

國立聯合大學 學士班各年級體育課程規劃
National United University
Physical Education Curriculum Plan for Undergraduate Programs

115.05.15 修訂

日間學士班課程規劃 Day Division Undergraduate Program Curriculum Plan				
年級 Grade	課程種類 Course Category	必修/選修及學分 Required/Elective & Credits	特殊檢測項目 Special Assessment Items	備註 Remarks
一年級 Freshman	健康體適能 Health-related Physical Fitness	必修 / 0 學分 Required / 0 Credits	健康體適能檢測 (畢業門檻) Health-related Physical Fitness Test (Graduation Requirement)	原班上課 Class-based instruction 健康體適能與基礎游泳各 實施一學期 Each course is offered for one semester
	基礎游泳 Basic Swimming		1 分鐘水中自救 1-minute Water Survival Skills Test	
二年級 Sophomore	專項選課 Specialized Elective Sports Courses	必修 / 0 學分 Required / 0 Credits	無 None	同時段分組上課 Grouped instruction in the same class period
三、四、五年級 Junior / Senior / Extended Study	運動與健康促進課程 Sports and Health Promotion Courses	自由選修 / 2 學分 Free Elective / 2 Credits	無 None	
二年級 Sophomore	專項特訓班 Specialized Training Program	必修 / 0 學分 Required / 0 Credits	無 None	限運動代表隊學生 For varsity athletes only
一、二年級 Freshman / Sophomore	適應體育班 Adaptive Physical Education	必修 / 0 學分 Required / 0 Credits	無 None	適用生理、心理或肢體障 礙學生 For students with physical, psychological, or mobility disabilities

進修學士班課程規劃
Continuing Education Undergraduate Program Curriculum Plan

年級 Grade	課程種類 Course Category	必修/選修及學分 Required/Elective & Credits	特殊檢測項目 Special Assessment Items	備註 Remarks
一年級 Freshman	健康體適能 Health-related Physical Fitness	必修 / 1 學分 Required / 1 Credits	健康體適能檢測 Health-related Physical Fitness Test	原班上課 Class-based instruction 健康體適能與基礎游泳各 實施一學期 Each course is offered for one semester
	基礎游泳 Basic Swimming		1 分鐘水中自救 1-minute Water Survival Skills Test	
二年級 Sophomore	專項選課 Specialized Elective Sports Courses	必修 / 1 學分 Required / 1 Credits	無 None	原班上課 Class-based instruction
三、四、五年級 Junior / Senior / Extended Study	運動與健康促進課程 Sports and Health Promotion Courses	自由選修 / 2 學分 Free Elective / 2 Credits	無 None	暫無開課 Currently not offered
二年級 Sophomore	專項特訓班 Specialized Training Program	必修 / 1 學分 Required / 1 Credits	無 None	限運動代表隊學生 For varsity athletes only
一、二年級 Freshman / Sophomore	適應體育班 Adaptive Physical Education	必修 / 1 學分 Required / 1 Credits	無 None	適用生理、心理或肢體障 礙學生 For students with physical, psychological, or mobility disabilities