

# 中山醫學大學體育中心

## Chung Shan Medical University Sports Center

### 【體育課程選課須知】

### 【Instructions for Selecting Physical Education Courses】

#### 壹、課程

#### I. Courses

1. 大學部一、二年級體育課程為必修，每週授課兩小時為 1 學分，成績併入該學期學業成績計算。

Physical education courses for first and second-year undergraduate students are compulsory, with two hours of instruction per week, earning 1 credit. The grades are included in the calculation of the academic performance for that semester.

2. 課程規劃：

Course Planning:

- (1) 體育中心開設的體育課程，例如：體育-桌球、體育-排球、體育-足球等。同學可依個人興趣及空堂自由選課，但每人每學期限選 1 門體育課程。

The Physical Education Center offers various physical education courses, such as PE-Table Tennis, PE-Volleyball, PE-Soccer, etc. Students can freely choose courses based on their interests and available time slots, but each student can only select one physical education course per semester.

- (2) 大學部一、二年級同學請在選課預選及選課加退選時至選課系統選課，不得參加人工特殊加退選。

First and second-year undergraduate students must select their courses through the course selection system during the pre-selection and add/drop periods. Participation in manual special add/drop is not allowed.

3. 「體育-適應體育」班：

「PE-Adaptive Physical Education」Class：

- (1) 對於不適合激烈運動、身障生或其他特殊情況的同學可以轉至「體育-適應體育」修課。

Students who are not suitable for intense physical activities, have disabilities, or are in other special circumstances may enroll in the "PE-Adaptive Physical Education" course.

- (2) 如需轉至「體育-適應體育」修課的同學，請於開學後第一次上課前攜帶公立醫院或教學醫院開具之證明至體育中心審定，並辦理轉班。

Students who need to transfer to the 「PE-Adaptive Physical Education」 course should bring a certificate issued by a public or teaching hospital to the Physical Education Center for approval before the first class of the semester, and then proceed with the transfer process.

#### 貳、修課規定

#### II. Course Regulations

1. 大學部學生必須修滿 4 學分體育課程且成績及格始得畢業，但超修不予列入畢業學分數。

Undergraduate students must complete a minimum of 4 credits in physical education courses and obtain a passing grade to be eligible for graduation. However, credits earned beyond this requirement will not be counted towards graduation.

2. 人工特殊加退選注意事項：

Special Notes for Manual Add/Drop Procedures:

限大三以上重、補修及已修滿 4 學分欲加修體育課程者，辦理人工特殊加退選，每學期至多修習 2 門，請同學自行列印加退選後的「一週課表」及中山醫學大學大學部選修各學系課程人工特殊加退選申請表，至體育中心辦理，未備齊者不予受理。

For juniors (third-year students) and above who wish to enroll in physical education courses for retaking, makeup, or after completing 4 credits, manual special add/drop procedures apply. Each semester, students may enroll in a maximum of 2 courses. Please print the "Weekly Schedule" after add/drop registration and the "Application Form for Manual Special Add/Drop of Elective Courses for Undergraduate Departments of Chung Shan Medical University." Submit these documents to the Physical Education Center for processing. Incomplete submissions will not be accepted.

3.第一週上課地點請參閱課程綱要或進入體育中心網站公告之地點集合。

Please refer to the course syllabus or visit the Physical Education Center website for location details regarding the first week of classes.

4.修習體育課程應穿著合適之運動服裝或修課教師規定之服裝。

Students taking physical education courses must wear appropriate sportswear or attire specified by the course instructor.

### 參、授課場地 III. Teaching Venues

#### 1.校內授課場地表

List of On-Campus Teaching Venues

項 目 (Item)	場 地 (Venue)	備 註 (Remarks)
籃 球 Basketball	多功能運動場 (大慶運動場) Multipurpose Sports Field、Daqing Sports Field	器材自備或學校借用 Bring Your Own Equipment or Borrow from the School
排 球 Volleyball	多功能運動場 Multipurpose Sports Field	器材自備或學校借用 Bring Your Own Equipment or Borrow from the School
國 術 Martial arts	多功能運動場 Multipurpose Sports Field	
防身術 Defensive Surgery	多功能運動場 Multipurpose Sports Field	
足 球 Soccer	大慶運動場 Daqing Sports Field	器材自備或學校借用 Bring Your Own Equipment or Borrow from the School
飛 盤 Frisbee	大慶運動場 Daqing Sports Field	器材自備或學校借用 Bring Your Own Equipment or Borrow from the School
高爾夫 Golf	大慶運動場 Daqing Sports Field	器材自備或學校借用 Bring Your Own Equipment or Borrow from the School
木 球 Woodenball	大慶運動場 Daqing Sports Field	器材自備或學校借用 Bring Your Own Equipment or Borrow from the School
桌 球 Table Tennis	大慶運動場-桌球教室 Daqing Sports Field- Table Tennis Room	器材自備或學校借用 Bring Your Own Equipment or Borrow from the School
網 球 Tennis	大慶運動場-網球場 Daqing Sports Field- Tennis Court	器材自備或學校借用 Bring Your Own Equipment or Borrow from the School
匹克球 Pickleball	大慶運動場-網球場 Daqing Sports Field- Tennis Court	器材自備或學校借用 Bring Your Own Equipment or Borrow from the School
健康體適能 Healthy Fitness	大慶運動場-重量訓練室 Daqing Sports Field- Weight Training Room	
國際標準舞 Ballroom Dance	大慶運動場-舞蹈教室 Daqing Sports Field- Dance Studio	自備鞋底乾淨軟底鞋 Clean Soft-Soled Shoes Required

