

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

Course Title	DESIGN AND INSTRUCTION OF PHYSICAL ACTIVITIES FOR THE ELDERLY	Instructor	CHEN, WEN-HER
Course Class	TZHBM1A MASTER'S PROGRAM, DIVISION OF PRECISION HEALTHCARE, GRADUATE INSTITUTE OF SENIOR HEALTHCARE MANAGEMENT, 1A	Details	◆ General Course ◆ Selective ◆ One Semester ◆ 3 Credits
Relevance to SDGs	SDG3 Good health and well-being for people SDG4 Quality education		
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 . Development of problem solving capacity. II . Development of reserch and innovation capacity. III . Enhancement of cross-disciplinary capactiy. IV . Development of lifelong self learning capacity.			
Subject Departmental core competences			
A. Capacity of problem solving.(ratio:10.00) B. Capacity of senior health managemnt.(ratio:10.00) C. Capacity of Healthcare Industry Management.(ratio:10.00) D. Analytical capacity of health informatics.(ratio:20.00) E. Capacity of research and innovation.(ratio:10.00) F. Capacity of Scientific Paper Writing.(ratio:30.00) G. Capacity of lifelong self learning.(ratio:10.00)			
Subject Schoolwide essential virtues			
1. A global perspective. (ratio:10.00) 2. Information literacy. (ratio:20.00) 3. A vision for the future. (ratio:10.00) 4. Moral integrity. (ratio:10.00) 5. Independent thinking. (ratio:20.00) 6. A cheerful attitude and healthy lifestyle. (ratio:20.00) 7. A spirit of teamwork and dedication. (ratio:5.00)			

8. A sense of aesthetic appreciation. (ratio:5.00)				
Course Introduction	This course aims to provide students with the theoretical and practical knowledge to design and guide physical activities suitable for older people. We will explore physiological changes in the elderly, how to improve their quality of life through exercise, and learn how to design and implement safe, effective and fun exercise programs.			
<p><b>The correspondences between the course's instructional objectives and the cognitive, affective, and psychomotor objectives.</b></p> <p>Differentiate the various objective methods among the cognitive, affective and psychomotor domains of the course's instructional objectives.</p> <p>I. Cognitive : Emphasis upon the study of various kinds of knowledge in the cognition of the course's veracity, conception, procedures, outcomes, etc.</p> <p>II.Affective : Emphasis upon the study of various kinds of knowledge in the course's appeal, morals, attitude, conviction, values, etc.</p> <p>III.Psychomotor: Emphasis upon the study of the course's physical activity and technical manipulation.</p>				
No.	Teaching Objectives			objective methods
1	Understanding Gerontology: Students will be able to comprehend the physiological changes in the elderly and how these changes affect their physical capabilities and health status.			Cognitive
2	Exercise and Health: Students will be able to understand how exercise can enhance the quality of life for the elderly and identify suitable types of exercise for older individuals.			Cognitive
3	Activity Design: Students will be able to design exercise plans tailored to the elderly, including selecting appropriate types of exercise, intensity, frequency, and duration.			Cognitive
4	Activity Guidance: Students will be able to effectively guide the elderly in exercise, including ensuring their safety, motivating them to adhere to physical activity, and adapting to their individual needs and abilities.			Cognitive
The correspondences of teaching objectives : core competences, essential virtues, teaching methods, and assessment				
No.	Core Competences	Essential Virtues	Teaching Methods	Assessment

1	ABCDEFGF	12345678	Lecture, Discussion	Study Assignments, Report(including oral and written)
2	ABCDEFGF	12345678	Lecture, Discussion, Publication	Study Assignments, Discussion(including classroom and online), Report(including oral and written)
3	ABCDEFGF	12345678	Lecture, Discussion, Publication, Practicum	Study Assignments, Discussion(including classroom and online), Report(including oral and written)
4	ABCDEFGF	12345678	Lecture, Discussion, Publication	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	1.課程概述 2.AI在論文寫作上之輔助應用	
2	114/09/22 ~ 114/09/28	老化與運動生理學	
3	114/09/29 ~ 114/10/05	運動對老年人的益處	
4	114/10/06 ~ 114/10/12	1.老年人運動的風險 2.健康老年人的行走能力：衰老和體育活動的作用及其與敏捷性、平衡、認知和跌倒風險的關係	
5	114/10/13 ~ 114/10/19	研究老年人姿勢和運動的複雜系統方法	
6	114/10/20 ~ 114/10/26	步態穩定性與衰老	
7	114/10/27 ~ 114/11/02	運動障礙的臨床方面：對行走和姿勢的影響	
8	114/11/03 ~ 114/11/09	老年人的平衡控制	
9	114/11/10 ~ 114/11/16	1.視覺對神經健康個體姿勢控制的影響 2.指尖輕觸對老年人姿勢穩定的貢獻	
10	114/11/17 ~ 114/11/23	1.老年人的跌倒和姿勢穩定性：對日常生活活動的影響 2.加強姿勢控制和降低老年人跌倒風險的運動	
11	114/11/24 ~ 114/11/30	1.虛擬實境（任天堂 Wii）對運動訓練和康復的貢獻 2.慣性運動感測器在運動和姿勢方面的適用性	
12	114/12/01 ~ 114/12/07	1.運動類型：柔韌性、力量、耐力、平衡 2.為老年人開運動處方	
13	114/12/08 ~ 114/12/14	體能檢測與教學實務	
14	114/12/15 ~ 114/12/21	氣功教學實務 (平甩、靜坐、八段錦)	

15	114/12/22 ~ 114/12/28	健走實務 (林美石磐步道)	
16	114/12/29 ~ 115/01/04	期末口頭報告及討論	
17	115/01/05 ~ 115/01/11	期末考試周—撰寫期末書面報告	
18	115/01/12 ~ 115/01/18	彈性教學周—繳交期末書面報告	
Key capabilities	self-directed learning Information Technology Humanistic Caring		
Interdisciplinary	In addition to teaching content of the teacher's professional field, integrate other subjects or invite experts and scholars in other fields to share knowledge or teaching		
Distinctive teaching	Special/Problem-Based(PBL) Courses		
Course Content	健康促進		
Requirement	1.缺課(以4小時計)、請假(以2小時計)、時數達10小時以上、不得參加考試、該科目學期成績以零分計算		
Textbooks and Teaching Materials	Using teaching materials from other writers:Textbooks Name of teaching materials: 1. Locomotion and Posture in Older Adults 2.Locomotion and Posture in Older Adults: The Role of Aging and Movement Disorders 3.邁向成功老化□: 高齡者運動指導 4.高齡及特殊族群之運動處方		
References			
Grading Policy	◆ Attendance :                    %    ◆ Mark of Usual : 60.0 %    ◆ Midterm Exam :                    % ◆ Final Exam :                    % ◆ Other 〈專題報告(口頭報告、書面報告)〉 : 40.0 %		
Note	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> . <b>※"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.</b>		