

体育教育专业简介

An Introduction to the Specialty of Physical Education

Physical Education is a teacher-training specialty, offering a 4 – year undergraduate program. Candidates who meet the program requirements shall be awarded the Bachelor of Education. The teaching and research section of Physical Education was originally named as the Sport and Health Unit of Shaanxi Provincial Teachers' College in 1944; it became the Department of Physical Education in 1984 and then School of Physical Education in 1998, both within Shaanxi Normal University. Physical Education at Shaanxi Normal University has been named the Well-known Major in Shaanxi Province as well as Shaanxi Provincial Characteristic Program.

This program provides a solid understanding of key areas, fundamental knowledge and basic skills in the discipline of physical education, and cultivates talents with all-round development of morality, intelligence and physique. Graduates can be employed as teachers, researchers, and educators in the field of physical education at institutions of higher education and secondary schools.

体育教育(师范)

Physical Education(师范)

一、培养目标

I, Educational Objectives

This major aims at cultivating inter-disciplinary sports talents of moral integrity and professional competence, specializing in basic theories and skills on physical and health education, mastering organizing principles of physical education at school and forming the capability to conduct sports scientific research, sports management, health education and social sports guidance. This major trains students to be teachers, coaches and competitors in various institutions.

二、培养要求

II, Educational Requirements

1. Graduates should have a sound political orientation, a firm belief in the leadership of the Communist Party of China, and a deep understanding of the Party's line, principles, and policies. They should have a strong sense of national identity and responsibility, and be able to actively participate in social and national affairs.
2. Graduates should have a solid foundation in basic sciences and a certain level of proficiency in foreign languages. They should have a good command of Chinese and English, and be able to communicate effectively in both languages.
3. Graduates should have a strong sense of professional responsibility and a high level of moral integrity. They should be able to work independently and cooperatively, and have a good team spirit.
4. Graduates should have a good command of physical education theory and practice, and be able to design and implement physical education programs. They should have a good command of sports training and competition, and be able to guide and train athletes.

1. Undergraduates should be of high citizenship quality. With a deep love for our motherland, they should steadily accept basic values of the Chinese nation and learn to cherish the corresponding codes of conduct. Undergraduates should build up noble moral accomplishment. They should develop a correct outlook of life and gracious humanistic literacy by inheriting excellent Chinese culture and absorbing advanced values and scientific concepts abroad to cultivate wholesome personality and sound psychological quality.

Undergraduates should love the profession of sports and be familiar with the reform and development of physical education and the development trend of the sports discipline. Grasp basic scientific research methods, and have basic ability to engage in sports scientific research, have systematic knowledge of basic theories and methods of school physical education, health education, physical training, sports training and competition.

Undergraduates should master one foreign language and one computer language. Be able to read professional books and journals in foreign languages. Be able to conduct computer. Have a multi-functional knowledge structure. Mandarin level should be excellent.

4. Undergraduates should have a healthy constitution and understand basic military theories and skills to core up to the standard of military training.

Undergraduates should have high-level physical education talents, having a good understanding of humanity, science and innovative thinking spreading and sharing multidisciplinary knowledge. Having a scientific and rational knowledge structure as well as an objective attitude. Having the ability to adapt themselves to

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教 育	公共				
	学科				
实践教学					
合					
说明	专 (包括专、专、和学科基础)共。 专 (学、从专、中至少)学。				

八、体育教育专业本科教学计划表 VIII

(一) 通识教育模块(41 学分)

(I) ()
 识教育 (学、) ()

课程编码 Courses Code	课程名称 Courses Name	开课学期 Semester	学分 Cre.	讲授学时 Teaching Hrs.	实验/实 学时 Experiment/ Training Hrs.	学时 Weekly Hrs.	Evaluation
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 (II) i ciplinary Foundation our e (7 credit)
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 elated i ciplinary Foundation our e (credit)

课程编码 Courses Code	课程名称 Courses Name	开课学期 Semester	学分 Cre.	讲授学时 Teaching Hrs.	实验/实 学时 Experiment/ Training Hrs.	学时 Weekly Hrs.	Evaluation
' ,	earchin method of Sport Science		'			'	考试
'	测量评价 Valuation of Sport Statistic and ea ure ent	4				'	考试
'	Sport Anato y		4	4		4	考试
' ,	io echanic	4	'	'		'	考试

'
 i ciplinary Foundation our e (credit)

课程编码 Courses Code	课程名称 Courses Name	开课学期 Semester	学分 Cre.	讲授学时 Teaching Hrs.	实验/实 学时 Experiment/ Training Hrs.	学时 Weekly Hrs.	Evaluation
' ,	Sport hy iolo y	'	'	7 ,		4	考试
' , ,	Sport ealth are		4	4		4	考试
' , 4	Introduction to Sport					'	考试
' ,	Sport ycholo y	'	'	4		'	考试
' ,	arcie ioche i try	'	'			'	考试
' , 4	ealth ducation	'	'			'	考试

() (61)
 (III) Speciali ed our e (credit)

Speciali ed o pul ory our e (credit)

课程编码 Courses Code	课程名称 Courses Name	开课学期 Semester	学分 Cre.	讲授学时 Teaching Hrs.	实验/实 学时 Experiment/ Training Hrs.	学时 Weekly Hrs.	Evaluation
4 ,	Schoolin hy ical ducation	4		4		4	考试
4 , ,	Sport Sociolo y		'			'	考试
4 ,	heorie of Sport rainin	'	'			'	考试
4 ,	otor Skill eearnin and ontrol		'			'	考试

' (44)
 , Speciali ed e trictive lective our e (44 credit)

课程编码 Courses Code	课程名称 Courses Name	开课学期 Semester	学分 Cre.	讲授学时 Teaching Hrs.	实验/实 学时 Experiment/ Training Hrs.	学时 Weekly Hrs.	Evaluation
4 ,	rac and field			4		4	考试

1042181	田径2 Track and Field 2	2	3	54		4	Exam.
1042182	田径3(定 运动) Track and Field 3	3	3	54		4	Exam.
1042183	球类(篮球) Basketball	1	3	54		4	Exam.
1042184	球类(排球) Volleyball	2	3	54		4	Exam.
1042185	球类(足球) Football	3	3	54		4	Exam.
1042186	体操1 Gymnastics1	1	4	72		6	Exam.
1042187	体操2 Gymnastics2	2	2	36		6	Exam.
1042188	民族体育 Science of Ethnic Sports	4	3	54		4	Exam.
1042189	Swimming	6	1	18		4	Exam.
1042190	专 选修3 Specialized Elective 3	3	4	54	36	6	Exam.
1042191	专 选修4 Specialized Elective 4	4	4	54	36	6	Exam.
1042192	专 选修5 Specialized Elective 5	5	4	54	36	6	Exam.
1042193	专 选修6 Specialized Elective 6	6	4	54	36	6	Exam.

3. 专业任意选修课程(8学分)

3. Specialized Non-restrictive Elective Courses (8 credits)

学院专业任意选修课程。

See Specialized s11EP8pys118yl1p8pP8l88ys499fEy115uc5E1515ylp11198llylp11198lS8pyEEfE45y8p8slE8ss499f

课程编码 Courses Code	课程名称 Courses Name	开课学期 Semester	学分 Cre.	讲授学时 Teaching Hrs.	实验/实践学时 Experiment/ Training Hrs.	周学时 Weekly Hrs.	考试方式 Evaluation
							考试
	材 设						考试

(见 “ ” 列)
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(五) 实践教学模块(15 学分)
(V) ()

课程编码 Courses Code	课程名称 Courses Name	开课学期 Semester	学分 Cre.	讲授学时 Teaching Hrs.	实验/实践学时 Experiment/ Training Hrs.	周学时 Weekly Hrs.	考试方式 Evaluation
							考查
	,						考查
							考查
							考查
	见	-					考查
							考查
	践 调查						考查
	, 就						考查
	毕 (设)	-					考查
	践						考查

九、体育学院专业任意选修课
IX -

课程编码 Courses Code	课程名称 Courses Name	开课学期 Semester	学分 Cre.	讲授学时 Teaching Hrs.	实验/实践学时 Experiment/ Training Hrs.	周学时 Weekly Hrs.	考试方式 Evaluation
							考查
							考查
	灾害 急逃						考查
	史 奥林匹						考查
	游戏						考查
							考查
	散打						考查
	舞蹈						考查

1043046	体育 Introduction to Folk Sports	8	2	36		4	Quiz
1043047	理论与 Theory and Application of Exercise Prescription	5	1	18		2	Quiz
1043048	学 Science of Athletic Talent Scouting	5	2	36		2	Quiz
1043049	养学 Sports Nutriology	5	1	18		2	Quiz
1043051	健 理论与 Fitness Theory and Guidance	5	1	18		2	Quiz
1043052	体育 Leisure Sports	5	2	36		2	Quiz
Notes	1. 体育学院 14 2. 体育教育 8 学 ; 8 学 。 1. There are 14 Specialized Non-restrictive Elective Courses of School of Physical Education in total. 2. Undergraduates in Physical Education specialty should obtain 8 credits , and 8 credits for Sports Training specialty.						

十、课程简介

X. Brief Introduction of Main Courses

(一) 学科基础模块

(I) Disciplinary Foundation Courses

1. 课程名称: 体育科学研究方法

(1) :1021012

(2) : 《体育教育和学 的 , : 体
育学 的 、 展和发展 , 体育学 的基本 ;
与 ; 与 的 ; 理与 的 ; 体育 论 的 与 ; 论
的基本 与 体育 的基本 养 。 的 学 ; 体
学 的基本 与 ; 体 体育学 的 、 体育学
与 学 论 。

1. Course Name: Researching Method of Sports Science

(1) Course Code: 1021012

(2) Brief Introduction of the Course: The course is a specialized compulsory course for physical education students and sports training students. Main contents include: characteristics of sports science research, progress and development trends, and the basic procedures of scientific research; how to choose research topics; how to improve research design and formulate a research plan; methods of collecting data; methods of data arrangement and analysis; writing and evaluating of sports research paper; basic procedures and methods of thesis defense, and basic competence as a sports scientists. Through systematic study, students shall preliminarily master the basic physical science research procedures and methods, initially write scientific research topic reports and project applications, and to understand research papers in sports, natural sciences and social sciences.

