**國立中正大學課程大綱**

**National Chung Cheng University Syllabus**

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| **課號****course code** | **9021001 - 25** | **全英文授課****EMI** | **□是Yes ■否 No** |
| **課程類別****course type** | **□人文關懷課程 ■競賽專題課程 ■問題導向課程****□專題導向課程 □總整課程 ■實作課程****□實習 □其他** **□Humanistic care courses ■Competition related special courses** **■Problem-based courses □Topic-oriented courses** **□Overall courses ■Practical courses****□Internship □Others**  |
| **課程名稱（中文）****Chinese course name** | **體育（一）** |
| **課程名稱（英文）****English course name** |  **Physical Education: (I)** |
| **學年/學期****academic year /semester** |  **114-01****2025 1st semester** |

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| **學分****credits** |

 | **0** |
| **學系（所）****department** |  **體育中心****Physical Education Center** | **必選修****required/selected** | **■必修 □選修****Required selected** |
| **上課時間****class hours** | **週三 第10.11節****Wednesday 16:10~18:00** | **上課地點****classroom** | **體育場館** **Gym and outdoor sport facility** |
| **教師****instructor**  |  **劉淑燕****Professor Suyen Liu** | **教師 email****Instructor’s email** | **grcsyl@gmail.com** |
| **助教****teaching assistant** |  **Not available** | **助教email****TA’s email** |  |
| **先修科目或****先備能力****prerequisites** | **高中體育 (High School Physical Education)**  |
| **課程概述****course descriptions** | 1. 本課程主要在培養體適能及游泳和其他運動(匹克球、排球、壘球與重訓)基本動作 之基本技能，同時強調班級團隊精神以及養成終生運動習慣。
2. 上課方式：5-10 分鐘熱身操， 10分鐘體能訓練，50分鐘各項技能訓練與練習，5-10 分鐘運動知識與規則講解、50分鐘分組比賽。

