



文藻外語大學 113學年度第1學期 教學綱要  
Wenzao Ursuline University of Languages  
Syllabus for the 1st Semester of the 2024 Academic Year

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壹、課程基本資料

課程名稱 Course Title	體育 PHYSICAL EDUCATION			
課程類別(學制) School System	日間部五專 Five-Year Junior College of Day Division			
開課單位 Academic Unit	體育教學中心			
授課教師 Instructor	劉於倫		職稱 Academic Rank	助理教授
師生互動 Data of Instructor	辦公室 Office	Z1018	辦公室電話 Office Phone Number	#7612
	電子信箱 E-mail	95174@mail.wzu.edu.tw		
	約談時間 Office Hours	Monday 11:10-12:00 Monday 12:10-13:00 Monday 14:10-15:00 Monday 15:10-16:00		
學分 Credits	2學分	選課別 Category	[ <input checked="" type="checkbox"/> ]必修 Required Course [ <input type="checkbox"/> ]選修 Elective Course	
開課類別 Course Length	[ <input checked="" type="checkbox"/> ]學年課 Year-long course(2 semesters) [ <input type="checkbox"/> ]學期課 semester course(1 semester)		開課年級Year Taught: 1年級 授課班級Class Taught: 日五專英文一年級	
課程內容概要 Course Content Synopsis	<p>■課程內容概要: 本課程旨在加強基本運動能力, 促進身心均衡發展, 建構運動相關知能(含延伸閱讀), 培養運動家精神。課程內容則包括運動會競賽項目、籃球、排球、桌球、足壘球、足球、田徑、太極拳、運動知能、體適能、健身課等。課程設計以廣泛多元運動項目為原則, 進而提升學生健康適能, 建立健康管理能力。</p> <p>Physical education includes: volleyball, softball, recreational and health exercises, defensive skills and aerobics. In addition to our focus on physique stretch and the development of body adaptability, durability and coordination, students will also learn various kinds of basic skills required for each sport, to enhance their team spirit and enrich life learning by their participation in contests.</p> <p>■主要授課語言: 英語(English)</p>			
課程學習目標 Course Learning Goals	<p>1. 使學生發展運動基本能力, 提昇健康體適能。 2. 使學生瞭解正確運動觀念及健康相關知能, 奠定生活基礎的實踐能力。 3. 使學生透過廣泛運動的學習, 促進身心均衡發展。 4. 使學生藉由運動參與, 培養運動道德、團體精神及促進人際關係和諧。</p> <p>1. Enhancing students' mobility through the learning of theories and actual practices 2. Enabling student to know their own body conditions and learning how to interact with other people during the process of exercise. The purpose is to combine exercise and playing together. 3. Enabling students to know their own physical fitness and building healthy bodies by appropriate exercises and eating habits.</p>			
系培育目標與核心能力以及學習目標 Development Goals,	系培育目標 Development Goal	核心能力指標 編碼 Skill Indica	核心能力 Skill Indicator	學習目標 Learning Objective

Skill Indicator, & Learning Objectives		tor Code		
	(一) 加強基本運動能力，發展身體操作能力。	1-0-1	1. 肢體表現能力	1. 瞭解身體活動能力 2. 能欣賞身體美學 3. 具備基礎的身體適應能力 4. 能落實專業的身體訓練準則
	(四) 發展運動認知，瞭解運動安全、運動技巧和保健方法。	4-0-3	3. 學習意願	1. 強化運動學習的動機 2. 提昇運動參與的樂趣與實用 3. 具主動參與運動訓練 4. 落實終身運動的生活規範
	其他(Others)			
學生先備知能 Prerequisite Knowledge Skills	1. Basic sports skills 2. Willingness to learn 3. Sport, recreation and health concepts 4. English listening and speaking skills			
教學學理基礎 Theoretical Foundation of Instruction	<p>使用教學理念與方式如下：</p> <p>Style A: 命令式(command), 本質: 對一個動作的刺激有立即反應，表現是正確的、立即性的。目的: 學習在短時間內做正確的動作，而這動作是由老師決定的。</p> <p>Style B: 練習式(practice), 本質: 時間是提供給學習者個別或私下做動作，同時也是讓老師能對所有學習者個別或私下的回饋。目的: 提供學習者有個別或私下做動作的時間，也提供老師有時間給予個別或私下的回饋。</p> <p>Style C: 互惠式(reciprocal) 本質: 學習者們與一位同伴做動作，依照老師設計的標準表現之，接受立即的回饋，可進而發展溝通回饋與社會化技巧。目的: 學習者們依據老師所準備好的標準，與同伴配對輪流練習，並依據標準互相提供同伴回饋。</p> <p>Style D: 自測式(self-check) 本質: 學習者們個別的或私下的做這個動作，同時，藉著老師發展出來的標準來提供回饋給他們自己。目的: 學習做一個動作並自我檢查這個動作。</p> <p>Style E: 融合式(inclusion) 本質: 相同的動作，設計成不同的難度。學習者們決定他們自己難度動作，通過了以後，再做另一個難度。目的: 學習選擇某一程度的動作，使能表現之，同時，能提供一項挑戰來測驗自己所做的動作。</p> <p>Style F: 漸進式(progressive) 本質: 老師藉著設計一套模式，有順序與有系統的引導學習者來學習，透過學習者的學習能力，逐漸熟練動作要領。目的: 藉著老師提出的系統模式，來建立學習者動作的要領與觀念。</p>			
授課資訊 Instructional Information	<p>■ 課程類型(Top Down)</p> <p>一般課程Regular course</p>			
	<p>■ 教學平台</p> <p>實體教學(一般 18 週)Face-to-Face Instruction - Standard 18 Weeks</p>			
	<p>■ 主要教學策略</p> <p>講授Lecture 實作Hands-on 自主學習Learning autonomy 影片欣賞Video appreciation</p>			
評量 Student Assessment	<p>■ 評量方式與評分比例分配 Evaluation Criteria</p> <p>Participation 30% (including attendance rate, performance in class, learning attitude, dress code etc.) technical skill test 50%: Volleyball (toss), football (dribble), 800M/1600M Final exam 20%</p>			
	<p>■ 課堂要求 Course Requirements &amp; Policies</p> <p>一、準時上課，遲到者扣平時成績1分，遲到超過10分鐘者以曠課論，扣平時成績3分。 二、進入體育館上課嚴禁攜帶任何飲料與食物(礦泉水除外)，違規扣平時成績2分。 三、須著運動服、運動鞋上課，服裝不整者(休閒褲牛仔褲襯衫等)扣平時成績2分。 四、若身體狀況有不適或生理期不舒服者應及早告知老師，切勿勉強運動。 五、上課時手機請關靜音。 六、缺曠請假時數達學期總上課時數三分之一者平時成績以0分計算。</p>			

