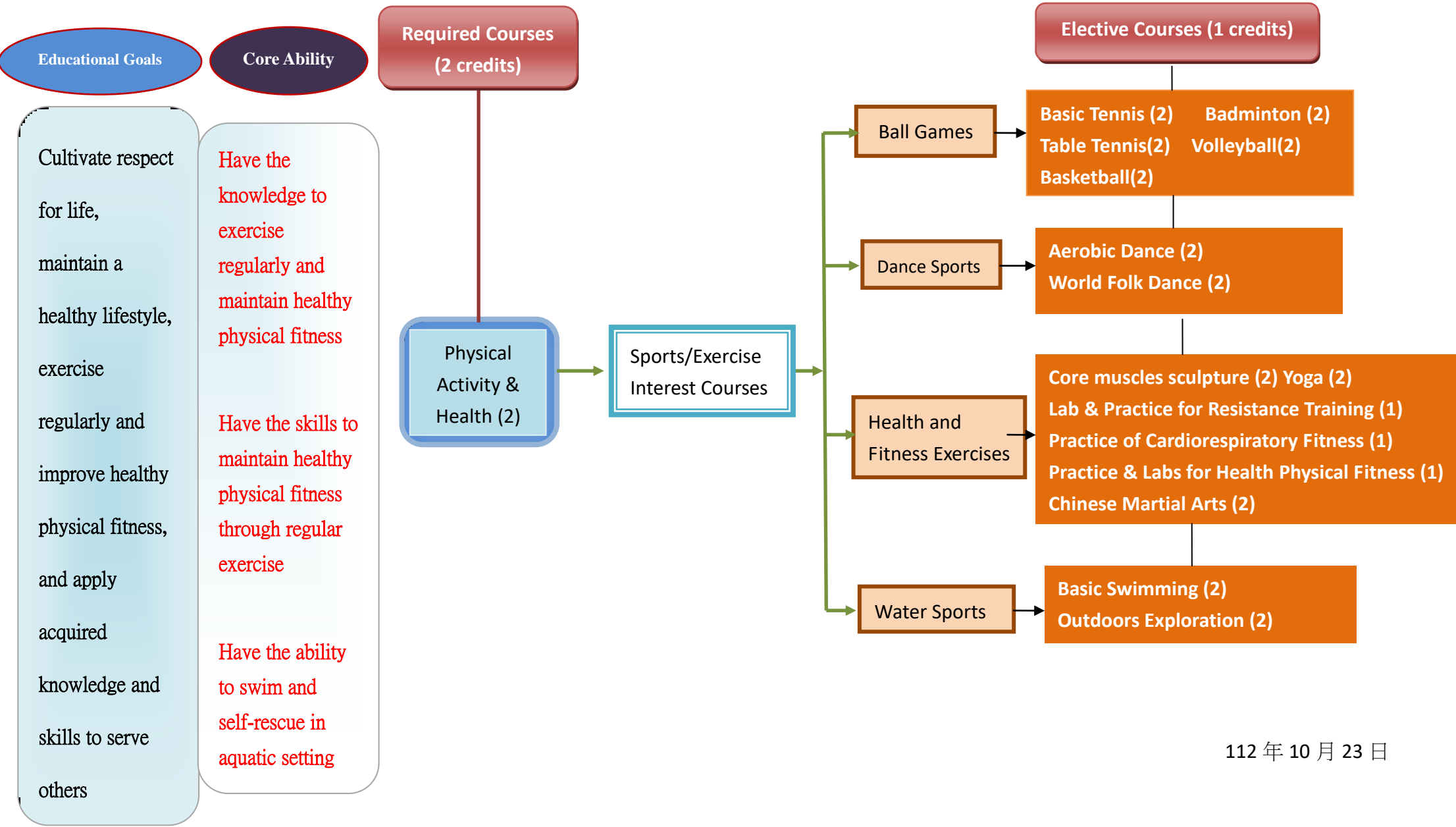


Physical Education Curriculum Map of Tzu Chi University



Educational Goals

Cultivate respect for life, maintain a healthy lifestyle, exercise regularly and improve healthy physical fitness, and apply acquired knowledge and skills to serve others

Core Ability

Have the knowledge to exercise regularly and maintain healthy physical fitness
 Have the skills to maintain healthy physical fitness through regular exercise
 Have the ability to swim and self-rescue in aquatic setting

Required Courses (2 credits)

Physical Activity & Health (2)

Sports/Exercise Interest Courses

Elective Courses (1 credits)

Ball Games

Basic Tennis (2) Badminton (2)
 Table Tennis(2) Volleyball(2)
 Basketball(2)

Dance Sports

Aerobic Dance (2)
 World Folk Dance (2)

Health and Fitness Exercises

Core muscles sculpture (2) Yoga (2)
 Lab & Practice for Resistance Training (1)
 Practice of Cardiorespiratory Fitness (1)
 Practice & Labs for Health Physical Fitness (1)
 Chinese Martial Arts (2)

Water Sports

Basic Swimming (2)
 Outdoors Exploration (2)