

115學年度進修學士班體育教學中心科目學分表

Physical Education Center

一、教育目標：引導學生實踐德、智、體、群、美五育並重之教育目標，經由身體的活動，發展運動技能與認知，達到身心健康與社群和諧，進而規劃個人運動休閒生涯。

Guide students to practice the educational goals of moral, intellectual, physical, social, and aesthetic education. Through physical activities, develop motor skills and cognition, achieve physical and mental health and community harmony, and then plan personal sports and leisure careers.

二、基礎必修課程：大一必修課程；興趣選修課程：大二、大三、大四選修課程。

Compulsory courses for freshman; Interest elective courses: elective courses for sophomores, juniors and seniors

修習領域類別 course classification				
分組 section	領域 discipline	類別 category	學分 credit	說明 instruction
	體育課程	體育必修	4	
	Physical education course	PE Required		

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共同選修課程 general elective course																	
組別 section	類別 category	課程分 級編碼 course number	科目 course title	學分 credit	時數 hour	第一學年 Year 1		第二學年 Year 2		第三學年 Year 3		第四學年 Year 4		輔系 Minor	雙主修 double-major	補修 retake	備註 remarks
						上	下	上	下	上	下	上	下				
						fall	spring	fall	spring	fall	spring	fall	spring				
不分組	體育選修	PEC289	拉丁有氧	4	4			2	2								大二起至畢業前皆可修體育選修課，學分可納入畢業學分。 Students may enroll in elective physical education courses from their sophomore year until graduation. The credits earned shall be counted toward the total number of credits required for graduation.
NO section	PE Optional		Latin Aerobics														
不分組	體育選修	PEC299	保齡球	4	4			2	2								大二起至畢業前皆可修體育選修課，學分可納入畢業學分。 Students may enroll in elective physical education courses from their sophomore year until graduation. The credits earned shall be counted toward the total number of credits required for graduation.
NO section	PE Optional		Bowling														
不分組	體育選修	PEC209 PEC219	桌球	4	4			2	2								大二起至畢業前皆可修體育選修課，學分可納入畢業學分。 Students may enroll in elective physical education courses from their sophomore year until graduation. The credits earned shall be counted toward the total number of credits required for graduation.
NO section	PE Optional		Table Tennis														
不分組	體育選修	PEC249	游泳	4	4			2	2								大二起至畢業前皆可修體育選修課，學分可納入畢業學分。 Students may enroll in elective physical education courses from their sophomore year until graduation. The credits earned shall be counted toward the total number of credits required for graduation.
NO section	PE Optional		Swimming														
不分組	體育選修	PEC279	塑身有氧	4	4			2	2								大二起至畢業前皆可修體育選修課，學分可納入畢業學分。 Students may enroll in elective physical education courses from their sophomore year until graduation. The credits earned shall be counted toward the total number of credits required for graduation.
NO section	PE Optional		Fitness Aerobic														

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						上	下	上	下	上	下	上	下				
不分組	體育選修	PEC259	塑身瑜珈	4	4			2	2								大二起至畢業前皆可修體育選修課，學分可納入畢業學分。 Students may enroll in elective physical education courses from their sophomore year until graduation. The credits earned shall be counted toward the total number of credits required for graduation.
NO section	PE Optional		Shape Body Yoga														
不分組	體育選修	PEC269	塑身與健身	4	4			2	2								大二起至畢業前皆可修體育選修課，學分可納入畢業學分。 Students may enroll in elective physical education courses from their sophomore year until graduation. The credits earned shall be counted toward the total number of credits required for graduation.
NO section	PE Optional		Shape Keeping and Exercising														
不分組	體育選修	PEC229	網球	4	4			2	2								大二起至畢業前皆可修體育選修課，學分可納入畢業學分。 Students may enroll in elective physical education courses from their sophomore year until graduation. The credits earned shall be counted toward the total number of credits required for graduation.
NO section	PE Optional		Tennis														
不分組	體育選修	PEC219	籃球	4	4			2	2								大二起至畢業前皆可修體育選修課，學分可納入畢業學分。 Students may enroll in elective physical education courses from their sophomore year until graduation. The credits earned shall be counted toward the total number of credits required for graduation.
NO section	PE Optional		Basketball														
不分組	體育選修	PEC239	樂活體適能	8	8			2	2	2	2						大二起至畢業前皆可修體育選修課，學分可納入畢業學分。 Students may enroll in elective physical education courses from their sophomore year until graduation. The credits earned shall be counted toward the total number of credits required for graduation.
NO section	PE Optional		healthy fitness														

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共同必修課程 general compulsory course																	
組別 section	類別 category	課程分 級編碼 course number	科目 course title	學分 credit	時數 hour	第一學年 Year 1		第二學年 Year 2		第三學年 Year 3		第四學年 Year 4		輔系 Minor	雙主修 double-major	補修 retake	備註 remarks
						上 fall	下 spring	上 fall	下 spring	上 fall	下 spring	上 fall	下 spring				
不分組	體育必修	PEC111	適應體育	4	4	2	2										必修學分另計，不列入畢業學分數。Compulsory credits shall be calculated independently and shall not be counted toward the total number of credits required for graduation.
NO section	PE Required		Physical Education														
不分組	體育必修	PEC101	體育	4	4	2	2										必修學分另計，不列入畢業學分數。Compulsory credits shall be calculated independently and shall not be counted toward the total number of credits required for graduation.
NO section	PE Required		Physical Education														