2. 课程名称: 统计学与测量评价

(1) :1021013

(2) : 《体育 与 》 体育学院体育教育 学的 学 基础 ,
: 的 与 理、 本 、 、 体育 与 的基本 、 基础理论知识、 体 、 、 体的 与 的基本 。

2. Course Name: Evaluation of Sports Statistics and Measurement

(1) Course Code: 1021013

(2) Brief Introduction of the Course: Evaluation of Sports Statistics and Measurement is a disciplinary foundation course of physical education related majors. The following contents are included: statistics collection and arrangement, sample characteristics number, probability, hypothesis testing, basic concepts of

sport measurement and evaluation, elementary method of measurement and evaluation of basic theoretical knowledge, body shape, function, quality, physical fitness, etc.

3. 课程名称: 运动解剖学 1

(1) 课程代码: 1021001

(2) 课程简介: 本课程是体育教育专业的基础课程, 包括: 运动解剖学的基本理论与应用; 运动生理学的基本理论与应用; 运动心理学的基本理论与应用; 运动医学的基本理论与应用; 运动营养学的基本理论与应用; 运动损伤预防与急救; 运动处方与体质测定。通过本课程的学习, 使学生掌握运动解剖学、运动生理学、运动心理学、运动医学、运动营养学、运动损伤预防与急救、运动处方与体质测定等方面的基本理论知识; 了解运动解剖学、运动生理学、运动心理学、运动医学、运动营养学、运动损伤预防与急救、运动处方与体质测定等方面的基本工作原理; 培养学生的运动解剖学、运动生理学、运动心理学、运动医学、运动营养学、运动损伤预防与急救、运动处方与体质测定等方面的基本实践能力。

3. Course Name: Sport Anatomy 1

(1) Course Code: 1021001

(2) Brief Introduction of the Course: This is one of the f

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5. Course Name: Sports Physiology 1

(1) Course Code: 1022001

(2) Brief Introduction of the Course: The course is a basic and applied subject which is designed for physical education major students. It is a subject on researching the developing and changing rules of human body's various functions in sports, or under the influence of long-term systematic physical exercise, so as to guide people to engage in suitable physical exercise, and to organize sports training scientifically. Teaching objectives are: to make physical education students master the basic theory, basic knowledge, operational skills and some basic scientific research method in sports physiology; to initiate students to apply the theory and methods of human physiology to guide and evaluate physical education, physical training and after-school sports training.

6. :

(1) 编码:1022002

(2) 简介: 在 措施 。它在医 疗卫 过 起 边缘 , 代医 ,对 参加者进行医 , 促进 长 、增进身 、增 、防治 伤病 提 在 了 。

6. Course Name: Sports Health Care

(1) Course Code: 1022002

(2) Brief Introduction of the Course: Sports Health Care is an applied discipline which studies the health care rules and measures of human body in the process of sports. Sports Health Care is an interdisciplinary subject which was developed in the process of combining health service and sports. Sports Health Care purposes to promote the growth and development, in order to enhance physical and mental health, enhance physical fitness, sports injury prevention and improve sports performance. Sports Health Care intends to apply the modern medical care knowledge and methods to care and guide participants in sports. Sports Health Care is a specialized compulsory course for undergraduates and junior college students of physical education institutes. Students should learn this course after mastering some knowledge of Sport Anatomy, Sports Physiology, Exercise Biochemistry.

7. :

(1) 编码:1022004

(2) 简介:《 》 , 重要 内容。它阐明了 念 , ,揭示了 所 各种功 ,明 了 , 述了 段 ,介绍了 , 对 进行了简要 。

7. Course Name: Introduction to Sports

(1) Course Code:1022004

(2) Brief Introduction of the Course: Introduction to Sports is a core course for physical education major students, serving as an important part of the physical education discipline. It clarifies the basic concepts, the nature, and the scientific system of sports; reveals the various functions of sports, defines the purpose of sports; discusses the sports means and culture, and introduces the sports system and briefly analyses the development tendency of sports.

8. :

(1) 编码:1022006

(2) 简介:《 》 干 ,

动训练专业基础教育的 。体育心理学是研究人 体育运动中心理 动规律的科学,是应用心理学的一 分 。 心理学方面为体育教学和运动训练、竞赛 科学的理论基础。

8. Course Name: Sports Psychology

(1) Course Code: 1022006

(2) Brief Introduction of the Course: Sports Psychology is a core compulsory course and main part for physical education and sports training majors. Sports Psychology is a branch of applied psychology which studies rules of mental activities in sports. It offers scientific theoretical basis for Physical Education and Sports Training in psychological aspects in order to speed up the development of our national sports.

9. 课程名称:运动生物化学

(1) 课程 :1022019

(2) 课程 : 课程是体育教育和运动训练专业基础课,课程 主 : 论、人体的化学、高能 化合物、运动和 、运动和 类 、运动和 质 、运动性 的生化、体育锻炼的生化 定。 解导 运动性 的生化 素,掌握运动 体机能 的生化指标,为 高科学训练 理论基础和 实用 。

9. Course Name: Exercise Biochemistry

(1) Course Code: 1022019

(2) Brief Introduction of the Course: This course is the specialized core course of Physical Education and Sports Training. The course contents mainly include: introduction, the chemical composition of human body, high energy phosphate compound, exercise and glucose metabolism, exercise and lipid metabolism, exercise and protein metabolism, the biochemistry of sports fatigue and the biochemical evaluation of physical training effect. By learning this course, students shall understand biochemical factors which lead to sports fatigue, master athletes' biochemical parameters of physical function status, lay a theoretical foundation and provide practical basis for improvement of the scientific training level.

10. 课程名称:健康教育学

(1) 课程 :1022046

(2) 课程 :《健康教育学》是为体育相关专业 的一门专业类基础课程,课程 主 : 健康 、健康体适能、心理健康、健康 等基本概 ; 健康的 素;健康体能的生理学特点及训练;健康管理、健康心理、健康 等相关知识。通 课程的系统学习,使学生具备现 教育、健康理 ,并将 理 课外体育锻炼和训练竞赛教学实 中,能胜任学校体育健康教学工作。

10. Course Name: Health Education

(1) Course Code: 1022046

(2) Brief Introduction of the Course: Health Education is a specialized foundation course which is set up for the major related to physical education. Course contents include: basic conception of health promotion, health physical fitness, psychological health, healthy diet, etc.; factors affecting health; characteristics and training of health-related physical fitness; relevant knowledge of health management, health psychology, and health slumber. Through systematically studying of Health Education, students shall possess the idea of modern education and health, which is applied in teaching practice of extracurricular sports activity as well as training competition, qualified for the teaching of physical education and health education in schools.

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(2) Brief Introduction of the Course: The course is a specialized compulsory course, based on four-year development goals of physical education majors. The content includes: overview of Chinese and foreign volleyball; volleyball skills, tactical analysis and teaching methods; competition rules and judgment, facility knowledge; physical training; ready posture and movement; passing; pad ball; serve; spike; block; team and position with the exchange; offensive tactics; defensive tactics. By learning this course, students shall be able to become physical education teachers at all levels of schools.

8. 课程名称: 类 ()

(1) 课程编码:1042185

(2) 课程简介:该课程是为体育教育专业学生开设的专业必修课,课程内容主要包括:中外足球运动的发展状况、足球基本技术、足球战术、足球竞赛规则、足球裁判法等。通过对足球基本技术、基础理论和基本技能的学习,培养各级各类学校体育师资、体育科研和管理人才。

8. Course Name: Football

(1) Course Code: 1042185

(2) Brief Introduction of the Course: The course is a specialized compulsory course for physical education majors. The main contents include: the development of modern football, football basic skills, football tactics, laws of the football game, and referee skills in football etc. By learning football basic skills, basic theories and techniques, students shall have better opportunities to be sports teachers, sports researchers and sports management staff in schools of all levels.

9. 课程名称:体 1 / 体 2

(1) 课程编码:1042186 /1042187

(2) 课程简介:该课程是体育教育专业学生开设的专业必修课,课程内容主要包括:体操的发展概况、内容、分类、体操术语、体操教学法、体操的保护与帮助、体操比赛的组织与编排以及体操的基本技术和基本技能。通过对体操运动知识和技能的学习,学生可以提高体育教学和训练能力,全面发展其的身体素质。

9. Course Name: Gymnastics 1/2

(1) Course Code: 1042186 /1042187

(2) Brief Introduction of the Course: Gymnastics is a specialized compulsory course for Physical Education majors. The course includes: classification, history and improvements achieved, activities, terminology of gymnastic, methods of teaching, protection, assistance when required, basic skills and the arrangement of gymnastic competitions. The subject aims to improve the student's ability to teach gymnastics, and to develop their physique.

10. 课程名称: 体育

(1) 课程编码:1042188

(2) 课程简介:该课程是为体育教育专业学生开设的专业必修课,课程内容主要包括

martial arts, and have the ability to conduct martial arts teaching in middle schools, to learn martial arts moves from pictures, and to organize and umpire martial arts competitions in grass-roots competitions and in middle schools.

