

學年期	113學年度第1學期課程	學科代號 Subject Code	291031
科目名稱 Course Title	大學體育(1) Physical Education (I)	課程簡碼 Course No.	EIB-103-01-A1
開課系級 Dept	國際企業英語學士學位學程一年甲班 A-EIB-1A	學分數 Credit(s)	2
選別 Required or Elective	2-校必	時數 Hour(s)	2
授課教師 Instructor	黃嘉德	開課別 Duration	半年 第一學期
授課教師學術專長 the Instructor's Areas of Specialization	運動休閒管理、場館經營、賽務管理、活動企劃與執行		
缺曠課規定 Attendance Policy	缺曠課時數（含事／病假）達授課總時數三分之一（12 小時）以上者，學期成績以零分計。 Student will receive a semester grade of zero for a course if absences from class exceed one third (12hrs) of total class hours.		
中文課程概要 Chinese Course Description	一、認識籃球運動之起源、歷史發展現況及籃球運動傷害之防治 二、瞭解籃球規則及裁判手勢 三、培養學生各項籃球基本動作之能力 四、培養對籃球運動之興趣及欣賞能力		
英文課程概要 English Course Description	Course description: An anti-exercise of self challenge. It is a team activity of shooting the ball into a basket that hanged at 3.05 meters height, the team with more scores wins the game. Since it is a dual-line competition between space and ground, it shows the antagonism, contesting, collectivism, and is also full of health, entertainment, interests and value of watching. Basketball has become one of the most popular sports in the world.		
基本核心能力 / 系核心能力 Core Competency	『註:該課程之核心能力以紅色表示.』		

教學目標 Course Objectives	Knowledge of fundamental skills, rules, and techniques of basketball. • Proficiency in execution of the basketball skills covered. • An understanding of the history, rules, strategies, current research, safety and etiquette associated with basketball, as well as some of the greatest, most influential players to play the game. • An understanding of the mental and physical health benefits to be derived from basketball. • An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.
授課方式 Approach to Instruction	模擬實作
課程授課語言 Course language	英語
是否自編教材 Whether self-edited textbooks	是
成績評定 Grading	平時評量 40% : Participation 期中評量 30% : TBA 期末評量 30% : TBA
參考書目 Textbooks and References	NONE
聯絡方式 Contact Info	
備註 Remark	e-mail:andrew@forebest.com Line ID: andrew0926

週次 Week	進度內容 Syllabus
第1週	Syllabus & Class Intro
第2週	Introduction to Basketball: History & Rules
第3週	Stationary Ball Handling, Intro to Dribbling
第4週	Stationary Ball Handling, cont. Dribbling on the move
第5週	Introduce Passing: Chest/Bounce/Overhead
第6週	Passing Drills, cont.
第7週	Review Passing
第8週	Introduce Shooting Form/Layups - B.E.E.F.
第9週	MIDTERM
第10週	Shooting Form; Tweaking and Perfecting, Improving distances
第11週	Introduction to Rebounding - Positioning, Boxing Out
第12週	Rebounding - Offense/Defense
第13週	Rebounding Review
第14週	Introduction to Defense - Positioning, Principles
第15週	Introduction to Offense - Backdoor cuts, Give n' Go, Pick n' Roll
第16週	Defensive Strategies - Man, Zone, Denial
第17週	Offensive Moves - Off the Dribble; Offensive Strategies Review, Teams
第18週	FINAL

課程與專門議題之關聯性Relationship between Courses and Specific Issues

課程學習融入下列議題的程度The degree to which specific issues are integrated into courses

議題 Issue	關聯性 Relevance	議題 Issue	關聯性 Relevance
性別平等教育 Gender Equality	無關聯性(No Relevance)	環境與能源教育 Environment, Energy and Resources	無關聯性(No Relevance)
品德教育 Character Education	無關聯性(No Relevance)	職業安全衛生教育 Occupational Security and Hygiene	無關聯性(No Relevance)
生命教育 Life Education	無關聯性(No Relevance)	保護智慧財產權 Copyright Protection	無關聯性(No Relevance)
法治教育 Law-Related Education	無關聯性(No Relevance)	個人資料保護 Personal Information Protection	無關聯性(No Relevance)
公民教育 Civic Education	無關聯性(No Relevance)	資訊安全 Information Technology Security	無關聯性(No Relevance)
人權教育 Human Rights	無關聯性(No Relevance)	生涯規劃 Career Planning	無關聯性(No Relevance)
服務學習 Service Learning	無關聯性(No Relevance)	多元文化學習 Multi-Cultural Learning	無關聯性(No Relevance)
生活防災教育 Disaster Prevention Education	無關聯性(No Relevance)	食品安全教育 Food Safety Education	無關聯性(No Relevance)
長期照護 Long-Term Care	無關聯性(No Relevance)	媒體素養 Media Literacy	無關聯性(No Relevance)
家庭與婚姻 Family and Marriage	無關聯性(No Relevance)	勞動權益教育 Labor Rights	無關聯性(No Relevance)

聯合國永續發展目標(SDGs)

3 良好健康
與社會福利



4 優質教育



5 性別平等



10 減少國內及
國家間不平等



11 永續城鎮
與社區

