Physical Education Center Curriculum Map (Academic Year 113-Continuing education bachelor's program)

	Year 1 Fall	Year 1 Spring	Year 2 Fall	Year 2 Spring	Year 3 Fall	Year 3 Spring	Year 4 Fall	Year 4 Spring
Improve body and mental functions and cultivate exercise habits Promote good social behavior and implement teamwork spirit	3	hysical Basketball Competition Volleyball Competition Table Tennis Competition Badminton Competition	S h a p L a T e n n	t i	e B e p i n g n A Basketball Table Tennis	a n d e r	o b y b a 1 1	i s i n g i c s a d m i n t o n B o w l i n g
Strengthen sports skills and awareness of safety protection								Elective Compulsory