11. 课程名称：

(1) 课程代码：14189

() 课程简介：本课程是为体育教育专业和运动训练专业学生开设的专业必修课，主要内容：蛙泳、蝶泳、仰泳、自由泳、混合泳、救生、潜水、水上运动等。通过本课程的学习，使学生掌握游泳的基本技术、基础理论和基本技能的学，培养各级学校体育教师、体育科研和管理人才。

11. Course Name: Swimming

(1) Course Code: 14189

() Brief Introduction of the Course: The course is a specialized compulsory course for physical education students and sports training students. The main content of the course is:蛙泳、蝶泳、仰泳、自由泳、混合泳、救生、潜水、水上运动等。通过本课程的学习，使学生掌握游泳的基本技术、基础理论和基本技能的学，培养各级学校体育教师、体育科研和管理人才。

(2) 得出；早龄阶段、探讨青、未。

2. Course Name: Child Development

(1) Course Code: 2431029

(2) Brief Introduction of the Course: Child Development is compulsory course in teacher education module of the normal universities, and its purpose is to help normal students to cultivate professional perspective and practices that contribute to disciplined scholarly and professional work in psychology. The course is designed to address basic tendency and characteristic, and their developmental law in childhood and adolescence. Specifically, its main content includes the physical, cognitive, social, emotional and personality development and influencing mechanism in each stage from birth to young adulthood, exploring how to apply these basic knowledge and principles to activities of daily living and future education and teaching.

3. 课程名称:中学生认知与学习

(1) :2431030

(2) : 核 兴 , 融 自 、 探讨

促学 了 各种 理 的 与 ,掌握基本的 理辅 理论与调试策 。

5. Course Name: Psychological Guidance for Middle School Students

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Psychological Guidance for Middle School Students

6. 课程名称:中学教育学基础

() 编码:

() 简介:《 学教育学基础》 学教 能 培养的重要 , 在 学 掌握教育理论的基本知识,掌握教育教学和学 的基本 ,了 基础教育 的 和发展,明了学 德发展的 和个 征,了 理的 原理和 ,形成 教育基本原理和 教育教学 践的具体 、有 对 地开展德育 、 理 的能 。

6. Course Name: Foundation of Middle School Education

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7. 课程名称:教师专业发展与职业道德

() 编码:

() 简介:《教 发展与 德》 所有 教 的 公 , 培养 养的基础理论 。 过教 发展理论、教 德 、教育政策 识、教 形成。 面知识与技能的学 ,本 在培养 教的 综 养,促 其教 的

7. Course Name: Teacher's Professional Development & Professional Ethics

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8. 课程名称:现代教育技术

() 编码:

() 简介:《 代教育技 》 院校 的公 。本 在提 时代 的教育技 的基本理论和教学技能, 教育 发展的 ,提 教学 量和效率, 施 教育 基础。本 包括三 , 教材、 网络 。

8. Course Name: Modern Educationa

(2) Brief Introduction of the Course: This is a public compulsory course for students of normal universities. The purpose of the course is to equip teachers and students with basic principles and teaching skills of educational technology, and help them adapt to the development trend of educational information, improve their teaching quality and efficiency and lay solid foundation for the implementation of quality education. This course includes three parts, i.e. paper textbook, CD-ROM and online courses.

9. 课程名称:体育学科教学论

(1) 编码:1031108

(2) 简介:《 () 》,其 内容划 部 践部 , 部 内容 , 评价, , 内容, 代

9. Course Name: Physical Education Discipline Pedagogy

(1) Course Code:1031108

(2) Brief Introduction of the Course: Discipline Pedagogy of Physical Education is a compulsory course in teacher training module, whose teaching content is divided into theoretical part and practical part. In the theoretical part, there are curriculum standard of sports and health, curriculum theory of sports and health, teaching content of sports and health, teaching methods of sports and health, learning theory of sports and health, evaluation of sports and health course, sports and health curriculum, teachers of sports and health, sports and health courses and modern means of education.

10. 课程名称:体育学科中学教材分析与教学设计

(1) 编码:1031109

(2) 简介:《 材 设 》, 要 《 》 “ 列+ ” 式, , 内容划 、 、 、 、 、 兴 7 列进行 设 。

10. Course Name: Middle School Teaching Material Analysis and Teaching Design in Physical Education

(1) Course Code:1031109

(2) Brief Introduction of the Course: Middle School Teaching Material Analysis and Teaching Design in Physical Education is a compulsory course in teacher training module. It's mainly based on curriculum standards of sports and health in high school and "series plus module" teaching mode, and combines the characteristics of the physical education. The specific teaching content is divided into seven series: health education, athletics, ball games, gymnastics, traditional ethnic sports, water sports and emerging sports to analyze and design.

(四) 实践教学模块

(IV) Practice Work

1. 课程名称:教育见习

(1) 编码:1050019

(2) 简介:在 线 下,对 、 、 各 其设施进行 察 , 、 余 ; 在 丰富 认 ,加深 对 践 ,启 察 。

1. Course Name: School Visits

(1) Course Code: 1050019

(2) Brief Introduction of the Course: Under the guidance of lectures of Pedagogical as well as elemen-

tary and secondary school teachers, students of teacher-training majors observe and analyze teaching, school life and school facilities in elementary and secondary schools, especially PE teaching and physical education, extracurricular activities, amateur sports training and competition. The purpose of this course is to enrich the students' perceptual knowledge, deepen their theoretical understandings, inspire their love for education, and improve their ability of observation and analysis.

2. 课程名称:教育实习

(1) 课程编码:1050020

(2) 课程简介: 实习 教师和中学体育教师的指导, 师范生 运用教育理论、专业知识和技能, 实习学校 与、体 教育和教学。体育教育实习的 心任 包括体育教学实习、 主任实习和教育调查研究,目的 知识、训练能力、体 教师职业和 色。

2. Course Name: Teaching Practice

(1) Course Code: 1050020

(2) Brief Introduction of the Course: Under the guidance of PE teachers in secondary schools, students of teacher-training major participate and practice teaching actively, through applying educational theory and professional knowledge and skills. The core tasks of PE educational practices include: teaching practices, head teacher practices, and educational survey research. The purpose of this course is to examine their knowledge, training skills, as well as to provide experience the role as teachers and role changing.

3. 课程名称:教育实践与社会调查

(1) 课程编码: 1050021

(2) 课程简介:专业实践是学生学习实践的一 要 ,通过专业实践,学生受到一次系统的专业思想教育。 学生 好专业实践的 ,结合专业实践的实 ,有目的 进行一 专题调查,写 有一定 的调研报告, 强 从事本职工作的 责任心, 高综合运用 学专业知识和理论知识及基本技能的 ,培养 从事相关工作的能力。

3. Course Name: Professional Practice and Social Survey

(1) Course Code: 1050021

(2) Brief Introduction of the Course: The professional practice and social survey (PPSS) is one of the most important and integral parts of learning practices. Students can get systematic, profound and specialized moral education. Each student makes one's special investigation combining specialized practice with writing a research report. The course can enhance students' sense of responsibility and improve students' ability to apply their specialized knowledge, theoretical knowledge and basic skills, so as to cultivate their relevant work capability.

4. 课程名称:毕业论文

(1) 课程编码:1050025

(2) 课程简介:本科毕业论文是获 学士学 的必要 ,要求学生 导师的指导 ,发现 体育科学 的相关问题,进行文 资料 ,阅读文 ,写 开题报 ,设计 对 研究问题的研究方案,并 指定的 间内 调研、实 、 集和统计分析等工作, 基础上写 学 论文, 通过院系 的论文答辩。通过毕业论文培养学生应用 学的专业知识和技能解决实 问题、综合应用知识和 工具的能力以及文 及学术表达、 作、学术创新能力。

4. Course Name: Graduation Thesis

(1) Course Code: 1050025

(2) Brief Introduction of the Course: Bachelor's thesis is required for the completion of a Bachelor's degree. This course is implemented by senior students under the guidance of their supervisors. Students shall identify research questions in the field of sports science, conduct literature research and critical reading, complete research surveys, write research proposals, design experiment plans, complete laboratory experiments, collect data and make statistical analysis; and then write bachelor's' theses to go through the oral de-

fense with the departmental Thesis Defense Committee. By writing graduation thesis students would apply specialized knowledge and skills to solve practical problems, as well as to improve academic writing, oral communication, teamwork, and creativity.

(五) 专业任意选修课

(V) Specialized Non-restrictive Elective Courses

1. :

(1) 课程 :1043014

(2) 课程 :体育法学是体育专业(体育教育和运动训练)学生的一门任意选修课,主以 :体育法学的基本理论知识、 国体育法制 的有关知识、 国体育教育、体育管理、运动训练和竞赛的法律法规,以及合 法 体育中的应用等。通 课程的学习, 学生 解体育法学知识,培养 的法律意识,使 能 养 法律、 法律、 法 事的习 。

1. Course Name: Sports Law

(1) Course codes: 1043014

(2) Brief Introduction of the Course: Sports law is a non-restricted elective course for students of Physical Education and Sports Training. Main contents include: basic theoretical knowledge of sports law; the knowledge related to the process of sports legislation in our country; the law and the legal system of physical education, sport management, sports training, sports competition, and the application of the contract law. The aim of this course is to help students to obtain the knowledge of sports law, cultivate their sense of law, enable them to respect and obey the law, as well as to raise up their habit of handling affairs strictly in accordance with the law.

2. :

(1) 课程 :1043042

(2) 课程 :体育文化概论是体育学院体育教育与运动训练专业的专业任意选修课。 主 :体育文化的概 和 义、东西方体育文化的 较、体育的社会文化 能、体育文化的 与创新、中国传统体育文化的特点等。

2. Course Name: An Introduction to Sports Culture

(1) Course Code: 1043042

(2) Brief Introduction of the Course: An Introduction to Sports Culture is the specialized non-restrictive elective course of physical education and sports training majors. The following contents are included: concepts and meanings of sports culture, comparison between Eastern and Western sports culture, socio-cultural functions of sport, the inheritance and innovation of sports culture, characteristics of Chinese traditional sports culture etc.

