

P.E. (PHYSICAL EDUCATION) SYLLABUS OF KAINAN UNIVERSITY
FOR
INTERNATIONAL HONORS PROGRAM (1)

Term: Fall 2006

Meeting Time: Thursday 10:10a.m. – 12:00a.m.

Course Location: Tennis Court, Basketball Court, Softball Field, and Fitness Center.

Instructor: Kuo-ming (Simon) Lin

Office: Department of Physical Education

Office Hours: 09:00 – 12:00 & 13:10 – 17:00

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E-mail: simonlinusa@yahoo.com.tw

Recommended text:

1. USTA. Complete Conditioning for Tennis. Human Kinetics.
2. Hawkins, A. (2004). Teaching basketball.
3. Kneer & McCord. Softball: slow and fast pitch, sixth edition, WCB/McGraw-Hill.
4. Neporent, L & Schlosberg, S. (2000). Weight training for dummies.

Recommended related-website:

TENNIS.com	http://www.tennis.com/index.aspx
The Association of Tennis Professional	http://www.atptennis.com/
Princetennis	http://www.princetennis.com/home.asp
NBA	http://www.nba.com/
Amateur Softball Association	http://www.softball.org/default.asp
USASoftball	http://www.usasoftball.com/
Building-muscle 101.com	http://www.building-muscle101.com/

Course Description:

This course is designed to introduce the students to the skills, rules and strategies of beginning sports (tennis, basketball, softball, and weight lifting). Also, the goal of this course is to get the students started in these wonderful sports and to give students a workable knowledge of tennis, basketball, softball, and weight lifting.

Course Objectives:

1. To explain the general background of sports (tennis, basketball, softball, and weight lifting).
2. To explain the rules of sports.
3. To explain and demonstrate the fundamentals and physical skills required in sports (tennis, basketball, softball, and weight lifting).
4. To explain the basic terminology and vocabulary of sports (tennis, basketball, softball, and weight lifting).
5. To explain game play and strategy.



Student Obligation:

1. Rainy days: Attendance is still mandatory. Alternate indoor activities will be planned on inclement weather; therefore please wear sporting clothes for every class.

INCLMENT WEATHER = COME TO CLASS

Grading Policy:

1. Participation/Attendance: 30%
2. Skill Analysis: 20%
3. Testing for Sport Knowledge: 10%

A=90-100%

B+=87-89.9%

B=80-86.9%

C+=77-79.9%

C=70-76.9%

D+=67-69.9%

D=60-66.9%

E=59.9 or lower

Week	Date	Unit Title	Instruction Content	Course Location
一	9/28	Prepared Week	Class introduction and requirements.	Stadium
二	10/5	Tennis 1	<ol style="list-style-type: none"> 1. The sense of ball in experience and introduction of varied grips. 2. To introduce and demonstrate forehand/backhand drills. 3. To introduce and demonstrate forehand/backhand volleys. 4. Group practice. 	Tennis Court
三	10/12	Tennis 2	<ol style="list-style-type: none"> 1. To introduce and demonstrate forehand/backhand slice. 2. To introduce and demonstrate serves/returns. 3. To introduce scoring/rules of tennis. 	Tennis Court
四	10/19	Tennis 3	<ol style="list-style-type: none"> 1. To introduce singles/doubles play. 2. To introduce competitive play/sport psychology techniques for tennis. 	Tennis Court
五	10/26	Skill Testing	Groundstroke drills and serves testing.	Tennis Court

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六	11/2	Basketball 1	1. Conditioning Drills & Lay-Ups. 2. Conditioning Drills & Fast Break Drills.	Basketball Court
七	11/9	Basketball 2	1. Dribbling, Fast Break, Rebounding, Passing and receiving. 2. Individual defense/offense.	Basketball Court
八	11/16	Basketball 3	1. To introduce scoring and rule of basketball. 2. Scoring drills, screens dills, and transition Dills.	Basketball Court
九	11/23	Skill Test	Shooting and dribbling testing.	Basketball Court
十	11/30	Softball 1	1. Introduction/throwing and catching. 2. Hitting stations/batting practice	Softball Field
十一	12/7	Softball 2	1. Infield/ Outfield defense. 2. Pitching and catching. 3. Rules, scoring, game play.	Softball Field
十二	12/14	Softball 3	Practice games.	Softball Field
十三	12/21	Skill Testing	Throwing and catching testing	Softball Field
十四	12/28	Weight Lifting 1	1. Introduction of facilities and operation. 2. Introduction of weight training (e.g., free weights training, safety concerns, stretching, proper warm-up and warm-down.)	Fitness Center
十五	1/4	Weight Lifting 2	1. Pre-course fitness evaluations. 2. Understanding fitness/analyzing your physical fitness. 3. Guidelines for your training program, developing your fitness program. 4. Hands-on practice	Fitness Center
十六	1/11	Weight Lifting 3	1. Guidelines for your training program, developing your fitness program. 2. knowing your nutrition, controlling your weight. 3. Hands-on practice.	Fitness Center
十七	1/18	Testing	Instruction testing.	Fitness Center
十八	1/25	Final Exam Week	Skill make-ups testing.	