

中山醫學大學 115 學年度入學新生適用

Applicable to New Students Entering Chung Shan Medical University in the Academic Year 115

【體育課程選課須知】

【Instructions for Selecting Physical Education Courses】

壹、課程

I. Courses

- 一、每週授課兩小時為 1 學分，成績併入該學期學業成績計算。

"The course meets for two hours per week for 1 credit, and the grade will be factored into the academic performance for that semester."

- 二、課程規劃：

Course Planning:

- (一) 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.

- (二) 大學部一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。

"The freshmen must register for courses through the online course selection system during both the pre-registration and add/drop periods. Manual (special) add/drop registration is not permitted."

- 三、「體育-適應體育」班：

「PE-Adaptive Physical Education」Class：

- (一) 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.

- (二) 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

- 一、大學部學生必須修滿 2 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 and pass 2 credits of Physical Education (PE) courses to satisfy graduation requirements; however, any excess PE credits will not be counted toward the minimum graduation credits."

- 二、人工特殊加退選注意事項：

Special Notes for Manual Add/Drop Procedures:

限重、補修及已修滿 2 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 1 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。

"Students status under course limit restrictions, those who needs to make up credits, or those who have already completed 2 credits but wish to take additional PE courses must apply for manual (special) add/drop. Students are limited to a maximum of one PE course per semester. To apply, students must print out their 'weekly class schedule' (after adding/dropping online) and the 'CSMU Undergraduate Manual Course Add/Drop Application Form,' and bring both documents to the Physical Education Center. Incomplete applications will not be accepted."

三、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.

四、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

一、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
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

項 目 (Item)	場 地 (Venue)	備 註 (Remarks)
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
有氧運動 Physical ducation- Aerobic Exercise	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

二、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 115 學年度體育課程

Physical Education Courses for the 115th Academic Year at Chung Shan Medical University

科目名稱 Subject name	英文科目名稱 Course	開課年級 Starting grade	必/選修 Required/E lective	合計學分 Credits Subtotal	第一學期 1 st Semester Credits	第二學期 2 nd Semester Credits	備註 Remarks
體育-桌球	Physical Education- Table Tennis	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-排球	Physical Education- Volleyball	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-游泳	Physical Education- Swimming	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-足球	Physical Education- Soccer	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-網球	Physical Education- Tennis	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-籃球	Physical Education- Basketball	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-羽球	Physical Education- Badminton	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-木球	Physical Education- Woodenball	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-飛盤	Physical Education- Frisbee	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-瑜珈	Physical Education- Yoga	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-排舞	Physical Education- Line Dance	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses

科目名稱 Subject name	英文科目名稱 Course	開課年級 Starting grade	必/選修 Required/E lective	合計學分 Credits Subtotal	第一學期 1 st Semester Credits	第二學期 2 nd Semester Credits	備註 Remarks
體育-匹克球	Physical Education- Pickleball	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-高爾夫	Physical Education- Golf	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-有氧運動	Physical Education- Aerobic Exercise	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-重量訓練	Physical Education- Weight Training	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-核心運動	Physical Education- Core Movement	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-有氧舞蹈	Physical Education- Aerobics Dance	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-流行舞蹈	Physical Education- Popular Dance	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-健康體適能	Physical Education- Healthy Fitness	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-國際標準舞	Physical Education- Ballroom Dance	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses
體育-適應體育	Physical Education- Adapt to Sports	一年級 一 grade	必修 Required	1	V	V	共同教育課程 General Education Courses