3. :

(1) 课程 :1043043

(2) 课程 :《 应 生技能》是体育学院体育教育与运动训练专业的专业任意选修课。主 : (、 、 、 体 、 等)的特点、 中的 生知识、 中的 与 的 、方法和技能; 、 、 、 外 、中 、 、 物理(、 管)等 的 方法和技能。

3. Course Name: Disaster Emergency Escape Skills

(1) Course Code: 1043043

(2) Brief Introduction of the Course: Disaster Emergency Escape Skills is the specialized non-restrictive elective course for physical education and sports training majors. The following contents are included: characteristics of various common natural disasters (such as fires, earthquakes, floods, landslides, mud-rock flow); knowledge of escape from disasters; principles, methods and skills of self rescue and mutual

rescue; methods and first aid skills of emergency treatment in disaster, for instance, drowning, electric shock and bleeding, fractures, trauma, heatstroke, elevator malfunctions, dealing with foreign matter (in eyes or trachea).

4. 课程名称:体育史与奥林匹克运动

(1) 编码:1043044

(2) 简介:体育史与奥林匹克运动是体育学院体育教育与运动训练专业的专业,内容主要包括:体育的起、同社会史时期体育发展的状况及其变规律、代世界体育发展的整体趋势、奥林匹克运动的来与发展、奥林匹克运动体系、奥林匹克运动。

4. Course Name: History of Sport and the Olympics

(1) Course Code: 1043044

(2) Brief Introduction of the Course: History of Sport and the Olympics is the specialized non-restrictive elective course for physical education and sports training majors. The following contents are included: the origin of sport, the development and evolution of sports in different periods of history, development trends of world sports of the present age, the origin and development of the Olympics, the Olympics system, the Olympics.

5. 课程名称:体育游戏

(1) 编码:1043029

(2) 简介:体育游戏是教师教育专业,共36学时,本以体育专业学生培养目标、教学计划及师类学生实践教学实际情况定。其主要内容三个分组成,体育游戏基本理论,体育游戏基本教学,学生创编游戏教学。其中体育游戏基本理论内容为游戏学概述,体育游戏与游戏的特点,体育游戏的分类及作用,体育游戏创编的原与方法,体育游戏的教学方法、组织与管理;体育游戏基本教学内容为,田径类游戏,球类游戏,体操游戏,力游戏,其它游戏。通过理论教学与实践教学,使学生了解体育游戏的基本理论和教学方法,为从事体育教学和研究工作定基础。

5. Course Name: Sports Game

(1) Course Code: 1043029

(2) Brief Introduction of the Course: Sports Game is a non-restricted elective course in the teacher-training module with a total of 36 class hours. It is based on the cultivation goal and teaching plan of the Physical Education major as well as practical teaching situations of teacher-training specialty. There are three main parts of the course: the fundamental theory of sports games, the teaching of basic sports games and the teaching of student-created games. The contents of the first part include a generalization of ludology, the differences as well as features between sports games, classification and functions of sports games, principles and ways of creating sports games, teaching methods, organization and management of sports games. The second part includes the track and field games, ball games, gymnastics games, wrestler games and other games. Through theoretical teaching and practical teaching, students shall know basic theories and teaching methods of sport games, which would lay a foundation for teaching and research in physical education.

6. 课程名称:健美运动

(1) 编码:1043034

(2) 简介:健美运动是一项通过或各种器练,以发展肌肉,增强体力,改形体和情操为目的的运动项目。本主要学健美运动的基础理论知识和正确的练方法,学会有对性地定健美运动处方,发展肌肉,增强体力,身脂,培养学生赏美、求美、创造美的能力及之以、于、自的品质。

6. Course Name: Body Building

(1) Course Code: 1043034

(2) Brief Introduction of the Course: With bare-handed exercise or varzcyplP4IPlucavy4syllurcyucyply9lyp11

building is a sports event which aims to develop muscles, enhance stamina, improve body shape and cultivate students' sentiment. This course mainly includes following aspects: basic theories of body building and the proper way of practice, targeted plans for body building in order to develop muscles, stamina enhancement, body shaping and weight loss. It helps students to appreciate, pursue and create beauty; and also helps students to foster good qualities of perseverance as well as the courage to challenge themselves.

7. 课程名称:散打

(1) 课程编码:1043035

(2) 课程简介:该课程是根据国家教委1997年教学计划和培养目标,结合高等师范院校的特点,以及学院的实际情况制定的。该课程为体育学院专业任意选修课。通过学习,学生热爱武术散手项目,掌握较实的散手基本功、基本动作、实用的技术、术及练习方法。通过教学,使学生具有从事散手初级教学及训练的能力并具有担任中型散手竞赛的工作能力。

7. Course Name: Wrestling and Boxing

(1) Course Code: 1043035

(2) Course Introduction: This course is established according to the teaching plan and training goals approved by State Education Commission in 1997 and the features of normal universities. It is also under the consideration of the School of Physical Education. This course is an elective course. Through this course, students may love this kind of martial arts and they will have a good command of basic skills, elemental motion, tactics and methods of exercise in actual combat. Students are taught to undertake the fundamental levels of teaching and training activities of free combat. They should also be capable of being a referee in middle-sized free combat.

8. 课程名称:体育舞蹈

(1) 课程编码:1043036

(2) 课程简介:体育舞蹈是二人或多人在音乐的伴奏下,以美的艺术舞蹈为表现形式的一项运动,是人体形态美、性美的表现形式。在美的享受和运动中,造型、发情感、情操、展高质量和度。主要教学内容为体育舞蹈的基本理论知识、竞赛规则、竞赛方法、等。同时培养素质和社交能力。通过学习掌握一定的表演技能,具备欣赏舞蹈美的能力。

8. Course Name: Sports Dancing

(1) Course Code: 1043036

(2) Course Introduction: Sports dance is a kind of graceful dancing acted by a male and a female or by several people to the dance music. It directly manifests human formal beauty and individual beauty. With edification and enjoyment of beauty, students will learn to shape the image, express feelings, cultivate sentiments and show elegance and good manners. The main contents of this course include basic theories, competition rules and competition methods. In addition, sports dances like waltz and cha-cha are taught. More emphasis will be put on the training of good manners and social etiquette. Through learning, students will master proper performance skills and be able to appreciate the beauty of sports dance.

9. 课程名称:民间体育项目简介

(1) 课程编码:1043046

(2) 课程简介:民间体育项目简介是体育学院体育教育与运动训练专业的专业任意选修课。内容主要包括:民间体育的概念、分类、特点和功能,以及部分民间体育项目的发展概况、基本技术教学与训练、基本规则及方法等。

9. Course Name: Introduction to Folk Sports

(1) Course Code: 1043046

(2) Brief Introduction of the Course: Introduction to Folk Sports is the specialized non-restrictive elective course for physical education and sports training majors. The following contents are included: concepts, classifications, characteristics and functions of folk sports, and the development of several folk

sports, basic skills and tactics of teaching and training, basic rules and judging methods, etc.

10. :

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10. Course Name: Theory and Application of Exercise Prescription

(1) Course Code: 1043047

(2) Brief Introduction of the Course: This course analyzes the concept of sport prescription from theory and application, the principle and its components. It introduces that the sport prescription plays a part in fitness among different groups and in the rehabilitation of some chronic patients, especially the features and applications of casual sport prescription. At the same time, students are given the scientific knowledge and concepts of fitness with the ability of planning sport prescription. The course can help students instruct their and others' fitness scientifically through the sport prescription and form a lifelong exercise habit.

11. :

(1) :1043048

(2) : , 兴交 , 则; 、 龄、 、 象、 、 、 、 服务。

11. Course Name: Science of Athletic Talent Scouting

(1) Course Code: 1043048

(2) Brief Introduction of the Course: Science of Athletic Talent Scouting is a science which studies the theory and method of athlete selection, and also a new, developing interdisciplinary - a comprehensive and applied science connected problems relating athlete selection with medicine and psychology. Through studying the course, students can understand the importance of athletic talent scouting; realize the research object, contents, method, basis, principle and organizational management of athletic talent scouting; grasp the theoretical foundation and assessment methods of heredity, age, bodily form, sports qualities, physiological function, psychological diathesis, and sports skills applied in athletic talent scouting. All of the above have an important effect on improving the selection level and sports training quality of athlete, serving for those who have the preliminary knowledge of scientific athlete selection.

12. :

(1) :1043049

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12. Course Name: Sports Nutriology

(1) Course Code: 1043049

(2) Brief Introduction of the Course: Sports Nutrition requires students to grasp the general principles, basic knowledge and methods of sports nutrition, and pays more attention to the cultivation of students' abili-

ty in theory and practice as well as logical thinking ability. It also requires students to learn the nutritional needs, nutritional factors, bodily functions, athletic abilities, and physical capacity of different exercise or competition situations. Through studying this course, students will learn how to strengthen athletes' physical conditions via nutritional approaches, improve their athletic abilities, reduce exercise-induced fatigue, and present better technical level to achieve better sports performance.

13. 课程名称:健身理论与指导

(1) 课程 :1043051

(2) 课程 :健身理论与指导为体育教育和运动训练专业 的一门专业拓展课程,课程 主 :科学健身的新理 ,运动健身的 性、科学 理与训练方法,科学健身 体质的 强,科学健身与疾 ,国外健身理论与实 前沿等。通 课程的系统学习, 一 学生的知识面,为指导群众科学健身 发挥积极作用。

13. Course Name: Fitness Theory and Guidance

(1) Course Code: 1043051

(2) Brief Introduction of the Course: Fitness Theory and Guidance is a specialized development course for majors of Physical Education and Sports Training. Course content includes: new ideas of scientific fitness training; importance, scientific principles and training methods of exercise; scientific fitness training and physique enhancing; scientific fitness training and disease prevention; advanced theory and practice of foreign fitness training, etc. Through systematic studying of this course, students can further improve the scope of knowledge, and play a positive role in improving fitness of the masses.

