and return rally practice.(2)	
13	114/12/08 ~ 114/12/14	Forehand and backhand baseline rally practice (down-the-line / cross-court). Serve and return rally practice.(3)	
14	114/12/15 ~ 114/12/21	Explanation of singles rules and tactical applications; group simulation matches.	
15	114/12/22 ~ 114/12/28	Explanation of doubles rules and tactical applications; group simulation matches.	
16	114/12/29 ~ 115/01/04	Final Week of Diverse Assessments: Technical skills test (rally play)	
17	115/01/05 ~ 115/01/11	Final Week of Diverse Assessments/Flexible Teaching Week for Teachers: The course will be conducted using online examinations and assignments.	
18	115/01/12 ~ 115/01/18	Flexible Teaching Week for Teachers : The course will be conducted using online examinations and assignments.	
Key capabilities		self-directed learning Information Technology Problem solving	
Interdisciplinary			

Distinctive teaching	Learning technologies (such as AR/VR,etc.) incorporated to physical courses
Course Content	General Courses
Requirement	□ Attendance and Participation Policy This course places strong emphasis on students' active participation and meaningful interaction. Absences due to approved reasons will be respected in accordance with university regulations. However, class participation is regarded as a core component of the learning process. Therefore, if a student accumulates three absences in total (including both excused and unexcused absences), it will be considered as having seriously disrupted class engagement and learning outcomes. In such cases, the attendance grade will be recorded as zero, in order to uphold fairness and maintain instructional quality. □ This course is implemented in conjunction with the Teaching Practice Research Program of the Ministry of Education for the 114th Academic Year. During the course, data on students' learning progress and feedback will be collected to investigate the effects of diversified instructional strategies on learning outcomes.
Textbooks and Teaching Materials	Self-made teaching materials:Handouts, Videos, Worksheets
References	
Grading Policy	◆ Attendance : 60.0 % ◆ Mark of Usual : 5.0 % ◆ Midterm Exam : 10.0 % ◆ Final Exam : 10.0 % ◆ Other (fitness test/ HW) : 15.0 %
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.