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## ②图玄束華大學

# 教學計劃表 Syllabus

課程名稱(中文) Course Name in Chinese	體育(三)_攀岩/	AB		學年/學期 Academic Year/Semester		114/1	
課程名稱(英文) Course Name in English	Physical Education (III): Rock Climbing						
科目代碼 Course Code	YY1360AB	系級 Department 校核心 & Year		開課單位 Course-Offering Department		體育中心	
修別 Type	必修 Required	學分數/時 Credit(s)/Hou		1.0/2.0			
授課教師 Instructor	/朱文正						
先修課程 Prerequisite							

### 課程描述 Course Description

以技術及實際操作為主,培養同學認識攀岩、垂降建立安全確保觀念,讓同學能成為野外活動指導員為最主要目的。. Purpose (Course Description):

The course is conducted in the purpose of Rock Climbing skill learning and guidance. It is founded on sustaining and upgrading students' physical fitness. By instructing, students are expected to learn the fundamental techniques of Rock Climbing gradually, and then to develop adequate technical positions, skills, rules, manners, regulations, and positive sport spirits. Students may consequently obtain the ability of teaming, communicating, trusting, increasing confidence and solving problems by sport learning.

### 2. Objectives:

The specific purposes are as following:

- 1) To sustain good physical fitness condition;
- 2) To practice and be familiar with the basic techniques of Rock Climbing;
- 3) To enforce the knowledge of Rock Climbing regulations;
- 4) To develop positive leisure activity;
- 5) To increase the ability of sport appreciation and to enjoy the sports.
- 6) To develop the ability of teaming, interpersonal communicati

#### 課程目標 Course Objectives

本課程主要目的是在教導學生對攀岩運動的基本知識與技巧,進而從事安全的攀岩活動與架繩。

	(校)核心能力 Learning Outcomes	課程目標與校核心能 力相關性 Correlation between Course Objectives and Basic Learning Outcomes
A	自主學習與創新思考Autonomous Learning and Creative Thinking	•
A	自主學習與創新思考Autonomous Learning and Creative Thinking	•
В	康健身心Physical Fitness and Mental Balance	•
В	康健身心Physical Fitness and Mental Balance	•
С	互動、溝通與解決問題Interactive Communication and Problem Solving	$\circ$
С	互動、溝通與解決問題Interactive Communication and Problem Solving	$\circ$
D	情藝美感Artistic Feeling and Aesthetic Perception	
D	情藝美感Artistic Feeling and Aesthetic Perception	0

Е	文化素	養與尊重差異Cultural Literacy and Respect for Differences	0				
Е	文化素	0					
F	F 在地關懷與公民責任Local Commitment and Civic Responsibility						
F	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V	Week	備註Remarks					
1		請到攀岩場集合(田徑場司令台攀岩場) 攀岩簡史、裝備、規則及現況介紹 欲加簽者請上課時間到田徑場的攀岩場抽籤-人工加簽只限本週次。 授課老師:朱文正 有疑問可加後傳MSM: https://www.facebook.com/chu0919288000/?referrer=whatsapp	欲加簽者請到田徑場的攀 岩場抽籤-只限本週次。				
2	)	攀岩基本技巧:基本繩結練習、繩結運用與練習					
3	}	攀岩基本技巧:攀岩安全確保練習、三點不動一點動練					
4		攀岩基本技巧:進階繩結練習、安全確保模擬					
5	)	攀岩中級技巧:攀岩上攀動作練習、攀岩下攀動作練習					
6	1	攀岩中級技巧:攀岩上方確保練習、3種收繩練習					
7	,	攀岩中級技巧:先鋒攀登掛快扣攀岩練習					

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攀岩中級技巧:先鋒攀登確保練習

攀岩進階技巧:攀岩垂降練習

攀岩比賽介紹: 抱石比賽

先鋒攀登難度賽 攀岩速度賽 國際攀岩比賽 攀岩測驗複習

國際攀岩證照技術說明

攀岩進階技巧:攀岩進階垂降練習

期末攀岩測驗(一):攀岩安檢卡測驗

期末攀岩測驗(二):攀岩安檢卡測驗

期末攀岩測驗(三):攀岩安檢卡測驗

期末考試週 Final Exam:攀岩安檢卡測驗補考

期中考試週 Midterm Exam: 攀岩上方確保測驗、收繩測驗

攀岩進階技巧:三人小組練習(上方確保、先鋒攀登、先鋒確保) 攀岩測驗:三人小組複習及演練(上方確保、先鋒攀登、先鋒確保)

教學策略 Teaching Strategies
✓ 課堂講授 Lecture ✓ 分組討論Group Discussion ✓ 参觀實習 Field Trip
✓ 其他Miscellaneous: 技術練習及演練
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
社會責任(Social Responsibility)
□ 在地實踐Community Practice □ 產學合作 Industy-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:

學期成績計算及多元評量方式 Grading & Assessments									
配分項目 配分比例 多元評量方式 Assess						ssessme	nts		
Items	Percentage	測驗 會考	實作 觀察	口頭 發表	專題 研究	創作 展演	卷宗 評量	證照 檢定	其他
平時成績 General Performance	40%	<b>&gt;</b>	~	~		~	~	~	平時上課出缺勤
期中考成績 Midterm Exam	15%	<b>&gt;</b>	~	~		~			
期末考成績 Final Exam	15%	<b>~</b>	<b>~</b>	~					
作業成績 Homework and/or Assignments	10%	<b>~</b>	<b>~</b>	~	<b>~</b>	~	<b>~</b>		含校外演練評量
其他 Miscellaneous (安檢卡測驗)	20%							~	各項加分、上課表現

評量方式補充說明

Grading & Assessments Supplemental instructions

### 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.)

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

- 1. 攀岩 作者: 黃柏勳/著 輕舟出版社 初版日期: 2003 年 08 月 05 日。
- 2. 溯溪的傳奇世界 作者:林宗盛/著 出版社:人人出版 初版日期:2002 年 11 月 01 日。
- 3. 攀岩的勇者一征服內心的恐懼Fall of the Phantom Lord: climbing and the face of fear

作者:安德魯·陶杭特/著 譯者:沈貝琪 出版社:智庫 初版日期:2002 年 09 月 25 日。

4. 實用結繩手冊 作者: 哥頓・帕爾里/著 出版社: 萬里機構 初版日期: 2004 年 05 月 01 日

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)