14. 课程名称:休闲体育

课程 :1043052

(1) 课程 : 体育是体育学院体育教育与运动训练专业学生的一门相 关学科基础课。主 是什么、 体育的概 与 涵、 体育文化、 体育 动 理、 体育服务、 体育产业、体育旅 、国外运动 、 体育教育以及 体育 目概 等。

14. Course Name: Leisure Sports

(1) Course Code: 1043052

(2) Brief Introduction of the Course: Leisure Sports is a disciplinary foundation course for physical education and sports training majors. The following contents are included: definition of leisure, concepts and connotations of leisure sports, leisure sports culture, leisure sports management, leisure sports services, leisure sports industry, sports tourism, foreign leisure sports, leisure sports education and an overview of leisure sport project, etc.

1711001	思想道德修养与法律基础	3	0211012	大学语文 理 艺 体	2
1711002	中国近代史纲要	2	0411047	大学外语 二	3
1042183	球类 篮球	3	1022001	运动生理学 1	5
0411046	大学外语 一	3	1022019	运动生物化学	2
1211043	计算机基础 文 艺 体	2	1042181	田径 2	3
1021001	运动解剖学 1	4	1042184	球类 排球	3
1022004	体育学概论	1	1042187	体操 2	2
1042180	田径 1	3	2431028	心理学基础	1
1042186	体操 1	4	2431029	儿童发展	1
2650101	军事理论与训练	1			
1050019	教育见习	1			
合计	必修 29 学分		合计	必修 21 学分	
1 形势与政策 为通识教育必修课 第 1-7 学期上课 共 2 学分 2 教育见习 为实践教学必修课 第 1-6 学期开课 共 1 学分			1 在第 2-8 学期中 专业任意选修课程 8 学分 1 在第 2-6 学期中 须修读通识教育选修课 8 学分 每学期最多选修 2 门课程		
1711003	马克思主义基本原理概论	3	1711004	毛泽东思想和中国特色社会主义理论体系概论	6
0411048	大学外语 三	3	0411049	大学外语 四	2
1021012	体育科学研究方法	2	0411050	外语综合应用能力培训	1
1022002	体育保健学	4	1021013	统计学与测量评价	3
1041054	运动技能学习与控制	2	1021002	生物力学	2
1042182	田径 3 定向运动	3	1041051	学校体育学 1	3
1042185	球类 足球	3	1042188	民族体育	3
1042190	专项选修 3	4	1042191	专项选修 4	4
2431030	中学生认知与学习	1	2431032	中学生心理辅导	1
2431031	中学生品德发展与道德教育	1	1531003	中学教育学基础	3
合计	必修 29 学分		合计	必修 27 学分	
通识教育选修课至少选择 2 学分			1 本学期间进行大学英语四级口语测试 2 通识教育选修课至少选择 2 学分		
1022006	体育心理学	2	1041052	体育社会学	2
1022046	健康教育学	2	1042189	游泳	1
1041053	运动训练学 1	2	1042193	专项选修 6	4
1042192	专项选修 5	4	1031108	体育学科教学论	3
1531004	教师专业发展与职业道德	2	1031109	体育学科中学教材分析与教学设计	2
			1050018	体育学科教学技能训练	1
			1750013	大学生就业指导	1
1043044	体育史与奥林匹克运动	2	1043042	体育文化概论	1

1043029	戏	2	1043035	散打	2
1043047	处	1	1043036	舞蹈	2
1043048	材	2			
1043049	管	1			
1043051	身	1			
1043052	休闲	2			
10 , 11			16 , 5		
至少 择2 。			8 。		
第七学期			第八学期		

校通识教育选修课,其他学院学生选修,得学分计入通识教育选修课学分。

()国际优质课程:全为“国际优质视听课”,此类课程为国外享有较高水平的优质视听课,具体课程由学校通识教育委员会选确定后入到学校通识教育课程体系,选相关的校指导教师担任助教工作,旨在培养大学生的人文、科学、创新意识和实践能力,培养大学生的国际化视野,提高学生的自主学习能力和国际化。课程采用“线上学习+小组讨论等”的混合式教学模式开展教学活动,运用多样化考核方式。

国际交流预备课程修读说明

出国出境交流学习,并与我校学分互认的学生修读学分“国际交流预备课程”。项目交换学生项目、学联联合培养项目、暑期交流项目及其他学分互认的项目。

具体规定《国际交流预备课程学分认定规则(修)》(师教[])。

国际暑期学校修读说明

国际暑期学校课程是国际交流预备课程的重要组成部分,修读国际暑期学校课程得学分计入通识教育选修课中的国际交流预备课程学分。

每年暑假(-),学校外知大学外教师为我校全校本科生通识类全语课程(次讲,次),为学创造与外教师面对面交流互动的。

学可每学期关注国际暑期学校相关动态,并指定教务系统中选课。

实践教学模块修读说明

()必读书目阅读:根据《陕西师范大学全面提高本科教学质量的实施意见》文件要求,本科生在校本科生大学四年阅读不少于大类共本的课外书,建每阅读课外书本,达到阅读量与质量要求的学生,方可业。

()教育见习:教育见习从学学可,计学分。

()教育实习:教育实习则上安排学,计学分。

()教育实践与社会:教育实践与社会一般安排教育实习,可视具体情况安排利用课外暑假。求每学期完成专业实践与社会,学院核合格,计学分。

()大学生就业指导:由业生就业指导服务中心具体负责,大学生,必修课程,计学分。

()业论文(计):业论文(计)一般不,学安排,学完,通学院业论文(计),计学分。

运动训练专业简介

运动训练专业,学制 年,授予教育学学士学位。专业属性为非师范专业。

本专业主要培养具备竞技运动方面的基本理论和基本知识,掌握专项运动训练的基本能力,从事运动训练教学、科研、管理等方面工作的专业性人才。该专业面向全国单独招生,文化课考试由国家体育总局统一命题,我校负责组织文化课与专业课考试及单独录取工作。专业属性为非师范专业。 年招收首届学生。

运动训练

Sports Training

一、培养目标

I. Educational Objectives

培养德、智、体、美全面发展,具有运动训练的基本理论知识,具备良好的运动训练专业素养、较高的运动技能、较强体育社会活动能力,毕业生能够从事基层运动队、各类院校和体育俱乐部等单位的运动训练、竞技运动管理、竞赛组织、社会体育指导工作的一专多能复合型体育人才。

This major aims at cultivating inter-disciplinary sports talents of moral integrity and professional competence, basic theoretical knowledge of sports training, excellent sports training professional quality, high sports skills and strong sports social skills. The graduates shall be versatile and able to undertake sports training, athletic sports management, competition organization, and social sports guidance in sports teams, various institutions and sports clubs of all levels.

二、培养要求

II. Educational Requirements

1. 热爱中国共产党,热爱社会主义祖国;掌握马克思主义、毛泽东思想和中国特色社会主义理论体系的基本观点和方法,具有科学的世界观、正确的人生观和高尚的道德品质;熟悉国家有关体育工作的方针、政策和法规。

2. 热爱体育事业,熟悉运动训练专业改革与发展的动态以及体育学科的发展趋势;具有从事运动训练科学研究的能力,并掌握基本的科研方法。系统掌握运动训练和竞赛的基本理论与技术,具有竞技运动管理等扎实的专业理论知识,具备国家二级或二级以上运动技术水平以及专业裁判等级水平。

3. 掌握一门外国语和一门计算机语言,基本能阅读本专业的外文书刊,具有运用计算机的基本技能;具有一专多能的知识结构。

4. 具有健康体魄和一定的军事基本理论及基本技能,达到军事训练标准。

5. 以培养高层次体育教育人才为目标,使学生具备良好的人文与科学素质,较强的创新性思维,传播和应用多学科知识,具有科学、合理的知识结构,实事求是的科学态度。具有适应社会的能力,获取知识的能力,分析问题和解决问题的能力以及与人合作共事的能力。

6. 具有感受美、鉴赏美、表现美和创造美的情感与能力;具有健全的人格和良好的心理素质。

1. Undergraduates should be of high civil quality. With a deep love for our motherland, they should steadily accept basic values of the Chinese nation and learn to cherish the corresponding codes of conduct. Undergraduates should build up noble moral accomplishment. They should develop a correct outlook of life and gracious humanistic literacy by inheriting excellent Chinese culture and absorbing advanced values and scientific concepts abroad to cultivate wholesome personality and sound psychological quality.

2. Undergraduates should love the profession of sports, be familiar with the reform and development of physical education and the development trend of the sports discipline, grasp basic scientific research methods, and have basic ability to engage in sports scientific research. They have systematic knowledge of basic theories and methods of school physical education, health education, physical training, sports training and competition.

3. Undergraduates should master one foreign language and one computer language, be able to read professional

三、主干学科

III

体育学科

四、主干课程

IV

体育教育理论、体育社会学理论、运动技能学习与控制、体育竞赛学、运动训练学、运动解剖学、运动生理学、运动生物化学、运动生物力学、运动伤病防治、运动训练生物学监控、篮球理论与技术、排球理论与技术、足球理论与技术、田径、体操、武术、游泳。

五、学制及授予学位

V

学制 年

教育学学士

六、学分要求

VI

学分

七、课程设置及学分、学时比例

VII

课程类别 Course Catalogue		学分及比例 Credits and Percentage			
		学分 Cre.	小计 Sub-Total	占总学分比例 Percentage in Total Credits	小计 Sub-Total
通识教育模块	通识教育必修课				
	通识教育选修课				
学科基础模块	相关学科基础课				
	本学科基础课				
专业课程模块	专业核心课程				
	专业方向课程				
	专业拓展课程				

专业技能模块 Professional Skills Courses	必修课 Compulsory Courses	5	5	3%	3%
	选修课 Elective Courses	0		0%	
实践教学模块 Practice Work	必修课 Compulsory Courses	10	10	6%	6%
合计 Total		164		100%	
Notes	1. 专业必修课(专业核心课程、专业方向课程和学科基础课程)共26门。 2. 专业拓展课程14门。学生应从专业拓展课程中选修8学分。 1. There are 26 specialized compulsory courses. 2. There are 14 specialized development courses in total. Undergraduates should obtain 8 credits in total.				

