

Nanhua University 2021 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	Economics(I)		3	3			Statistics(I)		3	3			Accounting(I)		3	3											
	Compulsory	Management				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	18 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								
							Sports health and health management			2	2																	
							Exercise prescription			2	2																	
Sports Coach Credit Course	30 Credits	Elective	Practical Training in Specific Sport (I)	3	3			Practical Training in Specific Sport (III)	3	3			Specific Sport Training(V)	3	3			Sports Massage	2	2								
			Practical Training in Specific Sport (II)			3	3	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)			3	3	Theory and Practice of Weight Training			2	2												
							Theory and Practice of Athletic Taping			2	2	Specific Sport Training(VI)			3	3												
				Sports Information and Computerized Processing			2	2	Strength and Conditioning Training	2	2			Child health promotion	2	2			Exercise and Health Promotion Practice-Water Sports	2	2							

Sports Health Promotion Credit Course 18Credits	Elective					Health assessment and fitness testing	2	2			Senior health promotion			2	2	Seminar on Health Promotion			2	2
						Exercise prescription			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 18Credits	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	
						Sports management	2	2		Sports facilities management			2	2						
						Professional Sports Industry			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> <p>3. When minor changes are made to the name of a course, these changes must be approved by the Department-level Curriculum Committee.</p> <p>4. The semester in which a course is offered in the curriculum can be adjusted by a maximum of one academic year. If the change to the semester in which the course is offered exceeds one academic year, the course must be submitted to the Department-, College-, and University-level Curriculum Committee for approval.</p>																			

Nanhua University General Education Curriculum Framework for Undergraduate Students
(For the 2021 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-Logic and thinking	2		
	107-Programming and Digital Information	2	The first and the second semesters of the second year	
	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 2021 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	History	4	Taiwanese Religion and Custom Idioms Allusion and Applying History and Social Development in Taiwan	華語中心
	Culture	4	Taiwanese Culture and Arts Chinese Manners Belief and Life	
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