



教學計劃表 Syllabus

課程名稱(中文) Course Name in Chinese	體育(三)_攀岩AA			學年/學期 Academic Year/Semester	115/1
課程名稱(英文) Course Name in English	Physical Education (III): Rock Climbing				
科目代碼 Course Code	YY__1360AA	系級 Department & Year	校核心	開課單位 Course-Offering Department	體育中心
修別 Type	必修 Required	學分數/時間 Credit(s)/Hour(s)		1.0/2.0	
授課教師 Instructor	/朱文正				
先修課程 Prerequisite					

課程描述 Course Description

課程目標

本課程旨在以核心素養的「自主行動」、「溝通互動」、「社會參與」三個面向，教導學生攀岩運動的基本知識與技巧，培養正確的安全觀念，並依據課綱六大核心學習中的「核心一：自主學習與創新思考」、「核心二：康健身心」，以及「核心三：互動、溝通與解決問題」的學習重點，培養學生具備安全攀岩的能力，同時課程設計亦融入洄瀾學院校核心課程目標：

1. 核心一自主學習與創新思考：教導學生攀岩運動的基本知識與技巧，培養正確的安全觀念，能從事安全的攀岩與架繩活動。
2. 核心三互動、溝通與解決問題：促進學生利用攀岩課程，自主學習與創新思考，提升解決問題的能力。
3. 核心二康健身心：透過攀岩運動增進身心健康與心理韌性。
4. 核心三互動、溝通與解決問題：在分組合作中培養互動、溝通與協調能力，學習共同解決問題。

課程大綱

Course Outline

以核心素養三面九項中的九個面向安排本項課程大綱，包含：身心素質與自我精進、系統思考與解決問題、規劃執行與創新應變、符號運用與溝通表達、科技資訊與媒體素養、藝術涵養與美感素養、道德實踐與公民意識、人際關係與團隊合作，以及多元文化與國際理解，本學期攀岩課程大綱如下：

1. 身心素質與自我精進：介紹攀岩運動、攀岩身心體驗及攀岩自我精進方式。
2. 藝術涵養與美感素養：攀岩繩結的練習及攀岩與中國結藝術結合。
3. 系統思考與解決問題：熟悉攀岩動作及攀岩牆上解決線路困境的學習。
4. 人際關係與團隊合作：學習如何『確保』及伙伴信任。
5. 符號運用與溝通表達：得且增加在攀岩運動中所運用的專業溝通術語。
6. 規劃執行與創新應變：學習且養成在攀岩運動中所運用基本技術，創新個人及團體攀岩技術突破及攀岩牆上的移動技術。
7. 身心素質與自我精進：學習安全的垂降技法、基礎戶外急救課程。
8. 科技資訊與媒體素養：利用社群媒體資訊，學習最新訊息及認識新興科技化的攀岩確保器材，也藉此學習戶外活動的風險評估判斷與管理。
9. 道德實踐與公民意識：LNT (Leave No Trace) 環保不留痕跡的理念與原則。
10. 多元文化與國際理解：運用國際攀岩檢測制度，了解國際攀岩文化與攀岩屆國際規範。

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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 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.

課程目標 Course Objectives

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2. 核心三互動、溝通與解決問題：促進學生利用攀岩課程，自主學習與創新思考，提升解決問題的能力。
3. 核心二康健身心：透過攀岩運動增進身心健康與心理韌性。

(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	●
B	康健身心Physical Fitness and Mental Balance	●

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	○
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	○
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	○
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	○
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	請到攀岩場集合(田徑場司令台攀岩場) 核心一：自主學習與創新思考 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	核心一：自主學習與創新思考 攀岩基本技巧：基本繩結練習、繩結運用與練習	
3	核心二：康健身心 攀岩基本技巧：攀岩安全確保練習、三點不動一點動練	
4	核心三：互動、溝通與解決問題 攀岩基本技巧：進階繩結練習、安全確保模擬	
5	核心三：互動、溝通與解決問題 攀岩中級技巧：攀岩上攀動作練習、攀岩下攀動作練習	
6	核心一：自主學習與創新思考 攀岩中級技巧：攀岩上方確保練習、3種收繩練習	
7	核心二：康健身心 攀岩中級技巧：先鋒攀登掛快扣攀岩練習	
8	核心二：康健身心 攀岩中級技巧：先鋒攀登確保練習	
9	核心二：康健身心 期中考試週 Midterm Exam：攀岩上方確保測驗、收繩測驗	
10	核心三：互動、溝通與解決問題 攀岩進階技巧：三人小組練習（上方確保、先鋒攀登、先鋒確保）	
11	核心三：互動、溝通與解決問題 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） 攀岩進階技巧：攀岩垂降練習	
12	核心三：互動、溝通與解決問題 攀岩進階技巧：攀岩進階垂降練習 國際攀岩課程介紹、攀岩證照介紹	
13	核心三：互動、溝通與解決問題 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	

14	核心三：互動、溝通與解決問題 攀岩測驗複習 國際攀岩證照技術說明	
15	核心一：自主學習與創新思考 期末攀岩測驗(一)：攀岩安檢卡測驗 攀岩與國際救援攀登技巧介紹1	
16	核心一：自主學習與創新思考 期末攀岩測驗(二)：攀岩安檢卡測驗 岩與國際救援攀登技巧介紹2	
17	期末考試週 Final Exam	

彈性 教學 規劃 Flexible Teaching Plan	請勾選(至少需勾選1 個項目)： Please tick the box(es). (At least one item is required.): ☒ 問題討論 Problem-based Discussion ☐ 翻轉教學 Flipped Classroom ☐ 展演實作 Performance / Practical Presentation ☐ 校外參訪 Off-campus Visit ☐ 講座活動 Lecture / Seminar ☒ 線上作業 Online Assignments ☒ 自主學習 Self-directed Learning ☐ 課業輔導 Academic Support ☐ 實驗操作 Experiment Operation ☐ 遠距教學(同步) Distance Learning (Synchronous) ☐ 遠距教學(非同步) Distance Learning (Asynchronous) ☐ 其他(請填寫) Others (Please specify.): 備註：本校學期週數自115 學年度起調整為17 週，為符合1學分18 小時之原則，請教師規劃安排彈性教學。 Note: From the 115th academic year, the semester will be 17 weeks. Please include flexible teaching activities to meet the required 18 hours per credit.
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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: 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 ☐ 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:

學期成績計算及多元評量方式 Grading & Assessments									
配分項目 Items	配分比例 Percentage	多元評量方式 Assessments							
		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(含出缺席) General Performance (Attendance Record)	40%	✓	✓	✓		✓	✓	✓	平時上課出缺勤
期中考成績 Midterm Exam	15%	✓	✓	✓		✓			
期末考成績 Final Exam	15%	✓	✓	✓					
作業成績 Homework and/or Assignments	10%	✓	✓	✓	✓	✓	✓		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－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)									