八、运动训练专业本科教学计划表

VIII. Teaching Scheme for Sports Training Undergraduate Candidates

(一) 通识教育模块(41 学分)

(I) Liberal Studies Courses(41 credits)

1. 通识教育必修课(33 学分)

1. Liberal Studies Compulsory Courses (33 credits)

课程编码 Courses Code	课程名称 Courses Name	开课学期 Semester	学分 Cre.	讲授学时 Teaching Hrs.	实验/实践学时 Experiment/ Training Hrs.	周学时 Weekly Hrs.	考试方式 Evaluation
1711001	思想道德修养与法律基础 The Ideological and Moral Cultivation and Fundamentals of Law	1	3	36	18	3	Exam.
1711002	中国现代史 Outline of Modern and Contemporary Chinese History	1	2	27	9	2	Exam.
1711003	马克思主义基本原理概论 Principles of Marxism	3	3	36	18	2	Exam.
1711004	毛泽东思想和中国特色社会主义理论体系概论 Mao Zedong Thoughts and Theory of the Socialism with Chinese Characteristics	4	6	72	36	4	Exam.
1711005 - 1711011	形势与政策(1-7) The Current Situation and Policy(1-7)	1-7	2	0			Quiz
2011001	人文科技艺术专题 Topics on Humanities, Science & Arts		1	18		2	Quiz
0211012	大学语文 College Chinese	2	2	36		2	Exam

(二) 学科基础模块(24 学分)

(II) () ()
 () ()

课程编码 Courses Code	课程名称 Courses Name	开课学期 Semester	学分 Cre.	讲授学时 Teaching Hrs.	实验/实践学时 Experiment/ Training Hrs.	周学时 Weekly Hrs.	考试方式 Evaluation
							考试
	数 <i>The Foundations of Mathematics</i>						考试
							考试
	测量评价						考试

() ()

课程编码 Courses Code	课程名称 Courses Name	开课学期 Semester	学分 Cre.	讲授学时 Teaching Hrs.	实验/实践学时 Experiment/ Training Hrs.	周学时 Weekly Hrs.	考试方式 Evaluation
							考试
							考试
							考试
							考试
	伤病防治						考试
	监控						考试

(三) 专业课程模块(84 学分)

(III) ()
 核 ()
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课程编码 Courses Code	课程名称 Courses Name	开课学期 Semester	学分 Cre.	讲授学时 Teaching Hrs.	实验/实践学时 Experiment/ Training Hrs.	周学时 Weekly Hrs.	考试方式 Evaluation
							考试
							考试
							考试
	控						考试
							考试

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课程编码 Courses Code	课程名称 Courses Name	开课学期 Semester	学分 Cre.	讲授学时 Teaching Hrs.	实验/实践学时 Experiment/ Training Hrs.	周学时 Weekly Hrs.	考试方式 Evaluation
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课程编码 Courses Code	课程名称 Courses Name	开课学期 Semester	学分 Cre.	讲授学时 Teaching Hrs.	实验/实践学时 Experiment/ Training Hrs.	周学时 Weekly Hrs.	考试方式 Evaluation
2650101	Military Theory and Military Training	1	1				考查 Quiz
2450017	Required Readings		1				考查 Quiz
1050026	见 School Visits And Practice	1-7	2				考查 Quiz
2450021	践 调查 Professional Practice and Social Survey		1				考查 Quiz
1750013	就 College Students' Employment Guidance	6	1				考查 Quiz
1050025	毕 (设) Graduation Thesis	7-8	2				考查 Quiz
1050027	践 Education & Practice of Innovation and Entrepreneurship		2				考查 Quiz

九、体育学院专业拓展课程

IX. Specialized Development Courses of School of Physical Education

课程编码 Courses Code	课程名称 Courses Name	开课学期 Semester	学分 Cre.	讲授学时 Teaching Hrs.	实验/实践学时 Experiment/ Training Hrs.	周学时 Weekly Hrs.	考试方式 Evaluation
1043014	Sports Law	8	1	18		2	考查 Quiz
1043042	Introduction to Sports Culture	6	1	18		2	考查 Quiz
1043043	灾害 急逃 Disaster Emergency Escape Skills	8	2	36		4	考查 Quiz
1043044	史 奥林匹 Sports History	5	2	36		2	考查 Quiz
1043029	游戏 Sports Game	5	2	36		2	考查 Quiz
1043034	Body Building	8	2	36		4	考查 Quiz
1043035	散打 Wrestling and Boxing	6	2	36		4	考查 Quiz
1043036	舞蹈 Sports Dancing	6	2	36		4	考查 Quiz
1043046	间 项 简介 Introduction to Folk Sports	8	2	36		4	考查 Quiz
1043047	处 Theory and Application of Exercise Prescription	5	1	18		2	考查 Quiz
1043048	材 Science of Athletic Talent Scouting	5	2	36		2	考查 Quiz
1043049	营 Sports Nutriology	5	1	18		2	考查 Quiz
1043051	身 Fitness Theory and Guidance	5	1	18		2	考查 Quiz
1043052	休闲 Leisure Sports	5	2	36		2	考查 Quiz
说明 Notes	1. 拓 14 。 2. 须 8 ; 须 8 。 1. There are 14 Specialized Development Courses of School of Physical Education in total. 2. Undergraduates in Physical Education specialty should obtain 8 credits, and 8credits for Sports Training specialty.						

十、课程简介

X. Brief Introduction of Main Courses

(一) 学科基础模块

(I) Disciplinary Foundation Courses

1. 课程名称: 管理学

(1) 课程编码: 1021004

(2) 课程简介: 管理学是体育学院运动训练专业学生的一门相关学科基础课,是运动训练专业基础教育的重要内容。管理学是研究人类社会中管理现象基本规律的科学。主要探讨中外管理理论的产生和发展,尤其是近代的一些经典的管理理论——科学管理理论、行政管理理论和组织理论以及行为科学理论;管理的基本原理与方法以及管理的基本职能、各种管理实践的体制、过程与方法。

1. Course Name: Management

(1) Course Code: 1021004

(2) Brief Introduction of the Course: Management is a basic course of related disciplines for students majoring in sports training in School of Physical Education, and it is an important part of the specialized training of this major. Management is a discipline which researches on the basic phenomenon of management in the society. It focuses on the emergence and development of Chinese and foreign management theories, especially classic ma

ods of data arrangement and analysis; writing and evaluating of sports research paper; basic procedures and methods of thesis defense, and basic competence as a sports scientists. Through systematic study, students shall preliminarily master the basic physical science research procedures and methods, initially write scientific research topic reports and project applications, and to understand research papers in sports, natural sciences and social sciences.

4. 课程名称: 统计学与测量评价

(1) : 1021013

(2) : 体育与 体育学院 学 学 ,

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6. Course Name: Sports Physiology 2

(1) Course Code: 1022012

(2) Brief Introduction of the Course: The course is a disciplinary basic course for students of sports training major. It is a subject on researching the developing and changing rules of human body's various functions in sports, or under the influence of long-term systematic physical exercise, so as to guide people to engage in suitable physical exercise, and to organize of sports training scientifically. Teaching objectives are: to make Physical Education students master the basic theory, basic knowledge, operational skills and some basic scientific research method in sports physiology; to initiate students to apply the theory and methods of human physiology to guide and evaluate physical education, physical training and after-school sports training.

7. 课程名称:体育心理学

(1) 编码:1022006

(2) 简介:体育心理学是运动训练专业学生的一门本学科基础、专业基础教育的要。体育心理学研究人体育运动中运动规律的科学,应用理学的一。理学方面为运动训练、体育教学和竞赛科学的理论基础。

7. Course Name: Sports Psychology

(1) Course Code:1022006

(2) Brief Introduction of the Course: Sports Psychology is a core compulsory course and main part for sports training majors. Sports Psychology is a branch of applied psychology which studies rules of mental activities. It offers scientific theoretical basis for Physical Education and Sports Training in psychological aspects in order to speed up the development of our national sports.

8. 课程名称:健康教育学

(1) 编码: 1022046

(2) 简介:健康教育学为体育专业设的一门本学科基础,主要包括:健康、健康体能、心理健康、健康等基本知识;健康的素;健康体能的生理学特点及训练;健康管理、健康理、健康等知识。通的系统学,学生具备代教育、健康理,并将理外体育锻炼和训练竞赛教学中,能胜学校体育健康教学工作。

8. Course Name: Health Education

(1) Course Code:102246

(2) Brief Introduction of the Course: Health Education is a specialized foundation course which is set up for the major related to physical education. Course content includes: basic conception of health promotion, health physical fitness, psychological health, healthy diet, etc.; factors affecting health; characteristics and training of health-related physical fitness; relevant knowledge of health management, health psychology, and health slumber. Through systematic studying of Health Education, students shall possess the idea of modern education and health, which is applied in teaching practice of extracurricular sports activity as well as training competition, and be qualified for the teaching of physical education and health education in schools.

9. 课程名称:运动伤病防治

(1) 编码:1022047

(2) 简介:为运动训练专业学生设的本学科基础。涵盖运动学、运动生理学、运动生学等运动人体科学的基础理论知识;又及预学、临床学、康复学等学理论知识和技能。研究不的体育运动人体的,探讨运动损和运动疾的发生规律及预、处理与康复,探讨合不体的体育运动和科学的锻炼方法,以人体健康,体质和运动能力的提高。

9. Course Name: Sports Injury Prevention

(1) Course Code:1022047

(2) Brief Introduction of the Course: This is a compulsory course designed for sports training majors.

It covers basic theoretical knowledge and techniques of Human Movement Science such as sport anatomy, sports physiology, sports biochemistry. It also involves theoretical medi

(2) Brief Introduction of the Course: Theory of Sociology of Sport is a related disciplinary foundation course of the sports training major. The following contents are included: basic concepts and the scientific system of sports, functions of sports, purposes of sports, the means of physical education, sociological analysis of sports phenomena, social stratification, flow and control of sport, physical culture, competitive sports, sociological analysis of social sports, sports groups, problems of sports in society and research methods of sports sociology, etc.

