



## 教學計劃表 Syllabus

|   |   |                             |                                 |                                    |  |
|---|---|-----------------------------|---------------------------------|------------------------------------|--|
| 課程名稱(中文)<br>Course Name in Chinese  | 體育(三)_獨木舟   |                             | 學年/學期<br>Academic Year/Semester | 112/3                              |  |
| 課程名稱(英文)<br>Course Name in English  | Physical Education (III): Basic Sea Kayaking            |                             |                                 |                                    |  |
| 科目代碼<br>Course Code   | YY_12200  | 系級<br>Department & Year     | 校核心                             | 開課單位<br>Course-offering Department | 通識教育中心   |
| 修別<br>Type  | 必修 Required   | 學分數/時間<br>Credit(s)/Hour(s) | 1.0/2.0                         |                                    |  |
| 授課教師<br>Instructor  | /陳孝夫  |                             |                                 |                                    |  |
| 先修課程<br>Prerequisite  |   |                             |                                 |                                    |  |
| 課程描述 Course Description   |   |                             |                                 |                                    |  |
| <p>本課程主要目標是推廣獨木舟運動，提供學生體驗獨木舟運動的機會，學習獨木舟的基本一動作技術，鼓勵學生參與獨木舟活動而接觸海洋進而培養多元的海洋知識，提昇個人對自然資源的愛護，養成尊重海洋的觀念，增進台灣水域休閒運動的參與。</p>   |   |                             |                                 |                                    |  |
| 課程目標 Course Objectives  |   |                             |                                 |                                    |  |
| <p>This course is designed to introduce students to the basics of sea kayak. Students will learn the basics of boat design, basic paddling skills and safety considerations for paddling on salt water environments. Maintaining a reasonable level of physical fitness and enthusiasm for the outdoors is essential. The course will end with a weekend paddling trip. Due to the length of time to prepare and transport kayaks, the class will meet every two weeks for 4 hours and toward the end of the semester, only once a month due to having to go to Liyu lake and the ocean</p> |   |                             |                                 |                                    |  |
| (校)核心能力<br>Learning Outcomes  |   |                             |                                 |                                    | 課程目標與校核心能力相關性<br>Correlation between Course Objectives and Basic Learning Outcomes |
| A   | 自主學習與創新思考Autonomous Learning and Creative Thinking      |                             |                                 |                                    | ●  |
| B   | 康健身心Physical Fitness and Mental Balance                 |                             |                                 |                                    | ●  |
| C   | 互動、溝通與解決問題Interactive Communication and Problem Solving |                             |                                 |                                    | ○  |
| D   | 情藝美感Artistic Feeling and Aesthetic Perception           |                             |                                 |                                    | ○  |
| E   | 文化素養與尊重差異Cultural Literacy and Respect for Differences  |                             |                                 |                                    | ○  |
| F   | 在地關懷與公民責任Local Commitment and Civic Responsibility      |                             |                                 |                                    |  |
| 圖示說明Illustration：● 高度相關 Highly correlated ○ 中度相關 Moderately correlated  |   |                             |                                 |                                    |  |
| 授課進度表 Teaching Schedule & Content   |   |                             |                                 |                                    |  |
| 週次Week  | 內容 Subject/Topics                                       |                             |                                 |                                    | 備註Remarks  |
| 1   | 上課泳池集合，課程進度介紹、團體分組、獨木舟體驗                                |                             |                                 |                                    |  |
| 2   | 獨木舟各項設備介紹、上下船、離岸、靠岸、前划、倒划                               |                             |                                 |                                    |  |
| 3   | 側移技巧、握槳訓練、ESCAPE  |                             |                                 |                                    |  |
| 4   | 轉彎訓練及急剎<br>大C轉彎、側划靠岸、J字划法(壓船划法)                         |                             |                                 |                                    |  |

