

中國文化大學 體育運動健康學院 不分學系學士班 必修科目表

115 學年度起入學新生實施

必修類別	科目名稱		規定學分	一年級		二年級		三年級		四年級		備註			
				上	下	上	下	上	下	上	下				
通識科目	校本課程		2	1					1			三選一			
	國文		4	2	2										
	外文：閱讀與聽講（一）		3	1.5	1.5										
	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	4	4										
	社會科學領域		4												
共同科目	體育		0	0	0	0	0								
通識及共同必修學分合計			32	8.5	7.5	7.5	7.5		1						
專業必修科目	系專業共同必修	(N464)全人健康概論	2	2									依班別調整開課學期	系專業共同必修共30學分	
		(1405)人體解剖學	2	2											
		(N465)專項實作探索	4	2	2										依班別調整開課學期
		(N466)運動資訊科技與 AI 應用基礎	2	2											
		(M953)AI Coach 與 Python	2			2									
		(1426)運動生理學	2			2									
		(1923)運動生物力學	2			2									
		(N472)運動訓練與設計	2				2								
		(N473)運動急救與緊急處置	2					2							
		(0898)運動營養學	2					2							
		(N474)運動健康促進與法律	2					2							
		(2886)運動心理學	2					2							
		(N475)運動志工與服務(一)	1	1											
		(N476)運動志工與服務(二)	1		1										
		(N477)運動志工與服務(三)	1			1									
		(N478)運動志工與服務(四)	1				1								
	運動健康促進專項領域必修	(N479)適應體育運動概論	2			2							三個專項領域擇一修習		
		(1425)人體生理學	2			2									
		(M087)人類動作發展與評估	2			2									
		(8808)阻力訓練	2				2								
		(N480)全齡體適能測驗與評量	2				2								
		(M099)樂齡族群健身訓練指導	2				2								
		(4341)運動員健康管理	2					2							

		(I477)運動風險管理	2					2			
		(N481)運動健身計畫規劃與設計	2					2			
		(M090)職場健康促進	2						2		
		(I478)運動保健之經營與管理	2						2		
		(N482)運動健康促進專項實作(一)	2			2					
		(N483)運動健康促進專項實作(二)	2				2				
		(N484)運動健康促進專項實作(三)	2					2			
		(N485)運動健康促進專項實作(四)	2						2		
	AI 有 氧 照 護 專 項 領 域 必 修	(M095)長者健康整合式評估	2			2					
		(J818)疾病與運動修復	2			2					
		(N486)AI 有氧舞蹈	2			2					
		(N487)社會處方	2				2				
		(M093)預防及延緩失能運動指導	2				2				
		(M099)樂齡族群健身訓練指導	2				2				
		(H047)漢方有氧理論與實務	2					2			
		(M089)特殊族群運動訓練	2					2			
		(N488)情緒調適處方	2					2			
		(N489)健康地圖與雲端科技	2						2		
		(H049)太極有氧理論與實務	2						2		
		(N490)AI 有氧照護專項實作(一)	2			2					
		(N491)AI 有氧照護專項實作(二)	2				2				
		(N492)AI 有氧照護專項實作(三)	2					2			
		(N493)AI 有氧照護專項實作(四)	2						2		
	國 術 整 復 防 護 專 項 領 域	(1425)人體生理學	2			2					
		(I465)運動貼紮與支撐	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				
		(L054)刮痧與拔罐調理	2				2				
		(J690)運動傷害評估學	2				2				

必修	(J691)運動傷害防護器材之運用	2					2				
	(A751)運動治療學	2					2				
	(L397)傳統整復推拿全身調理手法	4					2	2			
	(L060)民俗調理業相關法令	2						2			
	(N494)傳統整復推拿從業實務(一)	2			2						
	(N495)傳統整復推拿從業實務(二)	2				2					
	(N496)傳統整復推拿從業實務(三)	2					2				
	(N497)傳統整復推拿從業實務(四)	2						2			
專業必修學分合計		60 學分（共同必修 30 學分 + 專項領域必修									
必修學分總計		92	17.5	10.5	22.5	18.5	16	7			
最低畢業學分數		128 學分									
其他修業規定：											
各專項領域	運動健康促進專項領域	1.入學後須完成 250 點認列之增能學習點數。 2.應於畢業前，取得下列任一證照 (1)健身證照或其他運動指導證照。 (2)運動部國民體適能指導員證照。									
	AI 有氧照護專項領域	1.入學後須完成 250 點認列之增能學習點數。 2.應於畢業前，取得下列任一證照 (1)健身證照（有氧、肌力、街舞...等）。 (2)國健署預防及延緩失能指導員證照。 (3)運動部國民體適能指導員證照。 (4)教育部樂齡學習專業人員證照。									
	國術整復防護專項領域	1.入學後須完成 250 點認列之增能學習點數。 2.應於畢業前，取得下列任一證照 (1)初級緊急救護技術員EMT-1證書。 (2)傳統整復推拿技術士或相關證照。 (3)國武術、運動教練或裁判證(C級或丙級二張)。									
全球競爭力檢定		通過全球競爭力檢定，依本校「學士班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。 https://reg.pccu.edu.tw/									
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。 https://cur.pccu.edu.tw/									
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。 https://activity.pccu.edu.tw/									