1. This course mainly focuses on cultivating physical fitness and basic skills in swimming and other sports (e.g., pickleball, volleyball, softball and weight training). It also emphasizes class team spirit and the development of lifelong sports habits.2. Class format: 5-10 minutes of warm-up exercises, 10 minutes of physical training, 50 minutes of various skill training and drills, 5-10 minutes of explanation & understanding of sports knowledge and rules, and 50 minutes of group games/competition. |
| **學習目標****learning objectives** | 1. 配合校慶運動會競賽項目之學習
2. 能做到匹克球、排球、壘球與重訓之動作技巧。
3. 能學習匹克球、排球、壘球、重訓與體適能安全教育之概念與認知。
4. 能熟悉匹克球、排球、壘球、與重訓規則。
5. 能學習到運動傷害防護的預防與知識。
6. 能具備有健康體適能觀念。
7. 能完成健康體適能的測驗。
8. 能學習到團隊合群的操守。
9. Learn & prepare the competition events for the University sports day.
10. Be able to perform techniques in pickleball, volleyball, softball, and weight training.
11. Learn concepts and game strategy in pickleball, volleyball, softball, strength training, and safety awareness in physical fitness.
12. Familiarize oneself with the rules of pickleball, volleyball, softball, and weight training.
13. Learn the prevention and knowledge of sports injury.
14. Develop a concept of health-related physical fitness.
15. Be able to complete the health-related physical fitness test.
16. Be able to perform the discipline of team cooperation & sportsmanship.
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| **教科書及參考書****textbooks and** **references** | **休閒活動** (Leisure physical activities)（請尊重智慧財產權，不得非法影印教師指定之教科書籍）"Please respect intellectual property rights and do not illegally photocopy textbooks assigned by teachers." |
| **教學要點概述** |
| **教材編選****teaching** **materials** | **□自製簡報(ppt) ■課程講義 teaching materials □自編教科書 DIY textbooks****■教學程式 tutorial program □自製教學影片 DIY tutorial video □其他 others** |
| **教學方法****teaching** **methods**  | **■講述 narration ■示範 demonstration ■小組討論 group discussion** **□學生口頭報告 student oral report ■問題導向學習Problem-based learning****□個案研究 case study ■其他 others** |
| **評量工具****Evaluation****tools** | **■期中考 midterm ■期末考 final ■隨堂測驗 quiz □隨堂作業 assignment****□課後作業 homework □期中報告 midterm report □期末報告 final report □專題報告 Special topic report □評量尺規 assessment scale** **■出席率 attendance ■運動精神 sportsmanship** **■動作技能水準** motor skills **■體適能水準** fitness) **□其他 others** |
| **教學資源****teaching** **resources** | **□課程網站 course website □實習網站 internship website** **■教材電子檔供下載 Electronic teaching & tutorial materials for download**  |
| **教師****相關訊息****instructor’s** **information** | 一、運動競技學系 劉淑燕教授 導生時間: 周四 14:00-16:00Professor Suyen Liu, Department of Athletic Sports. Tutorial time: Thursday 14:00-16:00二、教學相關配合事項(Class Requirement)：1. 務必穿著運動服裝及布鞋上課。Must wear proper sport outfits. 2. 上課請自備: 水、毛巾、防曬乳、護膝。Bring your own water, towel, sun lotion and protective devises to class. |
| **每週課程內容****weekly scheduled contents** |
| 第一週W1 (09/10)：**課程介紹 PE course introduction & class requirement)** |
| 第二週W2 (09/17): **大腳漫遊中正大學周邊社區 brisk walking around CCU neighborhood (fitness)** |
| 第三週W3 (09/24): **Fitness: Tabata & running**  /體適能 **(**跑步、Tabata體能訓練) |
| 第四週W4 (10/01): **Fitness: Tabata, & relay race** /體適能 **(**Tabata體能訓練、接力賽) |
| 第五週W5 (10/08): **Pickleball**匹克球 |
| 第六週W6 (10/15): **Pickleball**匹克球 |
| 第七週W7 (10/22): **Pickleball**匹克球 |
| 第八週W8 (10/29): **Softball: throwing, catching, game /** 壘球 (壘球傳接球技術、壘球比賽) |
| 第九週W9 (11/05): **Softball: pitch, bat, defense, game**  / 壘球(壘球投球技術與攻防、壘球比賽)  |
| 第十週W10 (11/012): **Volleyball: service, receiving, game** / 排球 **(**排球接發球技術、排球比賽)  |
| 第十一週W11( 11/19): **Volleyball: set, pass, game** / 排球 **(**排球舉球、傳球技術、排球比賽) |
| 第十二週W12 (11/26): **Volleyball: smash, block, game** / 排球 **(**排球殺球、攔球技術、排球比賽)  |
| 第十三週W13 (12/03): **Volleyball: volleyball passing skill test)** / 排球 (排球技能考試)  |
| 第十四週W14 (12/10): **Weight training重量訓訓** |
| 第十五週W15(12/17): **Weight training 重量訓訓** |
| 第十六週W16(12/24): **Fitness test 體適能檢測 最後一日體育課 (last day of PE class)**  |
| 第十七週W17(12/31): **Self-study week** **自主學習周**  |
| 第十八週W18 (01/07): **Self-study week** **自主學習周** |
| **核心能力****core competencies**  |
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| **核心能力****Core competency** | **本課程與核心能力關聯強度****Degrees of related to core competencies** |
| **1** | **2** | **3** | **4** | **5** |
| **專業能力****Specific****Competency** | 1. 建立良好健康體適能及發展整體身心健康。

Establish good physical fitness and develop overall physical and mental health. |  |  |  |  | V |
| 1. 熟練專項技術及培養專項運動能力。

Master specific athletic abilities & techniques in one or more designated sports  |  |  |  |  | V |
| 1. 培養終身運動習慣，增進多元化的運動參與。

Develop lifetime exercise habits and enhance participation in a variety of sports. |  |  |  |  | V |
| 1. 展現國際前瞻視野與在地運動與健康教育關懷

Demonstrating international forward-looking vision and local physical and health education care |  |  |  |  | V |
| 1. 具備運動與健康教育問題解決、批判思考能力暨與健康教育實踐智慧

Possess physical & health educational problem solving, critical thinking skills & physical & educational practice wisdom |  |  |  |  | V |
| **共通能力****General****Competence** | 1. 具備運動與健康教育專業知能

Possess professional knowledge in sport & health education research |  |  |  | V |  |
| 1. 提升運動能力。

Enhance athletic skills |  |  |  |  | V |
| 1. 具備運動與健康教育專業知能與情操

Possess educational expertise and sentiment |  |  |  | V |  |
| 1. 養成終身運動習慣

Develop lifetime exercise habits s. |  |  |  |  | V |
| 1. 培養團隊精神

Develop team spirit. |  |  |  |  | V |

**註：關聯強度以五點量表標示，1表示沒有關聯，5表示非常有關聯。**"Note: The strength of the correlation is indicated on a five-point scale, with 1 meaning no correlation and 5 meaning very strong correlation." |