

國立中興大學 114 學年度第 1 學期日間部體育選課注意事項

NCHU's Undergraduate PE Course Selection Guidelines for the 1st Semester of the 2025 Academic Year

- 一、體育課程分為必修與選修兩部分，採興趣選項選課，自 111 學年度起入學者畢業條件必修 2 學分，但不計入畢業學分數；**選修之體育課程依各學系(程)之畢業條件明細規定，至多採計 2 學分，採計為畢業資格之學分需符合本校學生選課辦法第五條規定。**日間部及進修部體育課程不得互選。在學期間每人每學期限選 1 學分體育課程，畢業當學期若未修畢者，請依本校「暑期班開授及選修辦法」及「學生校際選課實施辦法」之規定，自行利用寒/暑修方式完成學分。

PE courses are both compulsory courses and electives; students can select the PE courses that they are interested in taking. Since the 1st Semester of the 2022 Academic Year, Physical Education: 2 credits, not included in the credits for graduation. For extra 2 PE credits can be counted as other departments. The credits counted for graduation qualification must comply with the regulations of the fifth article of the school's student course selection regulations. Undergraduate students cannot select extension education undergraduate program PE courses and vice versa. Students can take up to 1 PE course each semester. Graduating students that have not yet earned 2 PE credits should enroll in winter/ summer programs in compliance with the NCHU Regulation for Summer Time Classes and Course Selection and Implementation Rules for Inter-University Courses Selection to earn the necessary credits for graduation.

- 二、大一同學請在網路初選（本系級選課日）及全校網路加退選時選體育課程，一律上網辦理選課，特殊情形者請詳閱說明四。初選第四天(9/4)提供一年級學生選課，初選第五天(9/5)提供其他年級學生選課。

Freshmen students should add/remove PE courses during the online pre-selection period (course selection day for your department) and the school-wide online add/remove course period. Please refer to item 4 below for any special cases. Freshman students can select courses on the fourth day of the course selection period (9/4), while students of other grades can select courses on the fifth day (9/5) of the course selection period.

- 三、**大二以上同學一律於初選最後一天(9/5)、全校網路加退選週(9/8-9/12)辦理選課。**，請同學務必把握各階段選課時間及注意教務處體育課選課相關公告。

Sophomore students and above will be able to select PE courses during the last day of the pre-selection period (9/5), the school-wide online add/remove course period (9/8-9/12). Please make sure to select PE courses during the designated course selection times and check the Office of Academic Affairs for announcements on PE course selections.

- 四、體育課程特殊情形權限加選說明：

特殊權限加選資格以四年級以上學生申請為原則，每班至多四個名額(除游泳、輕艇、重量訓練、體控等課程，因場地設施、課程性質等因素限制故無開放名額)；申請者請於特殊情形權限加退選期間(加選 9/15-9/20 8:00am; 退選 9/15-10/18 8:00am) 得經授課教師同意以授權方式加選課程，學生須自行上網點選確認，經授權後學生即可在「權限加選」/「權限退選」內看見該課程並自行進行加/退選後，請務必確認自己的選課清單。

How to apply for authorized PE course selection:

- 4.1 Each PE course will have up to 4 seats for authorized PE course selection, with priority given to students in the senior students and above. Due to limited facilities or the nature of the courses, swimming, canoeing & kayaking, weight training and weight management will not be available for course selection. Applicants should enroll in or drop courses during the special authorization period (Enrollment: 9/15-

9/20 8:00am; Drop: 9/15-10/17 8:00 am) with the consent of the course instructor. Students must go online to select and confirm their choices. Once authorized, the course will appear in the "Authorized Enrollment" / "Authorized Drop" section, where students can proceed with enrollment or dropping the course. Please make sure to confirm your course list after making any changes.

- 五、研究生一律於全校網路加退選時間選體育課；研究生選修體育課程依本校「學生學雜費學分費與其他費用繳納辦法」第五條第六項：『研究生或進修學士班學生選修體育課程或國防教育課程，依文學院標準按每週授課時數繳交「學分費」。』

Graduate students should select PE courses during the school-wide online add/remove course period. Regarding payments for PE courses, please refer to Article 5 Item 6 of the NCHU Guidelines on the Payment of Miscellaneous Fees, Credit Fees and Other Fees: Graduate students or extension program undergraduates who take physical education or national defense education shall pay the credit fees according to the number of hours taught weekly in accordance with the credit fee scale of the College of Arts.