Effective for Students Enrolled in and from the 2026 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)				
Required Courses															
General Required Courses	SCHOOL—BASED CURRICULUM	2	1						1						
	CHINESE	4	2	2											
	FOREIGN LANGUAGE READING AND CONVERSATION(1)	3	1.5	1.5								Choose 1 of 3 Courses			
	FOREIGN LANGUAGE READING AND CONVERSATION(2)	3			1.5	1.5									
	INTERDISCIPLINARY PROGRAM	12			6	6									
	ART AND HUMANITIES	4	4	4											
	NATURAL SCIENCES AND MATHEMATICS	4													
Common Courses	PHYSICAL EDUCATION	0	0	0	0	0									
Total General and Common Courses Credits		32	8.5	7.5	7.5	7.5		1							
Total Credits of Required Subjects	Departmental Core Requirements	(N464) INTRODUCTION TO HOLISTIC HEALTH	2	2									Course schedules vary by section	30 Departmental Core Requirements	
		(1405) HUMAN ANATOMY	2	2											
		(N465)SPECIALIZED PRACTICE EXPLORATION	4	2	2										
		(N466)FOUNDATIONS OF SPORTS INFORMATION TECHNOLOGY AND AI APPLICATIONS	2		2								Course schedules vary by section		
		(M953)AI COACH AND PYTHON	2			2									
		(1426)EXERCISE PHYSIOLOGY	2			2									
		(1923)BIOMECHANICS OF SPORTS (KINESIOLOGY)	2				2								
		(N472)SPORTS TRAINING AND PROGRAM DESIGN	2				2								
		(N473)SPORTS FIRST AID AND EMERGENCY MANAGEMENT	2					2							
		(0898)SPORTS NUTRITION	2					2							
		(N474)LEGAL LITERACY FOR EXERCISE AND SPORT PRACTITIONERS	2						2						
		(2886)SPORTS PSYCHOLOGY	2						2						
		(N475)SPORTS VOLUNTEERISM AND SERVICE(1)	1	1											
		(N476)SPORTS VOLUNTEERISM AND SERVICE(2)	1		1										
		(N477)SPORTS VOLUNTEERISM AND SERVICE(3)	1			1									
		(N478)SPORTS VOLUNTEERISM AND SERVICE(4)	1				1								
		Exercise and Health	(N479)INTRODUCTION TO ADAPTED PHYSICAL ACTIVITY	2			2								Choose 1 of 3

	Promotion Specialization	(1425)HUMAN PHYSIOLOGY	2			2					Specialized Fields
		(M087)HUMAN MOTOR DEVELOPMENT AND ASSESSMENT	2			2					
		(8808)RESISTANCE TRAINING	2				2				
		(N480)FULL-AGE FITNESS TESTING AND ASSESSMENT	2				2				
		(M099)FITNESS TRAINING GUIDANCE FOR THE ELDERLY	2				2				
		(4341)HEALTH MANAGEMENT IN SPORT TRAINING	2					2			
		(I477)RISK MANAGEMENT FOR EXERCISE	2					2			
		(N481)EXERCISE AND FITNESS PROGRAM DESIGN	2					2			
		(M090)WORKSITE HEALTH PROMOTION	2						2		
		(I478)OPERATION AND MANAGEMENT OF EXERCISE AND HEALTH	2						2		
		(N482)PROFESSIONAL PRACTICE IN SPORTS AND HEALTH PROMOTION (I)	2			2					
		(N483)PROFESSIONAL PRACTICE IN SPORTS AND HEALTH PROMOTION (II)	2				2				
		(N484)PROFESSIONAL PRACTICE IN SPORTS AND HEALTH PROMOTION (III)	2					2			
		(N485)PROFESSIONAL PRACTICE IN SPORTS AND HEALTH PROMOTION (IV)	2						2		
	AI-Powered Aerobic Health and Intelligent Care Industry Specialization	(M095)INTEGRATED ASSESSMENT OF ELDERLY HEALTH	2			2					
		(J818)ILLNESS AND EXERCISE RECOVERY	2			2					
		(N486)AI AEROBIC DANCE	2			2					
		(N487)SOCIAL PRESCRIPTION	2				2				
		(M093)PREVENTION AND DELAY OF DISABILITY EXERCISE GUIDANCE	2				2				
		(H047)THEORY AND PRACTICUM OF ORIENTAL BIO-SYNERGY	2				2				
		(M089)ESSENTIAL OF TRAINING SPECIAL POPULATIONS	2					2			
		(M099)FITNESS TRAINING GUIDANCE FOR THE ELDERLY	2					2			
		(N488)EMOTIONAL ADJUSTMENT PRESCRIPTION	2					2			
		(N489)HEALTH MAPPING AND CLOUD TECHNOLOGY	2						2		
		(H049)THEORY AND PRACTICUM OF TAI CHI SYNERGY	2						2		
		(N490)AI AEROBIC CARE SPECIALTY	2			2					

