

## Undergraduate

# Graduation Credits (128)

Common Required Course (8)

Subject (6) / Physical Training (2)

Core Courses (50)

Elective Subject Course (30)

Elective Physical Training (12)

Exercise and Health

Exercise Science

Sport Injury Prevention

1.Common Required Course (8 credits)- Subject (6 credits) / Physical Training (2credits)

Course Names	Credits	Hours	First year		Second		Third		Fourth	
			1	2	1	2	1	2	1	2
Introduction of Health & Physical education	2	2	2							
Human Anatomy and Physiology ( I )	2	2	2							
Administration and Management of Physical Education(I)	2	2					2			
Track and Field ( I )	1	2	1							
Swimming ( I )	1	2			1					
Total	8	10	5	0	1	0	2	0	0	0

2. Core Courses (50 credits)

Course Names	Credits	Hours	First year		Second		Third		Fourth	
			1	2	1	2	1	2	1	2
General Chemistry	2	2	2							
General Psychology	2	2	2							
Introduction to Health Science	2	2	2							
Human Anatomy and Experiment( I )	2	2	2							
General Physics	2	2		2						
General Biology	2	2		2						
Human Anatomy and Physiology( II )	2	2		2						
Human Anatomy and Experiment( II )	2	2		2						
Nutrition	2	2			2					
First Aid and Experiment	2	2			2					
Biochemistry ( I )	2	2			2					
Health Evaluation	<b>2</b>	<b>2</b>			<b>2</b>					
Exercise and Health	2	2				2				
Biochemistry( II )	2	2				2				
Sport Biomechanics	2	2				2				
Health Management	<b>2</b>	<b>2</b>				<b>2</b>				
Sport Injury and Experiment	2	2					2			
Exercise Physiology and Experiment( I )	2	2					2			
Health Fitness and Experiment	2	2					2			
English for Professional Purposes	<b>2</b>	<b>2</b>					<b>2</b>			
Exercise Prescription	2	2						2		
Exercise Physiology and Experiment( II )	2	2						2		
Seminar(I)	2	2						2		
Internship	2	2							2	
Seminar( II )	2	2							2	
Total	50	50	8	8	8	8	8	6	4	0





4. Elective Physical Training (12 credits)

Course Names		Credits	Hours	First year		Second		Third		Fourth	
				1	2	1	2	1	2	1	2
Track and Field( II )		1	2		1						
Swimming( II )		1	2			1					
ball	Soccer	4	8	1		1	1			1	
	Basketball										
	Volleyball										
	Baseball / Softball										
	Tennis										
	Table tennis										
	Wood ball										
	Badminton										
	Croquet										
	Bowling										
	Golf										
	Petanque										
	Other										
Martial arts	Judo	1	2			1					
	Aikido										
	Teakwondo										
	Karate										
	Self-Defence										
	Boxing										
	Other										
others	Weight and Strength Training	5	10			1		1	1	1	1
	Aerobic Dance										
	Yoga										
	Aqua Aerobics										
	Pilates										
	Spinning										
	Gymnastics										
	Dance Sport										
	Archery										
	Frisbee										
	Inline skating										
	Chinese Martial Arts										
	Traditional Folk Sports										
	Free Weights Training										
Other											
Total		12	24	1	2	1	2	2	1	1	2

postgraduate

# Graduation Credits (28)

Common Required Course (6)

Core Courses (8)

Elective Subject Course (14)

Exercise Science

Exercise and Health

Sport Injury Prevention

Common Elective

1. Common Required Course (6 credits)

Course Names	Credits	Hours	First year		Second	
			1	2	1	2
Seminar in Physical Education and Sport Science ( I ) ( II )	2	4	1	1		
Advanced Applied Statistics	2	2	2			
Advanced Research Methodology	2	2	2			
Total	6	8	5	1	0	0

2. Core Courses (8 credits)

Course Names	Credits	Hours	First year		Second	
			1	2	1	2
Seminar in Exercise & Health Science( I )	2	2	2			
Seminar in Exercise & Health Science( II )	2	2		2		
Special Topics in Exercise & Health Science( I )	2	2	2			
Special Topics in Exercise & Health Science( II )	2	2		2		
Total	8	8	4	4	0	0

4. Elective Subject Course (14)

Course Names	Credits	Hours	First year		Second	
			1	2	1	2
Exercise Science	Special Topics in Sports Physiology	2	2			
	Special Topics in Sports Biochemistry	2	2			
	Exercise Physiology Instrumental Analysis and Application	2	2			
	Molecular Biology	2	2			
	Special Topics in Sports Pharmacology	2	2			
	Special Topics in Sports Biomechanics	2	2			
	Special Topics in Applied Biomechanics	2	2			
	Special Topics in Sports Material Mechanics	2	2			
Exercise and Health	Sports Biomechanics Instrumental Analysis and Application	2	2			
	Special Topics in Health Promotion	2	2			
	Special Topics in Health Behavior Science	2	2			
	Special Topics in Physical Activity and Aging	2	2			
	Special Topics in Health Psychology	2	2			
	Special Topics in Health Regimen	2	2			
	Special Topics in Physical Fitness and Exercise Prescriptio	2	2			
	Exercise and Immunology	2	2			
Special Topics in Exercise and Sport Nutrition	2	2				
			14			

Sport Injury Prevention	Special Topics in Sports Medicine	2	2		
	Special Topics in Physical Medicine and Rehabilitation	2	2		
	Special Topics in Sports Injury and First Aid	2	2		
	Advanced Study of Sport Injury Prevention	2	2		
	Selected Topics in Musculoskeletal Injury	2	2		
	Applied Anatomy	2	2		
	Special Topics in Motion Analysis	2	2		
Common Elective	Experimental Design	2	2		
	Multivariate Statistical Analysis	2	2		
	Sports and Exercise Information Management	2	2		
	Special Topics in Exercise Epidemiology	2	2		
	Special Topics in Business management of exercise and health care	2	2		
	Others	2	2		