

國立中正大學課程大綱

National Chung Cheng University Syllabus

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 1 st semester	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	Tony Shield	助教 email TA's email	
先修科目或 先備能力 prerequisites	High School Physical Education (高中體育)		
課程概述 course descriptions	Course descriptions 1. This course mainly focuses on cultivating physical fitness and basic skills in some designated sports (e.g., pickleball, tennis, football 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.		

	一、本課程主要在培養體適能和其他運動(匹克球、網球、足球與重訓)基本動作技能，同時強調班級團隊精神以及養成終生運動習慣。 二、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。
學習目標 learning objectives	1. Learn & prepare the competition events for the University sports day. 2. Be able to perform techniques in pickleball, tennis, football, and weight training. 3. Learn concepts and game strategy in pickleball, tennis, football, strength training, and safety awareness in physical fitness. 4. Familiarize oneself with the rules of pickleball, tennis, football, and weight training. 5. Learn the prevention and knowledge of sports injury. 6. Develop a concept of health-related physical fitness. 7. Be able to complete the health-related physical fitness test. 8. Be able to perform the discipline of team cooperation & sportsmanship. 一、配合校慶運動會競賽項目之學習 二、能做到匹克球、網球、足球與重訓之動作技巧。 三、能學習匹克球、網球、足球、重訓與體適能安全教育之概念與認知。 四、能熟悉匹克球、網球、足球、與重訓規則。 五、能學習到運動傷害防護的預防與知識。 六、能具備有健康體適能觀念。 七、能完成健康體適能的測驗。 八、能學習到團隊合群的操守。
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 14:00-16:00 Professor 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) : PE course introduction & class requirement 課程介紹	
第二週 W2 (09/17): Brisk walking around CCU neighborhood 大腳漫遊中正大學周邊社區	
第三週 W3 (09/24): Pickleball 匹克球	
第四週 W4 (10/01): Pickleball 匹克球	
第五週 W5 (10/08): Pickleball 匹克球	
第六週 W6 (10/15): *** Pickleball test 匹克球技術測驗	
第七週 W7 (10/22): Weight training 重量訓練	
第八週 W8 (10/29): Weight training 重量訓練	
第九週 W9 (11/05): Fitness: Tabata & running / 體適能 (跑步、接力賽、Tabata 體能訓練)	
第十週 W10 (11/12): ***Fitness test: Tabata, & relay race /體適能 (Tabata 體能訓練和測試)	
第十一週 W11(11/19): Football: short & long pass, game (足球:短傳、長傳、足球比賽))	
第十二週 W12 (11/26): Football: shooting & game (射門、足球比賽)	
第十三週 W13 (12/03): Tennis: forehand & backhand stroke, game (正、反拍抽球技術、網球比賽)	
第十四週 W14 (12/10): Tennis: service, receiving, game / 網球 (網球接發球技術、網球比賽)	
第十五週 W15(12/17): Tennis: volley & game /網球 (網球截擊技術、網球比賽)	
第十六週 W16(12/24): ***Tennis test 網球考試 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

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
	2. 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
	3. 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
	4. 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
	5. 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	
	2. 提升運動能力。 Enhance athletic skills					V
	3. 具備運動與健康教育專業知能與情操				V	

	Possess educational expertise and sentiment					
	4. 養成終身運動習慣 Develop lifetime exercise habits s.					V
	5. 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."