3. 课程名称:体育教育理论

(1) 编码:1041058

(2) 简介:

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划 ; 活 余 组织; , ,
评价 。

3. Course Name: Theory of Physical Education

(1) Course Code: 1041058

(2) Brief Introduction of the Course: Theory of Physical Education is a related disciplinary foundation course of the Soorte h ioang Setorhe SirlowinaSord in i t e ilded

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knowledge of volleyball, organization and arrangements of volleyball competitions and be qualified to be coaches and management staff in this field.

9. 课程名称: 足球理论与技术

(1) : 14 4

() : 战、则、裁判。

9. Course Name: Theory and Skills of Track and Football

(1) Course Code: 14 4

() Brief Introduction of the Course: The course is a specialized compulsory course for sports training majors. The main contents include: the development of modern football, football basic skills, football tactics, laws of the football game, and referee skills in football etc. By learning football basic skills, basic theories and techniques

12. :

(1) :1042207

(2) :

12. Course Name: Swimming

(1) Course Code: 1042207

(2) Brief Introduction of the Course: The course is a specialized compulsory course for physical education students and sports training students. The main contents include: brief introduction of breaststroke, stroking and the leg drive, pull and breath, complete stroking technique, turn skills, starting skills, and swimming training, etc. By learning swimming basic skills, basic theories and techniques, students are cultivated to be sports teachers, sports researchers and sports management staff of all levels.

13. :

(1) :1042208 - 1042214

(2) :

15. Course Name: An Introduction to Sports Culture

(1) Course Code: 1043042

(2) Brief Introduction of the Course: An Introduction to Sports Culture is the specialized non-restrictive elective course of physical education and sports training majors. The following contents are included: concepts and meanings of sports culture, comparison between eastern and western sports culture, socio-cultural functions of sport, the inheritance and innovation of sports culture, characteristics of Chinese traditional sports culture etc.

16. 课程名称:灾害应急逃生技能

(1) 编码:1043043

(2) 简介:灾害 急逃

内容包括: 常见自然灾害(如火灾、震、洪、山 滑坡、泥石流)、灾害 逃、灾害 自救 互救 原则、;溺、触电、骨折、流、暑、电梯故障、异处(入眼、入气) 灾难 急救。

16. Course Name: Disaster Emergency Escape Skills

(1) Course Code: 1043043

(2) Brief Introduction of the Course: Disaster Emergency Escape Skills is the specialized non-restrictive elective course of physical education and sports training majors. The following contents are included: characteristics of various common natural disasters (such as fires, earthquakes, floods, landslides, mud-rock flow); knowledge of escape from disasters; principles, methods and skills of self rescue and mutual rescue; methods and first aid skills of emergency treatment in disaster, for instance, drowning, electric shock and bleeding, fractures, trauma, heatstroke, elevator malfunctions, dealing with foreign matter (in eyes or trachea).

17. 课程名称:体育史与奥林匹克运动

(1) 编码:1043044

(2) 简介: 史 奥林匹

容 要包括: 源、不 历史 演、当代 整、奥林匹 由、奥林匹、奥林匹。

17. Course Name: History of Sport and the Olympics

(1) Course Code: 1043044

(2) Brief Introduction of the Course: History of Sport and the Olympics is the specialized non-restrictive elective course for physical education and sports training majors. The following contents are included: the origin of sport, the development and evolution of sports in different periods of history, development trends of world sports of the present age, the origin and development of the Olympics, the Olympics system, the Olympics.

18. 课程名称:体育游戏

(1) 编码:1043029

(2) 简介: 游戏

、 划 践 际 而。 要内容由三 部 组, 游戏, 游戏, 编游戏。 游戏 内容 游戏, 游戏 区别, 游戏, 游戏 编 原则, 游戏、组织; 游戏 内容, 游戏, 游戏, 游戏,角 游戏, 游戏。 过 践, 游戏, 今后 游戏。 莫。

18. Course Name: Sports Game

(1) Course Code: 1043029

(2) Brief Introduction of the Course: Sports Game is a non-restricted elective course in the teacher-



training module with a total of 36 class hours. It is based on the cultivation goal and teaching plan of the Physical Education major as well as practical teaching situations of teacher-training specialty. There are three main parts of the course: the fundamental theory of sports games, the teaching of basic sports games and the teaching of student-created games. The contents of the first part includes a generalization of ludology, the differences as well as features between sports games and games, classification and functions of sports games, principles and ways of creating sports games, teaching methods, organization and management of sports games. The second part includes the track and field games, ball games, gymnastics games, wrestler games and other games. Through theoretical teaching and practical teaching, students shall know basic theories and teaching methods of sport games, which would lay a foundation for teaching and research in physical education.

19. 课程名称:健美运动

(1) :1043034

(2) :健美运动——徒手器械练,发展,体力,改善体和陶冶为目的的动目。本主学健美动的基础理论知识和正确的练方法,学会有针对性健美动方,发展,体力,塑减,培养学生欣美、追美、美的能力及持恒、勇挑战、战胜我的优秀品质。

19. Course Name: Body Building

(1) Course Code: 1043034

(2) Brief Introduction of the Course: With bare-handed exercise or various sport apparatus, body building is a sports event which aims to develop muscles, enhance stamina, improve body shape and cultivate students' sentiment. This course mainly includes following aspects: basic theories of body building and the proper way of practice, targeted plans for body building in order to develop muscles, stamina enhancement, body shaping and weight loss. It helps students to appreciate, pursue and create beauty; and also helps students to foster good qualities of perseverance as well as the courage to challenge themselves.

20. 课程名称:散打

(1) :1043035

(2) :根据国家教委1997教学计和培养目标,结合高等师院校的特,及我院的实际条件而定的。为体育学院专业。通学使学生热爱武,目,扎掌握的基本、基本动作,战的技、战及练方法。通教学,使学生具有从事级教学及训练的能力具有担中型竞赛的裁判工作能力。

20. Course Name: Wrestling and Boxing

(1) Course Code: 1043035

(2) Course Introduction: This course is established according to the teaching plan and training goals approved by State Education Commission in 1997 and the features of normal universities. It is also under the consideration of the School of Physical Education. This course is an elective course. Through this course, students may love this kind of martial arts and they will have a good command of basic skills, elemental motion, tactics and methods of exercise in actual combat. Students are taught to undertake the fundamental level of teaching and training actives of free combat. They should also be capable of being a referee in middle-sized free combat.

21. 课程名称:体育舞蹈

(1) :1043036

(2) :体育男女二人多人曲的伴奏,优美的姿为表式的一动,人体态美,美的最直接表式。美的熏陶和享中,塑象,抒发,陶冶,展高雅气质和风。主教授为体育的基本理论知识、竞赛规则、竞赛方法、华尔兹、恰恰等。更侧培养气质风和社交礼仪。通学掌握一定的表演技能,具备欣美的能力。

21. Course Name: Sports Dancing

(1) Course Code: 1 4

() Course Introduction: Sports dance is a kind of graceful dancing acted by a male and a female or by several people to the dance music. It directly manifests human formal beauty and individual beauty. With edification and enjoyment of beauty, students will learn to shape the image, express feelings, cultivate sentiments and show elegance and good manners. The main contents of this course include basic theories, competition rules and competition methods. In addition, sports dances like waltz and cha-cha are taught. More emphasis will be put on the training of good manners and social etiquette. Through learning, students will master proper performance skills and be able to appreciate the beauty of sports dance.

22. 课 称:民间体育项目简介

(1) 编码:1 4 4

() 简介: 间 项 简介。内容
要包括: 间 念、 、 功 , 部 间 项 况、 战
、 则 裁判 。

22. CourseName: Introduction to Folk Sports

(1) Course Code: 1 4 4

() Brief Introduction of the Course: Introduction to Folk Sports is the specialized non-restrictive elective course for physical education and sports training majors. The following contents are included: concepts, classifications, characteristics and functions of folk sports, and the development of several folk sports, basic skills and tactics of teaching and training, basic rules and judging methods, etc.

23. 课 称:运动处方理论与应用

(1) 编码:1 4 4

() 简介: 两 阐述了 处 念,原 组成要 ,介绍了
处 在不同 群 身 某些慢 病 治疗 , 别介绍了休闲 处
;同时给予 身 , 成 身 , 订 处 。 过《
处 》 , 助于 处 自己 他 进行 身, 利于 形成
终身 惯。

23. Course Name: Theory and Application of Exercise Prescription

(1) Course Code: 1 4 4

() Brief Introduction of the Course: This course analyzes the concept of sport prescription from theory and application, the principle and its components. It introduces that the sport prescription plays a part in fitness among different groups and in the rehabilitation of some chronic patients, especially the features and applications of casual sport prescription. At the same time, students are given the scientific knowledge and concepts of fitness with the ability of planning sport prescription. The course can help students instruct their and others' fitness scientifically through the sport prescription and form a lifelong exercise habit.

24. 课 称:运动选材学

(1) 编码:1 4 48

() 简介: 材 员 材 ,也 兴交叉 ,
员 拔 医 、 综 。 过 ,
员 材 重要 ,了 材 对象、 内容、 、 材 组织 材
依据 原则; 遗 、 龄、 、 、 材
测评 ,对提 员 拔水平 量 重要 影响, 初步 材
服务。

24. Course Name: Science of Athletic Talent Scouting

(1) Course Code: 1 4 48

(2) **Brief Introduction of the Course:** Science of Athletic Talent Scouting is a science which studies the theory and method of athlete selection, and also a new, developing interdisciplinary - a comprehensive and applied science connected problems relating athlete selection with medicine and psychology. Through studying the course, students can understand the importance of athletic talent scouting; realize the research object, contents, method, basis, principle and organizational management of athletic talent scouting; grasp the theoretical foundation and assessment methods of heredity, age, bodily form, sports qualities, physiological function, psychological diathesis, and sports skills applied in athletic talent scouting. All of the above have an important effect on improving the selection level and sports training quality of athlete, serving for those who have the preliminary knowledge of scientific athlete selection.

