

Nanhua University 2022 Academic Year Undergraduate Students Bachelor Program of Sports and Health Promotion

Time Schedule of Class

At the time of graduation, students should complete at least 128 credits, including:

1. General Education 31 credits.
2. College Interdisciplinary Program 12 credits, College Foundation Courses 12 credits, College Elective Courses 6 credits.
3. Department Core Courses 23 credits, Department Elective Courses 44 credits.

		Freshman		First Semester		Second Semester		Sophomore		First Semester		Second Semester		Junior		First Semester		Second Semester		Senior		First Semester		Second Semester	
		Credits	Hours	Credits	Hours	Credits	Hours	Credits	Hours	Credits	Hours	Credits	Hours	Credits	Hours	Credits	Hours	Credits	Hours	Credits	Hours	Credits	Hours	Credits	Hours
Interdisciplinary Program 12 Credits		1. The interdisciplinary program is an elective program, at least 12 credits should be taken before you graduate; If you have completed a whole program, the program will be added to your diploma. 2. For more information about the interdisciplinary program, please check the announcements on the websites of each college and the Academic Affairs Office.																							
	College Foundation Courses 12 Credits	Compulsory	Economics(I)	3	3			Statistics(I)	3	3			Accounting(I)	3	3										
College Elective Courses 6 Credits	Elective																								
Department Core Courses 23 Credits	Compulsory	Introduction to sports industry	2	2			Sports Biomechanics	2	2			Method of Sports Guidance	2	2			Sports industry workplace experience	2	2						
		Introduction to sport and exercise science	2	2			Sports Injury Protection	2	2			The Ethics of Sports Competition			2	2	Sports production			2	2				
		My Learning Road Map	1	1			Sports Nutrition			2	2														
		Exercise Physiology			2	2																			
		Sports health promotion			2	2																			
Sports Coach Credit Course 20 Credits	Elective	Practical Training in Specific Sport(I)	4	4			Practical Training in Specific Sport (III)	4	4			Specific Sport Training(V)	4	4			Sports Massage	2	2						
		Practical Training in Specific Sport (II)			4	4	Sports management	2	2			Sports psychology	2	2			Competitive Sports Team Management Strategy			2	2				
						Strength and Conditioning Training	2	2			Sports injury assessment	2	2												
						Human anatomy (including human physiology)	2	2			Analysis of Sport Techniques	2	2												
						Practical Training in Specific Sport (IV)			4	4			Theory and Practice of Weight Training			2	2								
						Theory and Practice of Athletic Taping			2	2			Specific Sport Training(VI)			4	4								
Sports Injury Protection Credit Course 14 Credits	Elective					Human anatomy (including human physiology)	2	2			Sports injury assessment	2	2			Sports massage	2	2							
						Strength and Conditioning Training	2	2			Sports injury protection equipment			2	2	Sports protection practice	2	2							
						Theory and Practice of Athletic Taping			2	2			Sports health			2	2								
						Exercise prescription			2	2															
		Sports Information and Computerized Processing	2	2			Sports Marketing	2	2			Sports event management	2	2			International Sports Organization	2	2						
		Planning and Practice in Sport	1	1			Health assessment and fitness testing	2	2			Club management	2	2			Practice of Exercise and Health Promotion			2	2				

free elective 0Credits	Elective	Events(I)																			
		Event Managemen(II)			1	1	Event Managemen(III)	1	1			Child health promotion	2	2							
						Professional Sports Industry			2	2	Senior health promotion			2	2						
						Event Managemen (IV)			1	1	Personal fitness coach guidance			3	3						
											Sports facilities management			2	2						
Note	<p>. Courses marked with an asterisk "*○○○": Full-time sports coaches admit at least 32 credits. Please refer to the "Measures for the Qualification of Full-time Sports Coaches in Schools at All Levels" of the Sports Department for details.</p> <p>2. Courses marked with an asterisk "○○○*": Courses required for the certification of sports protection personnel have passed the review and are marked as "○○○**". Please refer to the "Measures for the Qualification of Sports Protection Personnel" of the Sports Department for details.</p> <p>3. When graduating from this program, students should obtain a sports qualification certificate or a coach referee certificate, a certificate related to testing or a certificate related to first aid, a total of two certificates, please refer to the certificate table for each grade.</p> <p>4. Completing the 250-hour internship in the sports protection license from the two courses of "Sports Industry Workplace Experience" and "Sports Protection Internship", and must take the course "Sports Protection Internship" to facilitate certification.</p> <p>5. Participate in 20 "Fortune Lectures".</p>																				

