

Implementation Guidelines for Freshman Physical Education Courses at National Chi Nan University

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1. To enhance the fundamental physical fitness of our university students, improve their knowledge of sports, cultivate a habit of physical activity, and align with the overall goals of our university's holistic education, we have established the "Implementation Guidelines for Freshman Physical Education Courses at National Chi Nan University" (referred to as "these guidelines" hereafter).
2. Freshman undergraduate students at our university are required to take a freshman physical education course. This course carries a credit value of 0.5 credits per semester, totaling 1 credit for both the first and second semesters. The course is conducted for two hours per week, with a total of 72 hours over the course of the academic year, which includes both the first and second semesters, spanning 36 weeks.
3. The content of the freshman physical education (Part 1) course includes track and field fitness, ball sports, and aquatic fitness. Students should undergo fitness testing and water self-rescue swimming ability testing in the freshman physical education (Part 1) course, and a post-fitness test in the freshman physical education (Part 2) course.

In the freshman physical education (Part 1) and (Part 2) courses, students are required to achieve a "medium" level or above in the progressive aerobic cardiovascular endurance run (PACER) test, which accounts for 20% of the total course grade for the semester. In the freshman physical education (Part 1) course, the water self-rescue swimming ability test requires students to swim continuously for 30 meters without interruption or float in the water for 30 seconds without touching the ground, and this test accounts for 10% of the total course grade for the semester.

4. All students attending the freshman physical education course must wear the

specified appropriate sportswear. For the track and field fitness class, students should wear sportswear and athletic shoes. For the aquatic fitness class, students should bring their own swimwear, swim trunks, swim caps, and swim goggles as personal equipment.

5. The assessment of first-year physical education course grades is determined by the instructor based on set grading standards that consider cognition, skills, and affect.

If the number of classes missed in a course reaches one-third of the total class hours for the semester, the student is not allowed to participate in the final exam, and the grade will be calculated as zero.

6. The first-year physical education course is a required course worth 1 credit, with each semester (first and second) requiring 0.5 credits. During their time at school, students can count a maximum of one first-year physical education course per semester. If a student fails, they must retake the course, and are only allowed to retake the first-year physical education course.
7. Students who are physically or mentally ill or unsuitable for taking the first-year physical education course must provide a certificate issued by a teaching hospital, public hospital, or community medical center. These cases will be handled in accordance with the regulations set forth in the "Implementation Guidelines for Adaptive Physical Education Classes at National Chi Nan University".
8. The conditions for credit transfer exemption are as follows: for students who have transferred to a different department of this school or re-enrolled and have successfully completed the freshman physical education course, and for transfer students from their previous school who have passed the physical education course, provided that the physical education course is related to the courses offered by this school in terms of name and content, and has a credit value of 0.5 or higher (inclusive). All other cases are not eligible for credit transfer exemption.

When applying for credit transfer exemption, you must provide the syllabus of the physical education course from your previous school, your transcript showing your course grades, and the passing score for the physical fitness test. The exemption process should be carried out at the Physical Education Department's office.

9. Outstanding athletes, during their academic years from the first semester of the freshman year to the last semester of the senior year, are required to take specialized sports courses each semester and obtain at least two sports-related certification or qualification certificates. By doing so they are eligible to exempt the freshman year physical education courses (both first and second semesters) and two distinctive sports courses.

For students in the general category representing the sports teams, if they choose to

take and complete sports competition training courses for a minimum of four semesters (including four semesters) and obtain a sports-related certification or qualification certificate, they are eligible to exempt the freshman year physical education courses (both first and second semesters) and two distinctive sports courses.

It's important to note that these courses cannot be used to exempt department-required distinctive sports courses, and they are not subject to the minimum enrollment requirement at the university. If the instructor is a full-time faculty member at the university, they may be compensated for exceeding the teaching workload, while part-time instructors will receive a teaching hourly rate.

10. These regulations will be implemented after being approved at the Academic Affairs Committee meeting.