

# Ming Chuan University Enforcement Rules for Sports Capability Requirements

Passed at the Academic Affairs Committee Meeting on June 3, 2010

Passed at the Academic Affairs Committee Meeting on May 15, 2014

Passed and Upon Revision at the Academic Affairs Committee Meeting on May 18, 2017

- Article 1 These regulations were established in accordance with the Ming Chuan University Procedures for Proficiency-based Graduation Requirements.
- Article 2 As to cultivate students' regular sports participation, to enhance self-awareness of personal health, and to improve overall wellness with balanced development, these regulations are in accordance with the Health-related Physical Fitness promoted by the Ministry of Education and are incorporated as graduation requirements. Students who participate and attain the sports capability assessment requirements will pass the sports capability graduation requirements.
- Article 3 Target: Undergraduate students of 2<sup>nd</sup> and 3<sup>rd</sup> year need to participate in the sports capability assessment in accordance with Article 4.
- Article 4 Implementation:
- (1) During the 2<sup>nd</sup> semester of every academic year, the assessment schedule for undergraduate students of 2<sup>nd</sup> year and transfer students of 3<sup>rd</sup> year in the 2<sup>nd</sup> semester will be posted.
  - (2) During the 2<sup>nd</sup> week of the 1<sup>st</sup> semester of every academic year, assessment will be conducted for undergraduate students of 2<sup>nd</sup> year who studied aboard, transfer students into 3<sup>rd</sup> year in their 1<sup>st</sup> semester, and students of special cases. Students need to bring relevant documentation for review to the Physical Education Office in the 1<sup>st</sup> week to register for assessment. Those who pass the review will have the assessment conducted in the 2<sup>nd</sup> week. Those who do not pass the review will be viewed as having incomplete assessment, and will be processed according to Article 8 of these enforcement rules.
  - (3) At the end of the 1<sup>st</sup> semester of every academic year, the re-assessment schedule for 3<sup>rd</sup> year undergraduates enrolled in physical education courses will be posted.
- Article 5 Competence indicator establishment:
- (1) The sports capability assessment items are in accordance with the Ministry of Education Health-related Physical Fitness assessment.
  - (2) The minimum passing score will be established based on the average score for 80 percent of students.
  - (3) The quantitative indicators are in accordance with the norms announced by the Ministry of Education for Health-related Physical Fitness and the historical norms of results at the university.
  - (4) These competence indicators were established by the Curriculum Committee

comprised of on-campus members and external advisors.

Article 6 Assessment items:

- (1) Flexibility: sit and reach
- (2) Muscular Endurance: one-minute sit-ups
- (3) Power: standing long jump
- (4) Cardio Respiratory Endurance: male 1,600-meter, female 800-meter run/walk

Article 7 Passing criteria:

The scores are in accordance with the Ming Chuan University Sports Capability Score Correspondence Chart for which students need to complete 4 sports items with an average score of 60 or above for meeting the graduation requirements for sports capabilities.

Article 8 Students who have not passed the assessment and missed the assessment deadline should take the 3<sup>rd</sup>-year physical education course. Upon passing the course or re-assessment, they will meet the graduation requirements for sports capability.

Article 9 Exceptions:

- (1) Seriously ill students should submit medical proof or a valid special education student evaluation proof from the Ministry of Education or a disability handbook two weeks prior the assessment date of the 2<sup>nd</sup> semester of their 2<sup>nd</sup> year to the Physical Education Office. Upon review by the Physical Education Office, the Campus Health Services Section, the Counseling and Guidance Center, and Campus Health Services Section, then reported to and approved by the president, these students can be exempted from the assessments.
- (2) Students with a specific illness should submit medical proof to the Physical Education Office two weeks prior the assessment date of the 2<sup>nd</sup> semester of their 2<sup>nd</sup> year to the Physical Education Office to apply for adjusting assessment items. Upon review by the Physical Education Office, students can be assessed for just 2 of the items according their ability. Those unassessed items will be recorded as passed. Students who miss or fail the assessment are processed in accordance with Article 8.

Article 10 Students who meet the graduation requirements for sports capabilities are reported by the Physical Education Office as having passed the assessments.

Article 11 Upon being passed at the Academic Affairs Committee Meeting and approved by the president, these enforcement rules are implemented. Any revision must follow the same procedures.

**\*\*In the event of any inconsistency or discrepancy between the Chinese and other language versions of this document, the Chinese version shall prevail.\*\***