25. 课程名称:运动营养学

(1) 编码:1043049

(2) 简介: 营 要 营 原 、 营 要、营 践 、 营 。

25. Course Name: Sports Nutriology

(1) Course Code: 1043049

(2) **Brief Introduction of the Course:** Sports Nutrition requires students to grasp the general principles, basic knowledge and methods of sports nutrition, and pays more attention to the cultivation of students' ability in theory and practice as well as logical thinking ability. It also requires students to learn the nutritional needs, nutritional factors, bodily functions, athletic abilities, and physical capacity of different exercise or competition situations. Through studying this course, students will learn how to strengthen athletes' physical conditions via nutritional approaches, improve their athletic abilities, reduce exercise-induced fatigue, and present better technical level to achieve better sports performance.

26. 课程名称:健身理论与指导

(1) 编码:1043051

(2) 简介: 身 设 要包括: 身 身 要 、 原 身 身 身 践 。

26. Course Name: Fitness Theory and Guidance

(1) Course Code: 1043051

(2) **Brief Introduction of the Course:** Fitness Theory and Guidance is a specialized extended course for majors of Physical Education and Sports Training. Course contents include: new ideas of scientific fitness training; importance, scientific principles and training methods of exercise; scientific fitness training and physique enhancing; scientific fitness training and disease prevention; advanced theory and practice of foreign fitness training, etc. Through systematic studying of this course, students can further improve the scope of knowledge, and play a positive role in improving fitness of the masses.

27. 课程名称:休闲体育

编码:1043052

(1) 简介: 休闲 。 要 包括休闲 、休闲 、休闲 、休闲 、休闲 、休闲 、休闲 、休闲 、休闲 、休闲 、休闲 、休闲 、休闲 。

27. Course Name: Leisure Sports

(1) Course Code: 1053052

(2) Brief Introduction of the Course: Leisure Sports is a disciplinary foundation course for physical education and sports training majors. The following contents are included: definition of leisure, concepts and connotations of leisure sports, leisure sports culture, leisure sports management, leisure sports services, leisure sports industry, sports tourism, foreign leisure sports, leisure sports education and an overview of leisure sport project, etc.

(三) 专业技能模块

(Ⅲ) Professional Skills Courses

1. 课程名称:

(1) 课程代码: 1041017

(2) 课程简介:

本课程旨在帮助学生了解休闲体育的概念、内涵、文化、管理、服务、产业、旅游、教育及休闲体育项目概况等。通过本课程的学习，使学生能够掌握休闲体育的基本理论知识和基本技能，并能运用所学知识分析和解决实际问题。本课程的教学内容主要包括：休闲体育的定义、休闲体育的概念和内涵、休闲体育的文化、休闲体育的管理、休闲体育的服务、休闲体育的产业、休闲体育的旅游、休闲体育的教育及休闲体育项目概况等。通过本课程的学习，使学生能够掌握休闲体育的基本理论知识和基本技能，并能运用所学知识分析和解决实际问题。本课程的教学内容主要包括：休闲体育的定义、休闲体育的概念和内涵、休闲体育的文化、休闲体育的管理、休闲体育的服务、休闲体育的产业、休闲体育的旅游、休闲体育的教育及休闲体育项目概况等。

1. Course Name: Analysis and Evaluation of Sports Technology

(1) Course Code: 1041017

(2) Brief Introduction of the Course: Analysis and Evaluation of Sports Technology is the practice of sports biomechanics applied in sports teaching and exercise training. By various kinds of advanced testing technologies and research methods and according to the characteristics of human body structure and nerve muscle and the rules of human body movement mechanics, it analyzes the sports actions of human body on every level to help people get a better understanding and evaluation of the completed sports action techniques. It shows people the right action techniques and why, and make the technical movements more effective. This course aims at equipping students with the basic theories and knowledge of sports technical analysis and evaluation, training students' ability of observation, thinking independently. So it has great importance to make national fitness exercise more scientific, and to improve the guidance ability of competitive sports training.

2. 课程名称:

(1) 课程代码: 1041018

(2) 课程简介:

本课程旨在帮助学生了解运动技术分析的基本理论和知识，培养学生观察、分析和解决问题的能力。通过本课程的学习，使学生能够掌握运动技术分析的基本理论和知识，并能运用所学知识分析和解决实际问题。本课程的教学内容主要包括：运动技术分析的定义、运动技术分析的概念和内涵、运动技术分析的基本理论和知识、运动技术分析的应用等。通过本课程的学习，使学生能够掌握运动技术分析的基本理论和知识，并能运用所学知识分析和解决实际问题。本课程的教学内容主要包括：运动技术分析的定义、运动技术分析的概念和内涵、运动技术分析的基本理论和知识、运动技术分析的应用等。

in the future.

3. 课程名称 训练 理

1 1041024

2 则 青 般 恢 监 青

3. Course Name Youth Training Principle

1 Course Code 1041024

2 Brief Introduction of the Course Based on general rules of the growth and development of the human body of youngsters and sports training this course introduces fundamental principles of sports training of youngsters procedures of adaptation of training training methods sports qualities' training characteristics of energy supply and nutrition recovery training monitoring and sports training psychology and principles of sociology etc.

4. 课程名称 体育 业 学

1041050

济 市场 联 济 市场 销 市场 战略

4. Course Name Sports Industrial Economics

1 Course Code 1041050

2 Brief Introduction of the Course Sports Industrial Economics is the specialized compulsory course of sports training majors. The following contents are included introductions to sports industrial economics sports industrial classification and market composition sports industrial structure organization of sports industry and sports industry association running of the sports industry sports industry policy sports marketing sports capital market operations development strategy of sports industry etc.

(四) 实践教学模块

(IV) Practice Work

1. 课程名称 专业实践与社会调

1 1050021

2 而深刻 出 每 做 很 环 责 际 些

1. Course Name Professional Practice and Social Survey

1 Course Code 1050021

2 ~~课程简介~~ of the Course ~~本课程主要介绍~~ ~~专业实践与社会调查~~ ~~的~~ ~~基本~~ ~~理论~~ ~~和~~ ~~方法~~ ~~等~~ ~~内容~~ ~~。~~

(2) : 得 件, 出
完、, 出
后际、。字、队协、。

2. Course Name: Graduation Thesis

(1) Course Code: 1050025

(2) Brief Introduction of the Course: Bachelor's thesis is required for the completion of a Bachelor's degree. This course is implemented by senior students under the guidance of their supervisors. Students shall identify research questions in the field of sports science, conduct literature research and critical reading, complete research surveys, write research proposals, design experiment plans, complete laboratory experiments, collect data and make statistical analysis; and then write bachelor's' theses to go through the oral defense with the departmental Thesis Defense Committee. By writing graduation thesis students would apply specialized knowledge and skills to solve practical problems, as well as to improve academic writing, oral communication, teamwork, and creativity.

运动训练专业修读指南

一、指导性教学计划

第一学期			第二学期		
课程号	课程名称	学分	课程号	课程名称	学分
	德 养与 基			学	
	基 (、 、体)			学 ()	
	学 ()			学	
	学			学监	
	与			与	
	与			与	
	体				
	与				
	学			学	
() “ 与 ” 教育 , 第 - 学 , 学 。 () “ ” 教育 , 第 - 学 , 学 。			() 第 - 学 拓展 学 ; () 第 - 学 , 教育 学 , 每学 最		
第三学期			第四学期		
课程号	课程名称	学分	课程号	课程名称	学分
	基			体	
	学 ()			学 ()	
	学			培	
	学基			学与	
	体育 学			学	
	学 与			与	
	与			武	
				青	
	学			学	
教育 学			() 学 学英 口 。 () 拓展 学 。 () 教育 学		
第五学期			第六学期		
课程号	课程名称	学分	课程号	课程名称	学分
	体育 学			体育教育	
	体育 学			体育 学	
	健康教育学				
	与			体	
专业拓展课程				学	
	体育 与		专业拓展课程		
	体育			体育	
	与				
	学			体育	
	养学				
	健 与				

1043052	休闲	2			
16, 11			15, 5		
(1) 至少 择2。			期 成 8。		
(2) 至少 择2。					
第七学期			第八学期		
课程号	课程名称	学分	课程号	课程名称	学分
1042214	项 7	3	1050025	毕 (设)	2
1041050	经	1			
1050026	见	2	专业 展课程		
			1043014		1
			1043043	灾害 急逃	2
			1043034		2
			1043046	间 项 简介	2
6			2, 7。		
“毕” , 7-8 期, 2。			(1) 期 成 8 ; (2) 成毕 (对毕 进行查重、 答辩, 答 辩 在 13-14); (3) 期 , 少于163 ; (4) 期 6 。		

二、修读指导和说明

1. 各学年建议修读学分

在 、 ,在 成 ,
。三 开 段 时 查 , 于 对 。四 开 段
量, 、 。

2. 方向课程修读

须 划 。 时, 要 ;对于
行 , 序 ;同 验 ,原 同时 。

3. 分专业课程修读

据 , 向 开设17项 项 供 择,
开 期 期至 期。该 要在 考试 项 项
,在 过 项 。同时, 择 时,要 据自 、
,至少 8 。

4. 分 教育 修课 教师教育课程修读

(1) : 据 组织进行。

(2) : 要 。

5. 教育选修课修读

、自然 、艺 、 、 5个 列。
在 期间(2-6 期) 须 8 (“ ”

划), 艺 期间须 1 公 艺 。自然
, , 列 至少 1 , 2 自然
, 2 , 2 。

其 说明:

(1) : 资 , 同 们提供 间, 个
, 各 各 、 余量 、

(2) 网 : “ 网络 公开 ”, 在 内
网络 , 员 ,同时

