

國立東華大學體育課程實施辦法

中華民國九十八年三月十二日教務會議修正通過
中華民國一〇四年六月三日 103-2 第 2 次教務會議修正通過
中華民國一〇七年六月六日 106-2 第 2 次教務會議修正通過
中華民國一〇九年十二月三十日 109-1 第 2 次教務會議修正通過
114.06.04 113 學年度第 2 學期第 2 次教務會議修正通過

【第一章 課程目標】

第一條 本校體育目標訂定為「培育學生養成規律運動的生活型態」，為達此教學目標，本校的體育課程強調：

- 一、體驗式的教學模式。
- 二、個人化運動計畫規劃能力的培育。
- 三、多元運動選擇的提供。
- 四、符合東部環境特色運動的導引。
- 五、運動知能的內化。
- 六、結合身體活動與健康促進。

【第二章 教學規範】

第二條 本校大學部學生在畢業前，須修習體育課程，並至少取得 3 學分。

- 一、體育（一）或體育（二）課程由體育中心统一安排本校特色課程。
- 二、體育（三）和體育（四）課程由授課教師規劃，學生依各自興趣選擇欲修習之課程。

第三條 本校興趣選項體育課程概分為下列六大學群，專案體育教師依其專長歸類至各學群；各學群之課程由學群內教師規劃後，提報體育中心會議討論議決。

- 一、球類運動學群
- 二、山域運動學群
- 三、水域運動學群
- 四、舞蹈運動學群
- 五、體適能運動學群
- 六、體驗運動學群

第四條 體育課程須依照教學進度表授課，以利課程之轉換，並避免運動場地使用之衝突。

第五條 體育課程可在修課學生同意及運動場地容許下，彈性調整上課時段或利用假日集中上課，惟每一課程之累積上課時數不得少於 36 小時。

【第三章 跨校特色課程】

第六條 為強化與東區夥伴學校間之資源共享性，突顯跨校交流性質，本校依「合作學校校際選課與交流合作協議書」，提供特色化體育課程供跨校選修。

第七條 開設之特色化體育課程須符合下列規範：

- 一、課程須開設於週六或週日，並以學生可以當天往返為原則。

二、每一課程之累積上課時數不得少於 36 小時。

【第四章 基本能力指標】

第八條 依據本校體育目標，將體育課程基本能力指標概分運動技能、運動認知與運動參與三大主軸：

一、運動技能基本能力指標

- (一) 評估與強化各項健康體適能。
- (二) 發展個人運動專長，確立運動嗜好。
- (三) 表現協調、流暢、熟練的運動專項動作。

二、運動認知基本能力指標

- (一) 瞭解運動對健康促進的效益，培育規律運動的生活形態。
- (二) 瞭解運動安全與風險管理。
- (三) 瞭解運動保健與傷害處理的知識與技能。
- (四) 瞭解運動競賽規則。

三、運動參與基本能力指標

- (一) 欣賞動作美感與觀賞運動競賽能力。
- (二) 瞭解國際賽會的演進與現況，主動觀賞業餘與職業運動競賽。

【第五章 體適能指標】

第九條 本校大學部學生在畢業前，需達到下列體適能指標任選一項之檢定要求(擇一通過)：

一、水域活動安全能力（50 公尺游泳）：須不落地完成，不限泳姿和完成時間。

二、綜合健康體能（男生 1600 公尺跑步、女生 800 公尺跑步）：男生須在 9 分鐘內完成，女生須在 5 分鐘內完成；綜合健康體能檢測方法與記錄表如附件一。

三、未能達到體適能指標要求之學生，可經由下列任一措施進行補救：

- (一) 身心狀況於畢業前仍不適合接受檢測或身體質量指數(BMI)>30 之學生，應提出教學型醫院證明或出示身障證明(手冊)或持重大傷病卡，免受上述檢定，視同通過體適能指標檢定。
- (二) 水域活動安全能力(50 公尺游泳)補救措施：應修習一門體育中心開設之游泳課程或潛水課程並及格，視同通過 50 公尺游泳檢定。
- (三) 綜合健康體能（男生 1600 公尺跑步、女生 800 公尺跑步）補救措施：修習一門經體育中心認定之心肺耐力相關課程(例如：跑步、健走、有氧舞蹈、肌力有氧...等)並及格，則視同通過該項檢定。