		PRACTICUM I									
		(N491)AI AEROBIC CARE SPECIALTY PRACTICUMⅡ	2				2				
		(N492)AI AEROBIC CARE SPECIALTY PRACTICUMⅢ	2					2			
		(N493)AI AEROBIC CARE SPECIALTY PRACTICUMⅣ	2						2		
	Traditional Martial Arts Rehabilitation and Athletic Training Specialization	(I425)HUMAN PHYSIOLOGY	2				2				
		(I465)ATHLETIC TAPING AND BRACING	2				2				
		(L057)BASIC MERIDIAN THTORY	2				2				
		(L056)BASIC & COMMON METHODS OF CHINESE TRADITIONAL BODY THERAPY	2					2			
		(L054)CONDITIONING OF SCRAPING AND CUPPING	2					2			
		(J690)ASSESSMENT IN SPORTS INJURY	2					2			
		(J691)EQUIPMENT APPLICATION OF SPORTS INJURY	2						2		
		(A751)EXERCISE THERAPY	2						2		
		(L397)WHOLE BODY METHODS OF TRADITIONAL PHYSICAL MANAGEMENT	4						2	2	
		(L060)LAWS & REGULATIONS RELATED TO CHINESE FOLKLORE CONDITIONING INDUSTRY	2							2	
		(N494)PRACTICE OF CHINESE TRADITIONAL BODY THERAPY(一)	2				2				
		(N495)PRACTICE OF CHINESE TRADITIONAL BODY THERAPY(二)	2					2			
		(N496)PRACTICE OF CHINESE TRADITIONAL BODY THERAPY(三)	2						2		
		(N497)PRACTICE OF CHINESE TRADITIONAL BODY THERAPY(四)	2							2	
Total Credits of Required Subjects			60 credits=30 Departmental Core Requirements+30 Specialization Core Requirements								
Total Required Credits			92	17.5	10.5	22.5	18.5	16	7		
Graduate Credits			128 credits								
Other provisions of graduate requirements：											
Areas of Specialization	Exercise and Health Promotion Specialization	1.Completion of 250 learning enhancement points after enrollment. 2.Candidates shall obtain a certification in either fitness instruction or sports coaching as a prerequisite for graduation. (1)Health Fitness Specialist Certificate or other sports instruction-related certificates (2)National Physical Fitness Instructor Certification									

	AI-Powered Aerobic Health and Intelligent Care Industry Specialization	1. Completion of 250 learning enhancement points after enrollment. 2. Prior to graduation, students must obtain at least one of the following professional certifications: (1) Fitness Instructor Certification (e.g., Aerobic Exercise, Strength Training, Dance Fitness) (2) Certification for Exercise Instructors in the Prevention and Delay of Disability (issued by the Health Promotion Administration, Ministry of Health and Welfare) (3) National Physical Fitness Instructor Certification (issued by the Sports Administration, Ministry of Education) (4) Senior Learning Professional Certification (issued by the Ministry of Education)
	Traditional Martial Arts Rehabilitation and Athletic Training Specialization	1. Completion of 250 learning enhancement points after enrollment. 2. Prior to graduation, obtain one of the following certificates: (1) EMT-1 (Emergency Medical Technician-1) Certificate. (2) Traditional Manipulative Massage Therapist. (3) National Martial Arts Coach or Referee Certification (two level C certificates)
Global competitiveness	Passing the "Implementation Measures for the Global Competitiveness Assessment of University Students" is mandatory for graduation. Visit the website of the Registration Section for more information.	
Professional Ethics/ Special Topics in Chinese Culture	According to the university's 'Implementation Guidelines for Professional Ethics Education' and 'Implementation Guidelines for Chinese Culture Topics Lectures,' students are required to participate in two-semester courses: 'Professional Ethics' and 'Chinese Culture Topics.' For detailed information, please refer to the website of the Curriculum Section: https://cur.pccu.edu.tw/	
Whole Person Learning Passport	To fulfill the Whole Person Learning Passport requirements, students must actively participate in various learning activities. These activities are organized in accordance with our university's guidelines for the Whole Person Learning Passport. For more detailed information, please visit the website of the Extracurricular Activities Section at https://activity.pccu.edu.tw/ ."	