# ②图 i 東華大學 教學計劃表 Syllabus

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課程名稱(中文) Course Name in Chinese	( )_ /	<b>A</b>		學年/學期 Academic Year/Semester			
課程名稱(英文) Course Name in English	Physical Education (III): Rock Climbing						
科目代碼 Course Code	YY1360AA	系級 Department & Year		開課單位 Course-Offering Department			
修別 Type	Requi red	學分數/時間 Credit(s)/Hour		1.0/2.0			
授課教師 Instructor	/						
先修課程 Prerequisite							
課程描述 Course Description							
1.							
2. 3. 4.							
Course Outline							
COULSE WITHE							
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7. 8.							
9. LNT 10.	(Leave No Trad	ce)					
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Course Objectives This course aims to teach students the basic knowledge and skills of rock climbing, fostering a sound safety perspective through the core competencies of "independent action," "communication and interestion," and "social participation," The course also fosters students, ability to safely slight							

interaction," and "social participation." The course also fosters students' ability to safely climb rock, based on the six core learning areas of the curriculum "Core 1: Independent Learning and Innovative Thinking, ""Core 2: Well-being and Mental Health, "and "Core 3: Interaction, Communication, and Problem Solving. "The course design also incorporates the core curriculum objectives of Huilan College:

- 1. Core 1: Independent Learning and Innovative Thinking: Students are taught the basic knowledge and skills of rock climbing, fostering a sound safety perspective and enabling them to engage in safe rock climbing and rappelling activities.
- 2. Core 3: Interaction, Communication, and Problem Solving: Students are encouraged to utilize the rock climbing curriculum to develop independent learning and innovative thinking, enhancing their problem solving skills.
- 3. Core 2: Well-being and Mental Health: Students are encouraged to enhance their physical and mental health and resilience through rock climbing.
- 4. Core 3: Interaction, Communication, and Problem Solving: Students are encouraged to develop interaction, communication, and coordination skills through group collaboration and learn to solve problems together. Course Outline

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### Course Outline

This course outline is organized around nine aspects of the three core competencies, including: Physical and Mental Fitness and Self-Improvement, Systems Thinking and Problem Solving, Planning, Execution, Innovation and Adaptability, Symbol Use and Communication, Technology, Information, and Media Literacy, Artistic Cultivation and Aesthetic Literacy, Moral Practice and Citizenship, Interpersonal Relationships and Teamwork, and Multiculturalism and International Understanding. This semester's rock climbing course outline is as follows:

- 1. Physical and Mental Fitness and Self-Improvement: An introduction to rock climbing, the physical and mental experience of climbing, and methods for self-improvement through climbing.
- 2. Artistic Cultivation and Aesthetic Cultivation: Practice climbing knots and integrating climbing with Chinese knot art.
- 3. Systems Thinking and Problem Solving: Familiarize students with climbing techniques and learn how to resolve difficult routes on the climbing wall.
- 4. Interpersonal Relationships and Teamwork: Learn how to "secure" and build trust with partners.
- 5. Symbol Use and Communication: Acquire and expand professional communication terminology used in rock climbing.
- 6. Planning, Execution, and Innovation: Learn and develop fundamental climbing techniques, develop innovative individual and group climbing techniques, and develop maneuvering techniques on the wall.
- 7. Physical and Mental Fitness and Self-Improvement: Learn safe rappelling techniques and basic outdoor first aid courses.
- 8. Technology and Media Literacy: Utilize social media to learn the latest information and understand emerging technologies in climbing belay equipment, while also learning to assess, judge, and manage risks in outdoor activities.
- 9. Ethical Practices and Civic Awareness: Develop the principles and practices of the LNT (Leave No Trace) environmental protection campaign.
- 10. Multiculturalism and International Understanding: Utilize international climbing testing systems to understand international climbing culture and international standards.

Course Objectives

課程目標

1. 2. 3.		
	(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
А	Autonomous Learning and Creative Thinking	
А	Autonomous Learning and Creative Thinking	
В	Physical Fitness and Mental Balance	

В	Physical Fitness and Mental Balance	
С	Interactive Communication and Problem Solving	
С	Interactive Communication and Problem Solving	
D	Artistic Feeling and Aesthetic Perception	
D	Artistic Feeling and Aesthetic Perception	
E	Cultural Literacy and Respect for Differences	
E	Cultural Literacy and Respect for Differences	
F	Local Commitment and Civic Responsibility	
F	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
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1		
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2	:	
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9	Midterm Exam	
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15	( )							
16	( )							
17	( )							
18	Fi nal Exam							
	教 學	策略 Teaching Strategies						
<b>✓</b>	Lecture	Group Discussion 🗸 Field Trip						
<b>✓</b>	Miscel I aneous:							
	教 學 創 新 自 評 Teaching Self-Evaluation							
	(I nnovati ve Teachi ng)							
	(PBL)	(TBL) (SBL)						
	Flipped Classroom	Mocs						
	(Social Responsibility)							
	Community Practice	Industy-Academia Cooperation						
	(Transdi sci pl i nary Proj ects)	Transdisciplinary Projects)						
	Transdi sci pl i nary Teachi ng	Transdi sci pl i nary Teachi ng Inter-col l egi ate Teachi ng						
	Courses Co-taught with Indust	Courses Co-taught with Industry Practitioners						
	other:							

	學期成績計算	草及多元	評量方式	弋 Gradi	ng & As	sessmen	ts		
	配分比例	多元評量方式 Assessments							
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
( ) General Performance (Attendance Record)	40%	>	~	<b>~</b>		<b>~</b>	<b>~</b>	<b>~</b>	
Midterm Exam	15%	>	~	~		~			
Fi nal Exam	15%	>	~	~					
Homework and/or Assignments	10%	<b>&gt;</b>	~	~	~	~	<b>✓</b>		
Miscel I aneous ( )	20%							~	
	Grading & A		量方式》 ents Sup			ruction	S		
	教科書與參考								
Textbook & Ot	ther Reference	s (Titl	e, Auth	or, Pub	lisher,	Agents,	Remarl	ks, etc.)	
Textbook & Other Reference	es (Title, Aut	hor, Pu	ıbl i sher	, Agent	s, Rema	rks, et	c. )		
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/ 4.	/				2002 20				
	教材網址(含線	1 址 與 3	冬山 好的	5.佣人纲					

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)