前項規定溯自 107 學年度起入學學生適用。

第十條 體適能指標檢定係獨立於體育課成績評量外之畢業指標檢定，上學期於第 18 週舉行，下學期於第 9 週、第 18 週舉行，可於體育課隨班檢測或報名合適體育班時段檢測。

第十一條 持重大傷病卡或身障證明(手冊)或持有教育部特殊教育學生鑑定及就學輔導會所頒發之「特殊教育學生鑑定證明書」者可選修適應體育等相關課程，選課資格由體育中心認定；身心狀況不適合修習體育(三)或(四)者，提出教學型醫院證明，得選修適應體育等相關課程。。

【第六章 施行與修改】

第十二條 本辦法經教務會議通過後，陳請 校長核定後實施。

一、身體質量指數(BMI)

- (一) 檢測對象：各校大一和大二學生，各校單一年級施測人數至少須達 80%以上。
- (二) 檢測目的：利用身高和體重之比率推估個人之身體組成。
- (三) 檢測器材：身高計、體重計。
- (四) 檢測前準備：校正調整身高計和體重計。
- (五) 檢測步驟：
 - 1. 身高：
 - (1) 請受測者脫鞋站立身高計上，兩腳踵密接直立，使枕骨、背部、臀部及腳踵四部分均緊貼量尺。
 - (2) 受測者眼睛向前平視，身高計橫板輕微接觸頭頂正中部位。
 - (3) 測量結果以公分為單位，計至小數點一位，以下四捨五入。
 - 2. 體重：
 - (1) 請受測者先上廁所排空尿液，脫去鞋帽和厚重衣物，僅著輕裝。
 - (2) 請受測者站立於體重計上，測量此時之體重。
 - (3) 測量結果以公斤為單位，計至小數點一位，以下四捨五入。
- (六) 記錄：請將檢測結果登錄於記錄表上。

二、綜合健康體能(男生 1600 公尺跑步、女生 800 公尺跑步)

- (一) 檢測對象：各校大一和大二學生，各校單一年級施測人數至少須達 80%以上。
- (二) 檢測目的：檢測心肺功能和綜合健康體能。
- (三) 檢測器材：田徑場、計時器（碼錶）、哨子。
- (四) 檢測前準備：
 - 1. 確認場地距離，規劃起、終點線位置，並保持檢測場地平整。
 - 2. 確認受測者身心狀況是否適合接受檢測，並叮嚀受測者在檢測過程若感身體不適，可停止測驗。
 - 3. 請受測者穿著適當之運動服裝和運動鞋。
 - 4. 檢測前應做適度之熱身運動。
 - 5. 鼓勵受測者盡最大努力，儘速完成。
- (五) 檢測步驟：
 - 1. 請分組檢測，每組受測人數以不超過 20 人為原則。
 - 2. 出發哨音響起即啟動計時器（碼錶）計時。
 - 3. 確認受試者圈數。
 - 4. 記錄完成男生 1600 公尺跑步、女生 800 公尺跑步之時間。
 - 5. 測量結果以秒為單位，計至小數點一位，以下四捨五入。
- (六) 記錄：請將檢測結果登錄於記錄表上。

National Dong Hwa University Physical Education Course Implementation Regulations

Revised and approved at the Academic Affairs Meeting on March 12, 2009

Revised and approved at the 2nd Academic Affairs Meeting of the 2nd semester of Academic Year 2014-2015 on June 3, 2015

Revised and approved at the 2nd Academic Affairs Meeting of the 2nd semester of Academic Year 2017-2018 on June 6, 2018

Revised and approved at the 2nd Academic Affairs Meeting of the 1st semester of Academic Year 2020-2021 on December 30, 2020

Revised and approved at the 2nd Academic Affairs Meeting of the 2nd semester of Academic Year 2024-2025 on June 4, 2025