	<p>1. Always be punctual, and those who are late for more than 10 minutes will be considered absent. (1 point deducted for the late; 3 points deducted for the absence)</p> <p>2. Do not bring any beverages or food into the gymnasium (except for water), those who are violated will have 2 points deducted.</p> <p>3. Sportswear and sports shoes only in class. (2 points deducted if your dress code is not acceptable, i.e. jeans, suit, blouse etc.)</p> <p>4. If you feel unwell or uncomfortable during the class, please inform in advance and do not force yourself to exercise.</p> <p>5. Please turn off the smart phone and do not use other electronic device during the class.</p> <p>6. If the number of absences and leave reaches one-third of the total class hours for the semester, the regular grade will be calculated as 0.</p>
教材 Learning Materials	「請學生務必使用正版教科書」 Please respect copyright and use original textbooks. ■教科書 Textbooks
	1、書名：The story of the Olympic Games 作者：Ahmed, S. (Ed) 出版社：Welbeck 出版年：2020 ISBN：978-1-78312-5 教材類型：非自製教科書
	■參考書目或網址 References or Websites
	尚未輸入
教學用軟體 Software	無None
補充資料 Additional Remark	本科目無相關下載檔案。

## 貳、課程內容與進度(Course Content and Schedule)

週次 Week	上課日期 Date	單元名稱 Units	授課方式 Instructional Approaches	作業、報告、考試或其它 Assignments, Tests and Others	備註 Remarks
1	113/09/08 ~ 113/09/14	Fitness test- Sit and reach test, crunch, standing long jump, 1600m/800m	Explain and practice	9/10 Aerobic classroom	課程之進度與內容若有所更動，依老師課堂宣佈為準。
2	113/09/15 ~ 113/09/21	Fitness test- Sit and reach test, crunch, standing long jump, 1600m/800m	Explain and practice		Classroom and Sports field
3	113/09/22 ~ 113/09/28	Volleyball	Explain, demonstrate and practice		Classroom and Volleyball court
4	113/09/29 ~ 113/10/05	Volleyball	Explain, demonstrate and practice		Classroom and Volleyball court
5	113/10/06 ~ 113/10/12	Volleyball- toss test	test		Volleyball court
6	113/10/13 ~ 113/10/19	Gym	Explain, demonstrate and practice		Classroom and gym
7	113/10/20 ~ 113/10/26	Basketball- dribbling and passing	Explain, demonstrate and practice		Classroom and basketball court
8	113/10/27 ~ 113/11/02	Basketball- bank shot, set shot and jump shot	Explain, demonstrate and practice		Classroom and basketball court
9	113/11/03 ~ 113/11/09	Midterm exam			
10	113/11/10 ~ 113/11/16	Sports event guidance	Explain, demonstrate and practice		Sports field

週次 Week	上課日期 Date	單元名稱 Units	授課方式 Instructional Approaches	作業、報告、考試或其它 Assignments, Tests and Others	備註 Remarks
11	113/11/17 ~ 113/11/23	Football-dribbling and passing	Explain, demonstrate and practice		Sports field
12	113/11/24 ~ 113/11/30	Football-dribbling and passing	Explain, demonstrate and practice		Sports field
13	113/12/01 ~ 113/12/07	Football-dribbling test	Test		Sports field
14	113/12/08 ~ 113/12/14	Leisure	Explain, demonstrate and practice		
15	113/12/15 ~ 113/12/21	Leisure	Explain, demonstrate and practice		
16	113/12/22 ~ 113/12/28	Sports regulation and Olympic studies- Video	Explain, demonstrate and practice		Classroom
17	113/12/29 ~ 114/01/04	Sports regulation and Olympic studies	Explain, demonstrate and practice		Classroom
18	114/01/05 ~ 114/01/11	Final exam			