瑜珈 Yoga	大慶運動場-舞蹈教室 Daqing Sports Field- Dance Studio	自備鞋底乾淨軟底鞋 Clean Soft-Soled Shoes Required
核心運動 Core Movement	大慶運動場-舞蹈教室 Daqing Sports Field- Dance Studio	自備鞋底乾淨軟底鞋 Clean Soft-Soled Shoes Required
排舞 Line Dance	大慶運動場-舞蹈教室 Daqing Sports Field- Dance Studio	自備鞋底乾淨軟底鞋 Clean Soft-Soled Shoes Required
流行舞蹈 Popular Dance	大慶運動場-舞蹈教室 Daqing Sports Field- Dance Studio	自備鞋底乾淨軟底鞋 Clean Soft-Soled Shoes Required
有氧舞蹈 Aerobics Dance	大慶運動場-舞蹈教室 Daqing Sports Field- Dance Studio	自備鞋底乾淨軟底鞋 Clean Soft-Soled Shoes Required
適應體育 Adapt to Sports	大慶運動場-舞蹈教室 Daqing Sports Field- Dance Studio	自備鞋底乾淨軟底鞋 Clean Soft-Soled Shoes Required

2.校外授課場地表：第1週至第3週於大慶運動場集合

Off-Campus Teaching Venues：Gather at Daqing Sports Field from Week 1 to Week 3.

項 目 (Item)	場 地 (Venue)	備 註 (Remarks)
游泳 Swimming	南屯運動中心 Nan Tun Sports Center 電話 (TLE)：04-2382-9120 住址：台中市南屯區黎明路一段 998 號 Address：998, Section 1, Li Ming Road, Nantun District, Taichung City	自備泳帽、泳裝、水鏡 Bring Your Own Swim Cap, Swimwear, and Goggles
羽球 Badminton	佳青羽球館 Jiaqing Badminton Hall 電話 (TLE)：04-22603597 住址：台中市南區樹義里福田三街 302 號 2 樓 Address：302, 2nd Floor, Fu Tian 3rd Street, Shu Yi Village, South District, Taichung City	器材自備或學校借用 Bring Your Own Equipment or Borrow from the School

# 中山醫學大學 體育課程

## Physical Education Curriculum of Chung Shan Medical University

科目名稱 Course Name in Chinese	英文科目名稱 Course Name in English	開課年級 Starting grade	必/選修 Required /Elective	合計學分 Credits Subtotal	第一學期 1 <sup>st</sup> Semester Credits	第二學期 2 <sup>nd</sup> Semester Credits	備註 Remarks
體育-桌球	Physical Education- Table Tennis	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-排球	Physical Education- Volleyball	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-游泳	Physical Education- Swimming	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-足球	Physical Education- Soccer	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-網球	Physical Education- Tennis	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-籃球	Physical Education- Basketball	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-羽球	Physical Education- Badminton	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-木球	Physical Education- Woodenball	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-飛盤	Physical Education- Frisbee	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-國術	Physical Education- Martial arts	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-瑜珈	Physical Education- Yoga	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-排舞	Physical Education- Line Dance	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses

體育-匹克球	Physical Education-Pickleball	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-高爾夫	Physical Education-Golf	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-防身術	Physical Education-Defensive Surgery	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-有氧運動	Physical Education-Aerobic Exercise	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-重量訓練	Physical Education-Weight Training	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-核心運動	Physical Education-Core Movement	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-有氧舞蹈	Physical Education-Aerobics Dance	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-流行舞蹈	Physical Education-Popular Dance	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-健康體適能	Physical Education-Healthy Fitness	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-國際標準舞	Physical Education-Ballroom Dance	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses
體育-適應體育	Physical Education-Adapt to Sports	一、二年級 一、二 grade	必修 Required	1	V	V	共同教育課程 Common Education Courses