Chapter I: Course Objectives

Article 1 The physical education objective of this university is defined as "cultivating students to develop a regular exercise lifestyle." To achieve this educational goal, the university's physical education curriculum emphasizes:

1. Experiential teaching methods
2. Development of personalized exercise planning capabilities
3. Provision of diverse sports options
4. Introduction to sports that reflect the characteristics of the eastern Taiwan environment
5. Internalization of sports knowledge and skills
6. Integration of physical activity and health promotion

Chapter II: Teaching Standards

Article 2 Undergraduate students of this university must complete physical education courses and obtain at least 3 credits before graduation.

1. Physical Education (I) **or** Physical Education (II) courses are uniformly arranged by the Physical Education Center as the university's characteristic courses.
2. Physical Education (III) and Physical Education (IV) courses are planned by instructors, and students select courses according to their individual interests.

Article 3 The university's elective physical education courses are generally divided into the following six major academic clusters, with specialized physical education instructors classified into each cluster according to their expertise. Courses within each cluster are planned by instructors within the cluster and submitted to the Physical Education Center meeting for discussion and decision.

1. Ball Sports Academic Cluster
2. Mountain Sports Academic Cluster
3. Aquatic Sports Academic Cluster
4. Dance Sports Academic Cluster
5. Physical Fitness Sports Academic Cluster
6. Adventure Sports Academic Cluster

Article 4 Physical education courses must be conducted according to the teaching schedule to facilitate course transitions and avoid conflicts in the use of sports facilities.

Article 5 Physical education courses may flexibly adjust class periods or utilize weekends for intensive classes with the consent of enrolled students and subject to the availability of sports facilities. However, the cumulative class hours for each course shall not be less than 36 hours.

Chapter III: Inter-university Characteristic Courses

Article 6 To strengthen resource sharing with partner schools in the eastern region and highlight the nature of inter-university exchange, this university provides characteristic physical education courses for inter-university enrollment in accordance with the "Inter-university Course Selection and Exchange Cooperation Agreement with Partner Schools."

Article 7 The characteristic physical education courses offered must comply with the following standards:

1. Courses must be offered on Saturdays or Sundays, based on the principle that students can make round trips on the same day.
2. The cumulative class hours for each course shall not be less than 36 hours.

Chapter IV: Basic Competency Indicators

Article 8 Based on the university's physical education objectives, the basic competency indicators for physical education courses are generally divided into three main areas: motor skills, sports cognition, and sports participation:

1. Motor Skills Basic Competency Indicators

1. Assess and strengthen various health-related fitness components
2. Develop personal sports specialties and establish sports hobbies
3. Demonstrate coordinated, smooth, and proficient movements in specific sports

2. Sports Cognition Basic Competency Indicators

1. Understand the benefits of exercise for health promotion and cultivate a regular exercise lifestyle
2. Understand sports safety and risk management
3. Understand sports health care and injury treatment knowledge and skills
4. Understand sports competition rules

3. Sports Participation Basic Competency Indicators

1. Appreciate movement aesthetics and sports competition viewing ability
2. Understand the development and current status of international competitions, and actively watch amateur and professional sports competitions

Chapter V: Physical Fitness Indicators

Article 9 Undergraduate students of this university must meet the testing requirements of **any one of the following** physical fitness indicators before graduation (**pass one of the options**):

1. **Aquatic Activity Safety Ability (50-meter swimming):** Must be completed without touching the bottom, with no restrictions on swimming stroke or completion time.
2. **Comprehensive Health Fitness (1,600-meter run for male students, 800-meter run for female students):** Male students must complete within 9 minutes, female students must complete within 5 minutes. The comprehensive health fitness testing method and record form are shown in Attachment 1.
3. Students who cannot meet the physical fitness indicator requirements may undergo remedial measures through any of the following methods:

(1) Students whose physical and mental condition is still unsuitable for testing before graduation or whose Body Mass Index (BMI) > 30 should provide proof from a teaching hospital or present a **disability certificate (handbook)** or major illness card to be exempted from the above testing and be deemed to have passed the physical fitness indicator testing.

