

Rule of Physical Education Course Implementation, National Dong Hwa University

Passed on Academic Affairs Council, dated Mar.12, 2009

Passed on Academic Affairs Council, dated Jun.3, 2015

Passed on 2nd Academic Affairs Council 106-2, dated, Jun. 6, 2018

Chapter 1. Course Objectives

Article 1. Objective of Dong Hwa's physical education is to inculcate students to develop a habitual sports life style. To achieve this, the physical education course emphasizes:

1. Teaching modes that focus on experiencing.
2. Cultivating the ability to organize personalized sports programs.
3. Providing various sports for choice.
4. Guide to sports that are in conformity with East Taiwan environment.
5. Indoctrination of sports knowledge.
6. Combining physical activity and health improvement.

Chapter 2. Teaching Criteria

Article 2. Dong Hwa's undergraduates must study sports courses before graduation and obtain at least 4 credits.

- I. PE(I) and PE(II) courses are Dong Hwa's distinctive curricula that are uniformly arranged by Physical Education Office
- II. PE(III) courses and PE(IV) courses are designed by respective course teachers, for which students could opt to study as per their interest.

Article 3. PE courses that are designed to be elected according to students' interests are divided into the following 6 academic groups, while contract PE teachers will be classified by their corresponding specialty; Curricula planned out by teachers of different academic groups should be submitted to PE Center's meeting for final confirmation.

1. Ball sports academic group
2. Mountain sports academic group

3. Water sports academic group
4. Dance sports academic group
5. Physical fitness sports academic group
6. Experience sports academic group

Article 4. PE courses must be taught as per stated in teaching plans for phasing in or out different curricula smoothly and avoiding conflict of sports field use.

Article 5. Class time of PE Courses could be adjusted flexibly or be rescheduled concentratively on weekend or holidays subject to concurrence of attending students and space limits of sports fields, but accumulative teaching hours must not be less than 36 hours per course.

Chapter 3. Intercollegiate Feature Courses

Article 6. To strengthen resources pooling among partner schools in the eastern area and highlight sociability among intercollegiates, Dong Hwa provides characteristic physical education courses for election for students of partner schools.

Article 7. Characteristic physical education courses must meet the following norms:

1. Courses must open on weekends and allow students to commute in one day.
2. Aggregate teaching hours of each course must not be less than 36 hours.

Chapter 4. Basic Ability Indexes

Article 8. According to Dong Hwa's physical education objective, basic ability indexes of physical education courses are divided into three dimensions:

1. Sports skill basic ability index:

- (1). Evaluate and strengthen various sports health fitness.
- (2). Develop personal sports specialty, establish sports hobby.
- (3). Demonstrate coordinative, smooth, versed movements in particular sports items.

2. Sports knowledge basic ability index:

- (1). Understand sports benefit to health improvements and develop life style with regular sports.
- (2). Understand sports safety and risk management.
- (3). Understand sports health care and injury treatment knowledge and skill.

- (4). Understand sports competition rules.
 - (7). Display good team spirit and leadership.
 - (8). Observe sports ethics, acquaint with and abide by sports rules.
3. Sports participation basic ability index:
- (1). Have the capability to appreciate kinetic aesthetics and watch sports competitions.
 - (2). Understand the history and current state of international sports games, take initiative to watch amateur and professional sports competitions.

Chapter 5. Physical Fitness Indexes

Article 9. Dong Hwa's undergraduates must pass either of the following physical fitness indices in examination (select either to pass):

- 1. Aquatic activity safety ability (50-meter swimming): must be completed without touching the pool's bottom, no swimming styles specified, no time bar.
- 2. General health fitness (1600-meter running for male, 800-meter running for female): male students must complete this within 9 minutes, female students must complete theirs within 5 minutes; please see as attachment 1 for the test method and record sheet.
- 3. Those who fail to reach physical fitness index before graduation could take any one of the remedial steps as follows:
 - (1). Those students whose physique and psyche are not suitable for test or whose body mass index >30 could either present teaching hospital's proof or disability certificate (handbook) or severe illness cards for test exemption and be treated the same as those who passed the test.
 - (2). Aquatic activity safety ability (50-meter swimming) remedial measures: students are obliged to enroll **one** extra PE Center-opened swimming courses and passed that will be treated the same as those pass 50-meter swimming examination.
 - (3). General health fitness (1600-meter running for male, 800-meter running for female) remedial measures: students are obliged to enroll one PE Center-warranted cardiopulmonary endurance related courses (e.g. running, race-walking, aerobic dance, resistance training aerobic) and passed that will be treated the same as those pass this test.