Nanhua University General Education Curriculum Framework for Undergraduate Students
(For the 2022 Academic Year, in total 31 credits)

Time Schedule of Class

Classification of Courses	Category of Courses	Credits	Note	The Unit in Charge
Life Education- Development of Body and Soul	Coming of Age	0	Ceremony of Coming of Age, according to the rules of the Office of Student Affairs	服務學習組
	Service Education and Youth Volunteers	1	According to the rules of the Office of Student Affairs	
	Diverse Learning	1	According to the rules of the Office of Student Affairs	課外活動組
	Mindful Meditation	1	The first or the second semester of the first year	通識教育中心
	Physical Education	0	Two hours per week for the first year, and two hours per week for the first or the second semester of the second year	體育教學中心
Reading and Expression	Chinese Reading and Expression	4	The first or the second semester of the first year	通識教育中心
	Freshman English: Reading and expression	4	The first or the second semester of the first year	語文教學中心
	Freshman English: Listening and communication	2	The first and the second semesters of the first year	
General Education	Core Courses	2		通識教育中心
	Chinese Classics	2		
	Foreign Classics	2		
Core Attainment	Humanities and Arts	2		通識教育中心
	Nature and Sustainability	2		
	107-Programming and Digital Information	2	The first and the second semesters of the second year	
	Logic and thinking	2		
	Society and Responsibility	2		
	Multi-cultures and Languages	2		語文教學中心

Nanhua University General Education Curriculum Framework for the Foreign Undergraduate Students

(For the 2022 Academic Year, in total 31 credits)

Time Schedule of Class

Classification of Courses	Category of Courses	Credits	Note	The Unit in Charge
Life Education- Development of Body and Soul	Coming of Age	0	Ceremony of Coming of Age, according to the rules of the Office of Student Affairs	服務學習組
	Service Education and Youth Volunteers	1	According to the rules of the Office of Student Affairs	
	Diverse Learning	1	According to the rules of the Office of Student Affairs	課外活動組
	Mindful Meditation	1	The first or the second semester of the first year	通識教育中心
	Physical Education	0	Two hours per week for the first year, and two hours per week for the first or the second semester of the second year	體育教學中心
Reading and Expression	Chinese Reading and Expression	4	Foundational Chinese(1) · (2) Basic Chinese(1) · (2) Intermediate Chinese(1) · (2) Advanced Chinese) (1) · (2)	華語中心
	Freshman English: Reading and expression	4	The first and the second semesters of the first year	語文教學中心
	Freshman English: Listening and communication	2	The first and the second semesters of the first year	
General Education	Culture	4	Taiwanese Culture and Arts Chinese Manners Belief and Life	華語中心
	History	4	Taiwanese Religion and Custom Idioms Allusion and Applying History and Social Development in Taiwan	
Core Attainment	Citizenship Competence	10	In order to enhance the "Citizenship Competence" and "Liberal Arts" competence of foreign students, foreign students are free to choose at least 10 credits from cross-field courses, department elective courses, courses of other departments and micro courses. If there are still insufficient, the Chinese Language Center should provide relevant elective courses to make up. In addition, all departments, the Institute of International and Cross-Strait Affairs or academic affairs office should make good use of informal courses to strengthen the citizenship competence of foreign students, and ensure that both foreign and domestic students have reached the goals of the general education and possessed the core capabilities of the school.	Department