- 六、「適應體育」課程為提供身心障礙學生或生理疾病等因素不適合選修一般體育課程者，請符合資格之同學於**114年9月9日(星期二)前持近三個月內隸屬「區域醫院」或「醫學中心」之醫師證明至體育室教學研究組辦理選課；為確保上課品質，本課程每班人數上限為8人，並以高年級學生為優先，上課地點為二樓舞蹈教室(行動不便者可搭乘體育館左側電梯)。**

Adjustment & Interaction courses are exclusively for students with disabilities or physiological diseases that can not enroll in regular PE courses. If you are eligible for Adjustment & Interaction courses, please bring a doctor's note issued by a regional hospital or medical center within the past three months to the Office of Physical Education and Sports' Division of Teaching and Research on 2/18 (Tue.). To ensure teaching quality, Adjustment & Interaction courses can only accept a maximum of 8 students. Sophomore students and above will have priority when selecting courses. Adjustment & Interaction courses will be held in the 2F dance room.

- 七、其他注意事項：

1. 運動績優生應修「男(女)生代表隊」課程3學年(連續6個學期)才可畢業，惟運動專長項目非本校運動代表隊之項目者，不受此限。
 2. 各項運動代表隊同學切勿自行選課，請於開學後直接向教練登記。
 3. 依「國立中興大學運動代表隊組訓暨輔導管理辦法」第十一條規定：運動代表隊同學不得申請「停修課程」。
 4. 修習網、羽、桌球者須自備球拍(修習羽球者請自備室內羽球鞋)、修習游泳課者請自備泳具。
 5. 體育課請穿著運動服裝及運動鞋或授課老師規定之服裝。
 6. 選課號碼**0035**排球初級班選課對象為個人對牆(空)高、低手傳球不落地無法超過50球或雙人對傳高、低手球不落地無法超過50球者。
 7. 選課號碼**0054、0060、0061**排球進階班為已具備基本高/低手傳球能力者，未修過初級班的同學請勿選修進階班。
 8. 修習「自行車運動」課程需自備腳踏車、安全帽或個人裝備，本課程如有安排外騎，請提供保險個資，其他衍生的費用需自行負擔。
 9. 為維護本校學生修課權益，體育課程不開放校際選課。
 10. 科目名稱A為1、2節課，B為3、4節課；C為5、6節課，D為7、8節課，E為9、10節課。
- Others:
- 7.1 Student-athletes are required to enroll in Men's Varsity or Women's Varsity courses for 3 academic years

(6 consecutive semesters) to graduate. Student-athletes specializing in sports that NCHU does not have a varsity team for are exempt from this rule.

7.2 Students registering for Men's Varsity or Women's Varsity courses will not be able to select the course and will have to register with the teams' coaches after the university starts.

7.3 According to Article 11 of the NCHU Varsity Team Training & Coaching Regulations, students on varsity teams cannot apply to withdraw from varsity courses.

7.4 Students taking tennis, badminton, and table tennis should bring their own rackets or paddles (students taking badminton should bring their own badminton shoes for indoor courts). Students taking swimming should bring their own swim gear.

7.5 Please wear sportswear and sneakers or comply with the course lecturer/professor's suggested outfits for PE courses.

7.6 Beginner's volleyball is only for students that are unable to maintain 50 overhand/underhand passes against a wall (in air) or students that are unable to maintain 50 overhand/underhand passes with another player.

7.7 Advanced volleyball is only for students that have mastered the fundamentals of overhand/ underhand passes. If you have not taken a beginner's volleyball course yet, please do not register for advanced volleyball courses.

7.8 To enroll in the "Cycling" course, students must bring their own bicycle, helmet, or personal gear. If outdoor rides are scheduled as part of the course, students are required to provide personal information for insurance purposes. Any additional expenses incurred must be covered by the students themselves.

7.9 To protect the interests of NCHU students, **PE courses are not available for students from other universities.**

7.10 Course name A is for sessions 1 and 2, B is for sessions 3 and 4; C is for sessions 5 and 6, D is for sessions 7 and 8, and E is sessions 9 and 10.

◆體育選課相關問題請洽詢體育室教學研究組：04-22840230#213

If you have any other questions regarding how to select PE courses, please contact the Office of Physical Education and Sports' Division of Teaching and Research.

我可以在什麼時候選體育課?

When can I select Physical Education courses?

