

Nanhua University 2019 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 Injury Protection Credit Course 12 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 health			2	2					
						Theory and Practice of Athletic Taping			2	2															
						Sports health and health management			2	2															
						Exercise prescription			2	2															
Sports Coach Credit Course 12 Credits	Elective	Practical Training in Specific Sport (I)	2	2			Practical Training in Specific Sport (III)	2	2			Specific Sport Training(V)	2	2		Sports massage	2	2							
		Practical Training in Specific Sport (II)			2	2	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)			2	2		Theory and Practice of Weight Training			2	2									
						Theory and Practice of Athletic Taping			2	2		Specific Sport Training(VI)			2	2									
		Sports Information and Computerized Processing			2	2	Health assessment and fitness testing	2	2			Child health promotion	2	2		Practice of Exercise and Health Promotion-Swimming. Seminar on	2	2							

Sports Health Promotion Credit Course 12Credits	Elective					Exercise prescription			2	2	Senior health promotion			2	2	Seminar on Health Promotion			2	2	
												Personal fitness coach guidance			3	3	Practice of Exercise and Health Promotion-Fitness.			2	2
												Theory and Practice of Weight Training			2	2					
Sports Management Credit Course 12Credits	Elective	Planning and Practice in Sport Events(I)	1	1			Sports Marketing	2	2		Sports event management	2	2			International Sports Organization	2	2			
		Event Managemen(II)	1	1			Event Managemen(III)	1	1		Club management			2	2	Sports industry management topics			2	2	
							Professional Sports Industry			2	2	Sports facilities management			2	2					
							Event Managemen (IV)			1	1										
							Sports Tourism Industry			2	2										
Note	<p>1. Two certificates must be obtained before graduation, One license is coach or referee, the other is an emergency or testing license.</p> <p>2. At least 120 hours of sports industry internship in the senior year.</p>																				

Nanhua University General Education Curriculum Framework for Undergraduate Students
(For the 2019 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	Service Education and Youth Volunteers	1		服務學習組
	Coming of Age	0		
	Self-directed Learning	1		課外活動組
	Mindful Meditation	1		通識教育中心
	Physical Education	0		體育教學中心
Reading and Expression	Chinese Reading and Expression	4		通識教育中心
	Freshman English: Listening and communication	2		語文教學中心
	Freshman English: Reading and expression	4		
General Education	Core Courses	2		通識教育中心
	Chinese Classics	2		
	Foreign Classics	2		
Core Attainment	Nature and Sustainability	2		通識教育中心
	Society and Responsibility	2		
	107-Programming and Digital Information	2		
	107-Logic and thinking	2		
	Humanities and Arts	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 2019 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		服務學習組
	Service Education and Youth Volunteers	1		
	Self-directed Learning	1		課外活動組
	Mindful Meditation	1		通識教育中心
	Physical Education	0		體育教學中心
Reading and Expression	Chinese Reading and Expression	4		華語中心
	Freshman English: Reading and expression	4		語文教學中心
	Freshman English: Listening and communication	2		
Taiwanese Civilization	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	語文教學中心

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. ◦