(2) Remedial measures for aquatic activity safety ability (50-meter swimming): Students should complete **one** swimming course **or diving course** offered by the Physical Education Center and pass, which will be deemed equivalent to passing the 50-meter swimming test.

(3) Remedial measures for comprehensive health fitness (1,600-meter run for male students, 800-meter run for female students): Completing one cardiopulmonary endurance-related course recognized by the Physical Education Center (such as running, walking, aerobic dance, strength aerobics, etc.) and passing will be deemed equivalent to passing this test.

The above provisions apply to students enrolled from Academic Year **2018** onward.

Article 10 Physical fitness indicator testing is a graduation indicator test independent of physical education course grade evaluation. It is conducted in the 18th week of the first semester and in the 9th and 18th weeks of the second semester. Testing can be conducted with the physical education class or by registering for testing during suitable physical education class periods.

Article 11 Students holding major illness cards, disability certificates (handbooks), or "Special Education Student Identification Certificates" issued by the Ministry of Education's Special Education Student Identification and Educational Guidance Committee may enroll in adaptive physical education and related courses. Course eligibility is determined by the Physical Education Center. **Students whose physical and mental condition is unsuitable for taking Physical Education (III) or (IV) may enroll in adaptive physical education and related courses upon providing proof from a teaching hospital.**

Chapter VI: Implementation and Amendment

Article 12 These regulations shall be implemented after approval by the Academic Affairs Meeting and ratification by the President.

Comprehensive Health Fitness Testing Method

1. Body Mass Index (BMI)

1. **Testing subjects:** First-year and second-year students from each school, with at least 80% of students from a single grade level in each school participating in testing.

2. **Testing purpose:** To estimate individual body composition using the ratio of height and weight.
3. **Testing equipment:** Height measuring device, weight scale.
4. **Pre-testing preparation:** Calibrate and adjust the height measuring device and weight scale.
5. **Testing procedures:**

Height:

1. Ask the test subject to remove shoes and stand on the height measuring device, with both heels close together and upright, ensuring that the occiput, back, buttocks, and heels are all in close contact with the measuring ruler.
2. The test subject should look straight ahead, with the horizontal board of the height measuring device lightly touching the center of the top of the head.
3. Measurement results should be recorded in centimeters to one decimal place, with rounding applied below that.

Weight:

4. Ask the test subject to first use the restroom to empty their bladder, remove shoes, hats, and heavy clothing, wearing only light clothing.
5. Ask the test subject to stand on the weight scale and measure their weight at that time.
6. Measurement results should be recorded in kilograms to one decimal place, with rounding applied below that.
6. **Recording:** Please record the test results on the record form.

2. Comprehensive Health Fitness (1,600-meter run for male students, 800-meter run for female students)

1. **Testing subjects:** First-year and second-year students from each school, with at least 80% of students from a single grade level in each school participating in testing.
2. **Testing purpose:** To test cardiopulmonary function and comprehensive health fitness.
3. **Testing equipment:** Athletic track, timer (stopwatch), whistle.
4. **Pre-testing preparation:**
 1. Confirm track distance, plan starting and finishing line positions, and maintain a level testing area.
 2. Confirm whether the test subject's physical and mental condition is suitable for testing, and remind test subjects that they may stop the test if they feel unwell during testing.
 3. Ask test subjects to wear appropriate sportswear and athletic shoes.
 4. Adequate warm-up exercises should be performed before testing.
 5. Encourage test subjects to exert maximum effort and complete as quickly as possible.
5. **Testing procedures:**
 1. Please conduct testing in groups, with no more than 20 people per group in principle.
 2. Start the timer (stopwatch) when the starting whistle sounds.
 3. Confirm the number of laps completed by test subjects.
 4. Record the time for completing the 1,600-meter run for male students and 800-meter run for female students.
 5. Measurement results should be recorded in seconds to one decimal place, with rounding applied below that.

6. **Recording:** Please record the test results on the record form.