大學部一年級學生 freshman

•網路初選
Online Initial Selection
114/09/04、09/05

•全校網路加退選
University-wide Online Add/Drop
114/09/08~09/12



大學部二年級以上學生 sophomore and above

•網路初選
Online Initial Selection
114/09/05

•全校網路加退選
University-wide Online Add/Drop
114/09/08~09/12

•特殊情形權限加選(申請資格: 四年級以上學生優先)
Optional permissions for special situations(Application qualifications: Priority is given to students in grade four or above)

114/09/15~09/19

研究所學生 Graduate Students

•全校網路加退選
University-wide Online Add/Drop
114/09/08~09/12
(需另繳學分費 Additional credit fees apply)



交換生 Exchange Students

•網路初選
Online Initial Selection
114/09/05
•全校網路加退選
University-wide Online Add/Drop
114/09/08~09/12



備註:

各年級選課時間依教務處課務組公告之「國立中興大學114學年度第1學期學生班選課時間表」為準。

Notes: The course selection times for each grade are based on the "National Chung Hsing University 114 Academic Year 1st Semester Bachelor's Program Course Selection Schedule" announced by the Academic Affairs Office.

國立中興大學114學年度第1學期日間部體育課表(會議通過)																									
時間	8：10~10：00					10：10~12：00					13：10~15：00					15：10~17：00					17：10~19：00				
節次	第一、二節					第三、四節					第五、六節					第七、八節					第九、十節				
	編號	課名	教師	上課地點	人數	編號	課名	教師	上課地點	人數	編號	課名	教師	上課地點	人數	編號	課名	教師	上課地點	人數	編號	課名	教師	上課地點	人數
星期一	0002	輕艇1A	賈俊瀚	康堤水域	0 32	0003	羽球1B	林明宏	羽球場	4 40	0007	羽球1C	簡英智	羽球場	4 40	0018	羽球1D	簡英智	羽球場	4 40					
						0001	網球1B	巫錦霖	網球場	4 40	0042	游泳1C	林建宇	游泳池	0 32	0014	游泳1D	林建宇	游泳池	0 32					
						0019	桌球1B	江信宏	桌球室	4 40	0009	桌球1C	許銘華	桌球室	4 40	0038	桌球1D	許銘華	桌球室	4 40					
						0028	輕艇1B	賈俊瀚	康堤水域	0 32	0020	網球1C	洪國修	網球場	4 40	0034	網球1D	洪國修	網球場	4 40					
星期二						0008	太極拳2B	古博文	舞蹈教室	0 32	0045	重量訓練2C	陳明坤	健身房	0 36	0065	重量訓練2D	陳明坤	健身房	0 36					
											0035	排球進階2C	王美麗	B1綜合球場	4 40	0040	排球進階2D	王美麗	B1綜合球場	4 40					
											0027	彼拉提斯2C	簡如君	舞蹈教室	4 36	0073	彼拉提斯2D	簡如君	舞蹈教室	4 36					
星期三						0032	運動舞蹈3B	莊淑蘭	舞蹈教室	4 36	0076	羽球3C	陳明坤	羽球場	4 40	0031	羽球3D	陳明坤	羽球場	4 40					
						0054	排球初級3B	王美麗	B1綜合球場	4 40	0043	運動舞蹈3C	莊淑蘭	舞蹈教室	4 36	0053	運動與體重控制3D	莊淑蘭	健身房	4 40					
						0044	運動與體重控制3B	梁建偉	健身房	4 40	0060	排球進階3C	王美麗	B1綜合球場	4 40	0012	游泳3D	林璇	游泳池	0 32					
						0033	壘球3B	涂鵬斐	田徑場	4 40	0010	運動與體重控制3C	梁建偉	健身房	4 40	0061	排球進階3D	王美麗	B1綜合球場	4 40					
						0029	網球3B	許家得	網球場	4 40	0006	高爾夫3C	涂鵬斐	高爾夫練習場	4 40	0068	高爾夫3D	許家得	高爾夫練習場	4 40					
											0041	游泳3C	林璇	游泳池	0 32										
星期四	0011	高爾夫4A	王耀聰	高爾夫練習場	4 40	0059	羽球4B	黃憲鐘	羽球場	4 40	0062	運動舞蹈4C	莊淑蘭	舞蹈教室	4 36	0024	籃球4D	賈凡	B1綜合球場	4 40					
	0083	自行車運動4A	許家得	健身房	0 31	0015	運動與體重控制4B	莊淑蘭	健身房	4 40	0056	羽球4C	黃憲鐘	羽球場	4 40	0086	足球4D-五人制	梁建偉	五人制足球場	4 40					
	0077	飛盤4A	李林鎰	B1綜合球場	4 40	0005	高爾夫4B	王耀聰	高爾夫練習場	4 40	0066	高爾夫4C	涂鵬斐	高爾夫練習場	4 40	0064	高爾夫4D	許家得	高爾夫練習場	4 40					
						0004	桌球4B	許銘華	桌球室	4 40	0016	籃球4C	賈凡	B1綜合球場	4 40	0048	適應體育4D	陳薇任	舞蹈教室	0 0					
						0026	壘球4B	余宗龍	田徑場	4 40	0058	足球4C	梁建偉	田徑場	4 40										
						0087	飛盤4B	李林鎰	B1綜合球場	4 40															
星期五	0013	高爾夫5A	王耀聰	高爾夫練習場	4 40	0057	高爾夫5B	王耀聰	高爾夫練習場	4 40	0079	高爾夫5C	涂鵬斐	高爾夫練習場	4 40	0075	籃球5D	賈凡	B1綜合球場	4 40	0090	男生代表隊			0
						0071	壘球5B	涂鵬斐	田徑場	4 40	0023	籃球5C	賈凡	B1綜合球場	4 40						0091	女生代表隊			0

