

中國文化大學 體健學院 不分學系 必修科目表

114學年度起入學新生適用

必修類別	科目名稱	規定	一年級		二年級		三年級		四年級		備註
		學分	上	下	上	下	上	下	上	下	
通識科目	國文	4	2	2							
	外文：閱讀與聽講（一）	3	1.5	1.5							五選一課程
	外文：閱讀與聽講（二）	3			1.5	1.5					
	跨域專長	12			6	6					
	人文學科領域	4	2	4	2	2					
	社會科學領域	4									
	自然科學與數學領域	2									
共同科目	體育	0	0	0	0	0					免修
通識及共同必修學分合計		32	5.5	7.5	9.5	9.5					
專長領域必修	(9867)專長訓練（一）	4	2	2							12學分
	(9661)專長訓練（二）	4			2	2					
	(9662)專長訓練（三）	4					2	2			
運動與健康促進專長領域必修	(M086) 運動健身解剖學	2	2								專長領域共 24 學分
	(M087)人類動作發展與評估	2		2							
	(M088) 適應體育導論	2					2				
	(M089) 特殊族群運動訓練	2						2			
	(J818) 疾病與運動修復	2			2						
	(I477) 運動風險管理	2			2						
	(M090) 職場健康促進	2				2					
	(I064) 運動測量與評估	2				2					
	(M091) 運動健身營養學	2			2						
	(I968)全適能健康促進實務	2		2							
	(M092) 精準運動-法式滾球	2					2				
	(J269) 運動與健康行為	2	2								
運動指導智慧服務專長領域必修	M093 預防及延緩失能運動指導	2	2								專長領域共 24 學分
	H912 體能遊戲	2			2						
	I471 核心肌群訓練	2					2				
	I468 休閒活動設計	2		2							
	H047 漢方有氧理論與實務	2			2						
	M094 健康地圖規劃與製作	2				2					
	M095 長者健康整合式評估	2		2							
	H049 太極有氧理論與實務	2						2			
	M096 社區健康陪伴	2	2								

	M097 動態地圖與雲端科技	2				2				
	M098 運動健身生理學	2		2						
	M099 樂齡族群健身訓練指導	2			2					
國術運動傷害整復專長領域必修	M116 基礎解剖與生理學	2	2							專長領域共 24 學分
	J689 運動保健學	2	2							
	I465 運動貼紮與支撐	2	2							
	3395運動傷害	2		2						
	L057 基礎經絡理論	2	2							
	L056 傳統整復推拿基本常用手法	2	2							
	L397 傳統整復推拿全身調理手法	4			2	2				
	6981 南拳	2		2						
	9277 北拳	2			2					
	9276 太極拳	2				2				
	1956 擒拿	2				2				
專業必修學分合計		48 學分(共同必修12+專長領域主修24+副修專長領域12)								
最低畢業學分數		128 學分								
其他修業規定										
其他修業規定	運動與健康促進專長領域	1. 入學後完成實務導向實習時數 250小時。 2. 健身證照或其他運動證照。 3.教育部體育署國民體適能證照。								
	運動指導智慧服務專長領域	1. 入學後完成實務導向實習時數 250小時。 2. 健身證照(有氧肌力)。 3. 國健署預防及延緩失能指導員證照。 4. 教育部體育署國民體適能證照。								
	國術運動傷害整復專長領域	1.初級緊急救護技術員EMT-1證書。 2.傳統整復推拿技術士。 3.武術、運動教練或裁判證(C級或丙級二張)。 以上擇一。								
全球競爭力檢定		通過全球競爭力檢定，依本校「大學部學生全球競爭力檢定實施辦法」辦理，詳細資訊請參考教務組網頁。 <a href="https://reg.pccu.edu.tw/">https://reg.pccu.edu.tw/</a>								
倫理課程		參與「職業倫理」、「中華文化專題」，依本校「職業倫理教育實施要點」及「中華文化專題講座實施要點」辦理，詳細資訊請參考綜合業務組網頁。 <a href="https://cur.pccu.edu.tw/">https://cur.pccu.edu.tw/</a>								
全人學習護照		參與全人學習護照各項學習活動達認證標準，依本校「全人學習護照實施辦法」辦理，詳細資訊請參考課外活動組網頁。 <a href="https://activity.pccu.edu.tw/">https://activity.pccu.edu.tw/</a>								

**Chinese Culture University, Required Courses List,**  
**Department of Interdisciplinary Baccalaureate Degree Program, College of Kinesiology**  
**and Health**

Effective for Students Enrolled in and from the 2025 Academic Year

Categories for Compulsory Courses	Course Title	Credit Hours	1st Year		2nd Year		3rd Year		4th Year		Remark
			1st semester (Sep)	2nd semester (Feb)	1st semester (Sep)	2nd semester (Feb)	1st semester (Sep)	2nd semester (Feb)	1st semester (Sep)	2nd semester (Feb)	
General Required Courses	CHINESE	4	2	2							Choose 1 of 5 Courses
	FOREIGN LANGUAGE READING AND CONVERSATION(1)	3	1.5	1.5							
	FOREIGN LANGUAGE READING AND CONVERSATION(2)	3			1.5	1.5					
	INTERDISCIPLINARY PROGRAM	12			6	6					
	ART AND HUMANITIES	4									
	NATURAL SCIENCES AND MATHEMATICS	4	2	4	2	2					
	SOCIAL SCIENCES	2									
Common Required Courses	PHYSICAL EDUCATION	0	0	0	0	0					Exemption
Total credits of general education and co-requisites		32	5.5	7.5	9.5	9.5					
Common Required Specialization Area	(9867) Specialized Training (1)	4	2	2							12 credits
	(9661) Specialized Training (2)	4			2	2					
	(9662) Specialized Training (3)	4					2	2			
Specialization in Exercise and Health Promotion Required Courses	(M086) ANATOMY OF EXERCISE AND FITNESS	2	2								Expertise 24 credits
	(M087) HUMAN MOTOR DEVELOPMENT AND ASSESSMENT	2		2							
	(M088) INTRODUCTION TO ADAPTED PHYSICAL EDUCATION AND SPORT	2					2				
	(M089) ESSENTIAL OF TRAINING SPECIAL POPULATIONS	2						2			
	(J818) ILLNESS AND EXERCISE RECOVERY	2			2						
	(I477) RISK MANAGEMENT FOR EXERCISE	2			2						
	(M090) WORKSITE HEALTH PROMOTION	2				2					
	(I064) EXERCISE TESTING AND ASSESSMENT	2				2					

