National Chiayi University  
2010 1st Semester Course Outline

<table>
<thead>
<tr>
<th>Course Title: Physical Education for freshman</th>
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<tbody>
<tr>
<td>Teacher: Wei-Feng Cheng</td>
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<tr>
<td>Class: Department of Agronomy freshman</td>
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<tr>
<td>Class hour: 2 Hrs.</td>
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<tr>
<td>Credit: 0</td>
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<td>Required</td>
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A. Course Object:
   a. Increase student’s basic movement ability—strength, power, endurance, and flexibility.
   b. Develop students learning attitudes and habits for exercise.
   c. Develop the lifelong habit for exercise.

B. Teaching Method and Evaluation
   a. Teaching Method:
      (1) explanation (2) demonstration (3) group practice (4) film watching (5) movement modification (6) discussion
   b. Evaluation
      (1) 1500m run 35% (2) 50m swimming 30% (3) learning attitudes 35%

C. Course content and progress:
1. 1st week: physical fitness (Stretching exercises, jogging)
2. 2nd week: physical fitness (Stretching exercises, strength training)
3. 3rd week: physical fitness (Stretching exercises, walking)
4. 4th week: swimming
5. 5th week: swimming
6. 6th week: swimming
7. 7th week: swimming
8. 8th week: swimming
9. 9th week: swimming
10. 10th week: midterm examination
11. 11th week: ball games (basketball)
12. 12th week: ball games (basketball)
13. 13th week: ball games (basketball)
14. 14th week: ball games (volleyball)
15. 15th week: ball games (volleyball)
16. 16th week: ball games (volleyball)
17. 17th week: film watching
18. 18th week: final examination
### Course Title: General Education Course (volleyball)

<table>
<thead>
<tr>
<th>Teacher</th>
<th>Class</th>
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<tbody>
<tr>
<td>Wei-Feng Cheng</td>
<td>Undergraduate sophomore(A)</td>
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**Class hour:** 2 Hrs.  
Credit: 0  
selective ■

### A. Course Object:
- a. Improve students' basic skills in volleyball
- b. Develop students learning attitudes and habits for exercise.
- c. Develop the lifelong habit for exercise.

### B. Teaching Method and Evaluation
- **a. Teaching Method:**
  - (1) explanation
  - (2) demonstration
  - (3) group practice
  - (4) film watching
  - (5) movement modification
  - (6) discussion
- **b. Evaluation**
  - (1) over-arm toss 25%
  - (2) lower-arm receive 25%
  - (3) over-arm serve 25%
  - (4) learning attitudes 25%

### C. Course content and syllabus:
- 1st week: Describe the course content and progress
- 2nd week: Introduce volleyball and basic movement
- 3rd week: Introduce volleyball and basic movement
- 4th week: over-arm toss practice
- 5th week: over-arm toss practice
- 6th week: lower-arm receive practice
- 7th week: lower-arm receive practice
- 8th week: over and lower arm combination practice
- 9th week: over and lower arm combination practice
- 10th week: rule and regulation explanation, pass and receive practice
- 11th week: rule and regulation explanation, pass and receive practice
- 12th week: serve analysis, and serve practice
- 13th week: serve analysis, and serve practice
<table>
<thead>
<tr>
<th>Week</th>
<th>Activity</th>
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<tbody>
<tr>
<td>14th week</td>
<td>group practice</td>
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<tr>
<td>15th week</td>
<td>group practice</td>
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<td>16th week</td>
<td>group practice</td>
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<tr>
<td>17th week</td>
<td>group practice</td>
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<td>18th week</td>
<td>general evaluation (test)</td>
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### D. Reference

S. 參考書目