114-1 體育課程上課地點

114-1 Physical Education Class Locations

上課地點 Class Location	課程項目 Course Item
體育館 B1 Gymnasium B1	<p><u>綜合球場</u>：<籃球>、<排球>、<飛盤></p> <p><u>Underground Multi-Sport Court</u>: Basketball, Volleyball(Beginner Course, Advanced Course), Frisbee</p> <p><u>桌球室</u>：<桌球></p> <p><u>Table Tennis Room</u>: Table Tennis</p>
體育館 2 樓 Gymnasium 2F	<p><u>羽球場</u>：<羽球></p> <p><u>Indoor badminton court</u>: Badminton</p> <p><u>健身房</u>：<重量訓練>、<運動與體重控制>、<自行車運動></p> <p><u>Fitness room</u>: Weight Training, Weight Management, Cycling</p> <p><u>舞蹈教室</u>：<運動舞蹈>、<彼拉提斯>、<太極拳>、<適應體育></p> <p><u>Dance studio</u>: Sports Dance, Pilates, Tai Chi, Adjustment and Interaction</p>
田徑場 Tracking field	<p><壘球>、<足球></p> <p>Softball, Soccer</p>
五人制足球場 Futsal Field	<p><足球-五人制> Five-a-side football</p>
游泳池 Indoor Swimming Pool	<p><游泳> Swimming</p>
網球場 PU Tennis court	<p><網球> Tennis</p>
康堤水域 Chung Hsing Cambridge	<p><輕艇> Canoeing & Kayaking</p>
高爾夫練習場 (體育館後方) Golf driving range (Behind the Gymnasium)	<p><高爾夫球> Golf</p>

國立中興大學 114 學年度第 1 學期進修學士班體育選課注意事項

NCHU's Continue Bachelor program PE Course Selection Guidelines for the 1st semester of the 2025 Academic Year

- 一、體育課程分為必修與選修兩部分，採興趣選項選課，自 111 學年度起入學者必修 2 學分，不計入畢業學分；**選修之體育課程依各學系(程)之畢業條件明細規定，至多採計 2 學分，採計為畢業資格之學分需符合本校學生選課辦法第五條規定。**日間部及進修部體育課程不得互選。在學期間每人每學期限選 1 學分體育課程，畢業當學期若未修畢者，請依本校「暑期班開授及選修辦法」及「學生校際選課實施辦法」之規定，自行利用寒/暑修方式完成學分；體育學分不列入各學系規定之畢業總學分數。

PE courses are both compulsory courses and electives; students can select the PE courses that they are interested in taking. Since the 1st Semester of the 2022 Academic Year, Physical Education: 2 credits, not included in the credits for graduation. For extra 2 PE credits can be counted as other departments. The credits counted for graduation qualification must comply with the regulations of the fifth article of the school's student course selection regulations. Undergraduate students cannot select extension education undergraduate program PE courses and vice versa. Students can take up to 1 PE course each semester. Graduating students that have not yet earned 2 PE credits should enroll in winter/ summer programs in compliance with the NCHU Regulation for Summer Time Classes and Course Selection and Implementation Rules for Inter-University Courses Selection to earn the necessary credits for graduation.