|    |  |    |
|----|--|----|
| 5  | 水上安全教育，海洋衝浪舟及SUP練習   |    |
| 6  | 水上安全教育，海洋衝浪舟及SUP練習   |    |
| 7  | 海洋衝浪舟及SUP練習  |    |
| 8  | 海洋衝浪舟及SUP練習  |    |
| 9  | 獨木舟暨SUP東湖練習  |    |
| 10 | 東湖獨木舟團體遊戲  |    |
| 11 | 東湖獨木舟團體遊戲  |    |
| 12 | 水上救援練習、落水爬上練習（泳池）  |    |
| 13 | 平台舟練習及救援（泳池）   |    |
| 14 | 校外出海準備及練習<br>戶外活動的風險評估判斷與管理。<br>基礎戶外急救課程。<br>LNT (Leave No Trace) 不留痕跡的理念與原則 |    |
| 15 | 校外教學（蘇帆海洋基金會）<br>太平洋划獨木舟出海，驗收成果  |    |
| 16 | 校外教學（蘇帆海洋基金會）<br>太平洋划獨木舟出海，驗收成果  |    |
| 17 | 校外教學（蘇帆海洋基金會）<br>太平洋划獨木舟出海，驗收成果  |    |
| 18 | 期末考  | 補考 |

### 教學策略 Teaching Strategies

- 課堂講授 Lecture
  分組討論 Group Discussion
  參觀實習 Field Trip  
 其他 Miscellaneous: 實際操作指導

### 教學創新自評 Teaching Self-Evaluation

#### 創新教學 (Innovative Teaching)

- 問題導向學習 (PBL)
  團體合作學習 (TBL)
  解決導向學習 (SBL)  
 翻轉教室 Flipped Classroom
  磨課師 Moocs

#### 社會責任 (Social Responsibility)

- 在地實踐 Community Practice
  產學合作 Industry-Academia Cooperation

#### 跨域合作 (Transdisciplinary Projects)

- 跨界教學 Transdisciplinary Teaching
  跨院系教學 Inter-collegiate Teaching

- 業師合授 Courses Co-taught with Industry Practitioners

其它 other:

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學期成績計算及多元評量方式 Grading & Assessments

| 配分項目<br>Items                       | 配分比例<br>Percentage | 多元評量方式 Assessments |          |          |          |          |          |          |                |
|-------------------------------------|--------------------|--------------------|----------|----------|----------|----------|----------|----------|----------------|
|                                     |                    | 測驗<br>會考           | 實作<br>觀察 | 口頭<br>發表 | 專題<br>研究 | 創作<br>展演 | 卷宗<br>評量 | 證照<br>檢定 | 其他             |
| 平時成績 General<br>Performance         | 30%                |                    | ✓        |          |          |          |          |          | 出缺席、船隻搬運<br>整理 |
| 期中考成績 Midterm Exam                  | 35%                | ✓                  |          |          |          |          |          |          | 基本動作驗<br>收     |
| 期末考成績 Final Exam                    | 35%                | ✓                  |          |          |          |          |          |          |                |
| 作業成績 Homework and/or<br>Assignments |                    |                    |          |          |          |          |          |          |                |
| 其他 Miscellaneous<br>(_____)         |                    |                    |          |          |          |          |          |          |                |

評量方式補充說明

Grading & Assessments Supplemental instructions

請假扣總分5分  
遲到扣總分3分  
曠課扣總分10分  
公假不計入  
缺席達三次不及格，未能確時到課者請勿選課

教科書與參考書目 (書名、作者、書局、代理商、說明)

Textbook & Other References (Title, Author, Publisher, Agents, Remarks, etc.)

課程教材網址(含線上教學資訊, 教師個人網址請列位於本校內之網址)

Teaching Aids & Teacher's Website(Including online teaching information.  
Personal website can be listed here.)

其他補充說明 (Supplemental instructions)

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遲到扣總分3分  
曠課扣總分10分  
公假不計入