Aforementioned stipulations retrospectively apply to students whose entrance year is 2015 academic year or later.

Article 10. Physical fitness index tests whose pass are required in graduation are independent of physical education course evaluations, held on the 17th week ~ 18th week of each semester. Students could take tests in their physical education class or sign up for tests in other suitable physical education classes.

Article 11. Students who hold severe illness cards or disability certificate (handbook) or special education student evaluation certificate issued by Ministry of Education's Special Education Students Diagnosis and Placement Counseling Committee could take adaptive physical education course, whose qualification to enroll will be certified by PE Center.

Chapter 6. Implementation and Revision

Article 12. This rule comes into effect after being passed by Academic Affairs Council and ratified by President.

Attachment I

General Health Physical Fitness Test Method

I. Body Mass Index:

(I). Test target: freshman and sophomore students, testees must consist of at least 80% students of that grade.

(II). Test purpose: to infer body composition by using height and weight ratio.

(III). Test equipment: body height meter, body weight scales.

(IV). Preparation before test: calibrate body height meter and body weight scales.

(V). Test procedure:

1. Height :

(1) Ask the testee to take off shoes to stand on the stadiometer with two heels tight and upright, which makes whose occiput, back, buttocks, and heels be close to the meter.

(2) Testee levels his eyesight to the front and has his headpiece lightly rest on the middle top of his head.

(3) Test is measured in centimeter, which is counted to the tenth place on the right of the decimal point, rounding the smaller ones.

2. Weight :

(1) Ask the testee to go to the toilet to empty urine; take off shoes, hat, and heavy clothes; put on only light apparel.

(2) Ask the testee to stand on the body weight scales, and measure the weight at this moment.

(3) Test is measured in kilogram, which counts to the tenth place on the right of the decimal point, rounding the smaller ones.

(VI). Record: Please register test results on the record sheet.

II. 1600 meter running

(I). Test target: Freshman and sophomore students, testees must consist of at least 80% students of that grade.

(II). Test purpose: test cardiopulmonary function and general health physical fitness.

(III). Test equipments: track & field stadium, timer, whistle.

(IV).Preparation before test:

1. Make certain the distance in the track, mark the position of starting and finishing lines, and keep test ground level.
2. Make sure whether the testee's body and psyche is fit for test, and remind him to stop test if the testee feels ill during test.
3. Ask the testee to wear appropriate sportswear and sports shoes.
4. Do moderate warm-up exercise before test.
5. Encourage the testee to try his best to complete the task as quickly as possible.

(V).Test procedure:

1. Divide the testees into groups; every group consists of less than 20 people.
2. Start the timer when the whistle blows for departure.
3. Ascertain the laps the testee has completed.
4. Register the time of 1600 meter running.
5. Test measured in second, which counts to the tenth place on the right of the decimal point, rounding the smaller ones.

(VI).Record: Please register test results on the record sheet.

General Health Physical Fitness Test Record Sheet I

Dept./ Grade	Student No.	Name	Sex	50 m Swimming test(sec)			Grade pass(P) /fail(F)	Students' Signature	Remark
				1 st time	2 nd time	3 rd time			
Signed by testing teacher									
Test date									

General Health Physical Fitness Test Record Sheet II

Dept./Grade	Student No.	Name	Sex	1600m or 800 m Running test (sec)			Grade pass(P) /fail(F)	Students' Signature	Remark
				1 st time	2 nd time	3 rd time			
Signed by testing teacher									
Test date									