- 二、學士班學生請在網路初選(本系級選課日)及全校網路加退選時選體育課程，一律「網路辦理選課」。請同學務必把握各階段選課時間及注意教務處體育課選課相關公告。

Bachelor's degree students are required to select physical education courses during the online primary selection and the school-wide online selection process. All course selections must be done online. Students are advised to grasp the course selection time for each stage and pay attention to the relevant announcements about physical education course selection from the Academic Affairs Office.

三、體育課程特殊情形權限加選說明：

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- 3.2 Applicants should enroll in or drop courses during the special authorization period (Enrollment: 9/15-9/20 8:00am; Drop: 9/15-10/18 8:00am) with the consent of the course instructor. Students must go online to select and confirm their choices. Once authorized, the course will appear in the "Authorized Enrollment" / "Authorized Drop" section, where students can proceed with enrollment or dropping the course. Please make sure to confirm your course list after making any changes.

- 四、「適應體育」課程為提供身心障礙學生或生理疾病等因素不適合選修一般體育課程者，請符合資格

之同學於 114 年 9 月 9 日(星期二)前持近三個月內隸屬「區域醫院」或「醫學中心」之醫師證明至體育室教學研究組辦理選課；為確保上課品質，本課程每班人數上限為 8 人，並以高年級學生為優先，上課地點為二樓舞蹈教室(行動不便者可搭乘體育館左側電梯)。

Adjustment & Interaction courses are exclusively for students with disabilities or physiological diseases that can not enroll in regular PE courses. If you are eligible for Adjustment & Interaction courses, please bring a doctor's note issued by a regional hospital or medical center within the past three months to the Office of Physical Education and Sports' Division of Teaching and Research on 2/18 (Tue.). To ensure teaching quality, Adjustment & Interaction courses can only accept a maximum of 8 students. Sophomore students and above will have priority when selecting courses. Adjustment & Interaction courses will be held in the 2F dance room.

五、其他注意事項：

1. 各項運動代表隊同學切勿自行選課，請於開學後直接向教練登記。
2. 依「國立中興大學運動代表隊組訓暨輔導管理辦法」第十一條規定：運動代表隊同學不得申請「停修課程」。
3. 修習網、羽、桌球者請自備球拍（修習羽球者請自備室內羽球鞋）、修習游泳課者請自備泳具。
4. 體育課請穿著運動服裝及運動鞋或授課老師規定之服裝。
5. 為維護本校學生修課權益，**體育課程不開放校際選課。**

Others:

5.1 Students registering for Men's Varsity or Women's Varsity courses will not be able to select the course and will have to register with the teams' coaches after the university starts.

5.2 According to Article 11 of the NCHU Varsity Team Training & Coaching Regulations, students on varsity teams cannot apply to withdraw from varsity courses.

5.3 Students taking tennis, badminton, and table tennis should bring their own rackets or paddles (students taking badminton should bring their own badminton shoes for indoor courts). Students taking swimming should bring their own swim gear.

5.4 Please wear sportswear and sneakers or comply with the course lecturer/professor's suggested outfits for PE courses.

5.4 To protect the interests of NCHU students, **PE courses are not available for students from other universities.**

◆體育選課相關問題請洽詢體育室教學研究組：04-22840230#213

If you have any other questions regarding how to select PE courses, please contact the Office of Physical Education and Sports' Division of Teaching and Research.

國立中興大學114學年度第1學期進修學士班體育課表-(會議通過)

上課時間	18:20~20:00						20:10~21:55						備 註
上課節次	第A、B節						第C、D節						<div> <div>健身房</div> <div>羽球場 9-12</div> <div>羽球場 5-8</div> <div>羽球場 1-4</div> <div>司令台</div> <div>體育館二樓</div> <div> <div>網球場</div> <div>體育館</div> <div>紅土網球場</div> <div>室內游泳池</div> <div>高爾夫練習場</div> <div>作物實習館</div> </div> </div>
	編號	課名	教師	上課地點	三四年級	一二年級	編號	課名	教師	上課地點	三四年級	一二年級	
星期一							0702	羽 球一B	簡英智	羽球場	4	40	
星期二													
星期三							0703	彼拉提斯三B	簡如君	舞蹈教室	4	36	
星期四	706	高爾夫四A	許家得	高爾夫練習場	4	40	0705	高爾夫四B	王耀聰	高爾夫練習場	4	40	
星期五							0707	重量訓練五B	賈 凡	健身房	4	40	