	(M091) NUTRITION OF EXERCISE AND FITNESS	2			2						
	(I968) TOTAL WELLNESS PRACTICE & HEALTH PROMOTION	2		2							
	(M092) BOULES SPORTS-PETANQUE	2					2				
	(J269) EXERCISE AND HEALTH BEHAVIOR	2	2								
Specialization in Sports Coaching and Intelligent Service Required Courses	(M093) PREVENTION AND DELAY OF DISABILITY EXERCISE GUIDANCE	2		2							Expertise 24 credits
	(H912) PLAY FOR FITNESS	2			2						
	(I471) CORE STRENGTH TRAINING	2					2				
	(I468) LEISURE ACTIVITY DESIGN	2		2							
	H047) THEORY AND PRACTICUM OF ORIENTAL BIO-SYNERGY	2			2						
	(M094) HEALTH MAP PLANNING AND PRODUCTION	2				2					
	(M095) INTEGRATED ASSESSMENT OF ELDERLY HEALTH	2		2							
	(H049) THEORY AND PRACTICUM OF TAI CHI SYNERGY	2						2			
	(M096) COMMUNITY HEALTH COMPANIONSHIP	2	2								
	(M097) DYNAMIC MAP AND CLOUD TECHNOLOGY	2					2				
	(M098) PHYSIOLOGY OF EXERCISE AND FITNESS	2		2							
	(M099) FITNESS TRAINING GUIDANCE FOR THE ELDERLY	2			2						
Specialization in Traditional Martial Arts and Sports Injury Rehabilitation Required Courses	(M116) BASIC ANATOMY AND PHYSIOLOGY	2	2								Expertise 24 credits
	(J689) PRINCIPLES OF ATHLETIC TRAINING	2	2								
	(I465) ATHLETIC TAPING AND BRACING	2	2								
	(3395) PREVENTION AND TREATMENT OF DANCE INJURY	2		2							
	(L057) BASIC MERIDIAN THEORY	2	2								

(L056) BASIC & COMMON METHODS OF CHINESE TRADITIONAL BODY THERAPY	2	2								
(L397) WHOLE BODY METHODS OF TRADITIONAL PHYSICAL MANAGEMENT	4			2	2					
(6981) SOUTHERN STYLE	2		2							
(9277) NORTHERN STYLE	2			2						
(9276) TAI-CHI CHUAN	2				2					
(1956) CHIN-NA	2					2				
Total required credits for majors	48 credits (Common Required Specialization Area: 12 credits + Expertise: 24 credits + Minor Specialization area: 12 credits)									
Graduate Credits	<b>128 Credits</b>									

Other provisions of graduate requirements :		
Other provisions of graduate requirements	Specialization in Exercise and Health Promotion	1. Complete 250 hours of practical-oriented internship after enrollment. 2. Choose one of the following certifications (Items (1)-(3)) to obtain. (1) Fitness Certification. (2) Ministry of Education Sports Administration National Physical Fitness Certificate. (3) Other relevant sports or health promotion certifications.
	Specialization in Sports Coaching and Intelligent Service	1. Completion of practical internship with a total of 250 hours after enrollment. 2. Choose one of the following certifications (Items (1)-(4)) to obtain. (1) Fitness Certification (Aerobics, Strength Training, Street Dance, etc.). (2) National Health Administration Preventive and Delayed Disability Instructor Certification. (3) Ministry of Education Sports Administration National Physical Fitness Certification. (4) Ministry of Education Senior Learning Professional Certification.
	Specialization in Traditional Martial Arts and Sports Injury Rehabilitation	1. EMT-1 (Emergency Medical Technician-1) Certificate. 2. Traditional Manipulative Massage Therapist. 3. Martial Arts, Sports Coach, or Referee Certificates (Two C-level or Grade-C Certificates).
Global competitiveness testing	Pass the Global Competitiveness Assessment, in accordance with the "Implementation Measures for the Global Competitiveness Assessment of University Students", please refer to the website of the Academic Affairs Committee for details. <a href="https://reg.pccu.edu.tw/">https://reg.pccu.edu.tw/</a>	
Ethics course	Participation in "Professional Ethics" and "Special Topics on Chinese Culture" shall be handled in accordance with the implementation points of professional ethics education and the implementation points of Chinese culture lectures, please refer to the website of the Integrated Business Group for details. <a href="https://cur.pccu.edu.tw/">https://cur.pccu.edu.tw/</a>	
Whole Person Learning Passport	Participation in the learning activities of the Whole Person Learning Passport meets the certification standards, and it is handled in accordance with the implementation measures of the Whole Person Learning Passport of the University, please refer to the webpage of the Extracurricular Activities Group for details. <a href="https://activity.pccu.edu.tw/">https://activity.pccu.edu.tw/</a>	