

Tamkang University Academic Year 114, 1st Semester Course Syllabus

Course Title	SENIOR OUTDOOR ACTIVITIES DESIGN	Instructor	HUANG KU-CHEN
Course Class	TZIBM1A MASTER'S PROGRAM, DIVISION OF GERONTECHNOLOGY, GRADUATE INSTITUTE OF INTELLIGENT HEALTHCARE INDUSTRY, 1A	Details	◆ General Course ◆ Selective ◆ One Semester ◆ 3 Credits
Relevance to SDGs	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 . 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:20.00) C. Capacity of Healthcare Industry Management.(ratio:10.00) D. Analytical capacity of health informatics.(ratio:10.00) E. Capacity of research and innovation.(ratio:10.00) F. Capacity of Scientific Paper Writing.(ratio:20.00) G. Capacity of lifelong self learning.(ratio:10.00) H. Creative Capacity.(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:10.00) 6. A cheerful attitude and healthy lifestyle. (ratio:20.00)			

7. A spirit of teamwork and dedication. (ratio:10.00)

8. A sense of aesthetic appreciation. (ratio:10.00)

**Course
Introduction**

This course equips students with the ability to design, implement, and evaluate outdoor activities for older adults. Through the integration of gerontology, activity design, and outdoor education theories, it combines literature reviews, guest lectures, and field investigations. Emphasizing interdisciplinary approaches, the course explores physical and mental health, social participation, and environmental adaptation. It is ideal for graduate students in gerontology, leisure management, or related fields

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	Understand the theoretical foundations and research trends in outdoor activities for older adults.	Cognitive
2	- Learn to design outdoor activity programs that align with the needs of the elderly.	Affective
3	Master research methods to assess program effectiveness and the needs of older participants	Psychomotor
4	Cultivate interdisciplinary collaboration and practical implementation skills	Affective

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1	ABC	123	Lecture	Testing
2	CDE	345	Lecture, Discussion, Experience, Imitation	Discussion(including classroom and online), Report(including oral and written)

3	EFG	567	Lecture, Discussion	Testing, Discussion(including classroom and online), Report(including oral and written)
4	FGH	678	Lecture, Discussion	Discussion(including classroom and online), Report(including oral and written)

Course Schedule

Week	Date	Course Contents	Note
1	114/09/15 ~ 114/09/21	Course Introduction & Overview of Outdoor Activities for Older Adults	
2	114/09/22 ~ 114/09/28	Theoretical Foundations: Physical and Psychological Needs of Older Adults & Outdoor Activities	
3	114/09/29 ~ 114/10/05	Types of Outdoor Activities & Design Principles	
4	114/10/06 ~ 114/10/12	Introduction to Literature Review & Research Methods	
5	114/10/13 ~ 114/10/19	Fieldwork Practicum: Needs Assessment Using the Means-End Chain Method	
6	114/10/20 ~ 114/10/26	Risk Management in Outdoor Activities for Older Adults	
7	114/10/27 ~ 114/11/02	Practical Examples of Outdoor Activity Design	
8	114/11/03 ~ 114/11/09	Literature Review & Evaluation of Activity Outcomes	
9	114/11/10 ~ 114/11/16	Investigative Practice: Field Research	
10	114/11/17 ~ 114/11/23	Activity Design Example: Horticulture and Nature Therapy	
11	114/11/24 ~ 114/11/30	Paper Review and Interdisciplinary Integration	
12	114/12/01 ~ 114/12/07	Investigative Practice: Data Analysis and Report Writing	
13	114/12/08 ~ 114/12/14	Activity Design Example: Adventure and Exploration Activities	
14	114/12/15 ~ 114/12/21	Paper Review and Reflections on Activity Design	
15	114/12/22 ~ 114/12/28	Final Project Presentation and Course Reflection	
16	114/12/29 ~ 115/01/04	Outdoor Activity Practicum	Off-Campus Learning
17	115/01/05 ~ 115/01/11	Outdoor Activity Practicum	Off-Campus Learning
18	115/01/12 ~ 115/01/18	Outdoor Activity Practicum	Off-Campus Learning

Key capabilities	
Interdisciplinary	Competency-based education 'competency exploration' sustained competency or global issues STEEP (Society, Technology, Economy, Environment, and Politics) 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	Collaborative teaching (multiple teachers and business teachers in the school) course
Course Content	Gender Equality Education Sustainability issue
Requirement	<p>Generative AI Ethics Statement: This course encourages students to use AI for collaboration and mutual learning to enhance course outcomes based on the principles of transparency and responsibility.</p> <p>This course adopts the following policy:Conditionally open, please specify how students use generative AI in the course outputs.</p> <p>Students should briefly explain how they use generative AI in the course assignments or reports in the "footnote on the title page" or "after the references," such as for brainstorming, text polishing, or structural references. If it is found that generative AI was used but not indicated in the assignment or report, the instructor, the university, or related units have the right to regrade or not grade it.</p> <p>Additionally, if the course materials or learning resources cite generative AI content, the instructor will indicate this in the slides or orally. Students enrolled in this course agree to the above ethics statement.</p>
Textbooks and Teaching Materials	Self-made teaching materials:Textbooks, Presentations
References	<p>Guided Literature Review</p> <ol style="list-style-type: none"> 1.Havighurst, R. J. (1961). Successful aging. The Gerontologist, 1(1), 8-13. 2.Lawton, M. P. (1983). Environment and other determinants of well-being in older people. The Gerontologist, 23(4), 349-357. 3.Lee, Y., & Park, I. (2006). The relationship between physical activity and mental health among older adults. Journal of Aging and Physical Activity, 14(3), 288-302. 4.Chodzko-Zajko, W. J. (2018). Exercise and physical activity for older adults. Medicine & Science in Sports & Exercise, 50(7), 1365-1376. 5.Sugerman, D. (2002). The relationship of age to motivation and skill development in outdoor adventure programs. Journal of Experiential Education, 25(2), 271-278.
Grading Policy	<p>◆ Attendance : 20.0 % ◆ Mark of Usual : 20.0 % ◆ Midterm Exam : 30.0 %</p> <p>◆ Final Exam : 30.0 %</p> <p>◆ Other < > : %</p>

Note	<p>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.</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>
------	---