

# 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

1. In response to the Ministry of Education's program to promote health-related physical fitness in students, these regulations were established in accordance with the Procedures for Proficiency-based Graduation Requirements. In order to encourage students to participate in regular physical activities and improve their health, students are required to meet the requirements for sports capabilities before graduation.
2. With an aim to raise students' awareness of personal health and improve their overall wellness, these regulations were incorporated into the graduation requirements.
3. Participants: All students
4. Implementation
  - (1) Students are required to take the health-related physical fitness assessment tests (including power, muscular endurance, flexibility, cardio respiratory endurance, balance and coordination) in the first semester of their first year. The tests and implementation were based on the Ministry of Education testing methods of the College Students Health-related Physical Fitness (including standing long jump, sit and reach, one-minute sit-ups and cardio-respiratory fitness) and the Physical Education Office's balance and coordination testing methods.
  - (2) All students must be assessed for sports capabilities and achieve passing grades for at least four test items. Disabled students and students who are seriously ill may apply for exemption from this assessment.
  - (3) Students who fail any of the tests are required to attend sports counseling classes. The assessments will be held each semester, according to the assessment schedule as announced separately.
  - (4) If students fail the assessment in their third year, they need to enroll in a physical education course in their fourth year (2 periods per week) to strengthen personal sports capability. Those who meet the sports capabilities requirements are eligible for graduation.
5. Minimum requirements
  - (1) The minimum passing score will be established based on the average score for 80 percent of students.
  - (2) The sports capabilities assessments on students' cardio respiratory endurance,

muscular endurance, flexibility and power will be implemented in accordance with the scale format announced by the Ministry of Education.

(3) Tests on students' balance and coordination will be implemented according to the scale format of the university curriculum's rating scale.

Above-mentioned requirements were established by the Curriculum Committee and the external advisors.

6. Special Cases: disabled students, students with a specific disability and transfer students

(1) Disabled Students: Disabled students should submit medical proof or a moderate/severe mental/physical disability handbook to the Physical Education Office for review. After being approved by the Campus Health Services Section and the president, disabled students can be exempted from these assessments.

(2) Students with a specific disability: To be exempted from specific assessments, seriously ill students should submit medical proof or mild mental/physical disability handbook to the Physical Education Office for review. After having a specific waiver approved by the Physical Education Office, those students are required to achieve passing grades for more than half of the remaining tests.

(3) Transfer students: Transfer students are required to complete the sports capabilities assessments of that academic year. (Six test items)

7. Students who meet the graduation requirements for sports capabilities will be reported by the Physical Education Office as having passed the assessments.

8. 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.\*\***