

Ming Chuan University 2023-24 AY 2nd Semester Physical Education Class Rules (Kinmen Location)

1. Students are required to gather at the designated place and change into sports attire and footwear within 5 minutes after the bell rings. Put bags and clothing in order at the designated area and start the class.
2. Student must wear sports attire and footwear for PE classes. Wearing jeans or flip-flops is strictly prohibited.
3. Students may only enter sports fields when wearing proper sports footwear. No foods or beverages are allowed on the fields or courts. Students are required to clean up the sports field/court where the class is taken prior to class being dismissed. Violators will be punished in accordance with relevant regulations.
4. Students who fail to show up within 5 minutes after the bell rings will be deemed as late, and those who show up after 15 minutes will be deemed as absent.
5. Grading:
 - (1) Skill Assessment, 60%: Mid-term and Final skill tests, 30% each.
 - (2) Class performance, 40%: 1. Attendance 30% (based on the attendance record of regular classes). 2. Final written test 10% (Test will focus on sports rules; test questions will be set by the instructor of the class.).
 - (3) Attendance: Will be evaluated based on learning attitude and absence records. 2 points will be deducted for each absence. No points will be deducted for official leave, marriage leave or compassionate leave, but students are required to bring relevant proof to the instructor. 1 point will be deducted if students are late or do not wear proper clothing or footwear during a class period. 1 point will be deducted for each sick leave or menstruation leave, but students are to show leave application proof to the instructor. Student observers are also required to dress in sports attire. (Example of deduction: If a student is absent from class for 4 periods, is late for 2 times, the score is $30-10=20$.)
6. It is prohibited to ask someone else to attend class or take tests in one's place. Violators will be punished in accordance with relevant regulations.
7. Before class period begins, the class Physical Education Officer must check with the instructor regarding which equipment to borrow, and then inform the responsible student-of-the-day. Responsible student should use his or her student ID to borrow the required equipment from the Physical Education Equipment Room. After class, responsible student is required to check the quantity of the borrowed equipment and return it. The class cohort must pay for any lost equipment.
8. After classes, the class Physical Education Officer should go to the Physical Education Office, make an entry in the log, and have the responsible instructor sign it and return the log to its original place.

9. Sports Competence Indicator is the required standard for graduation and the tests are to be administered from the 2nd semester of the 2nd year. Please refer to the website of PE Office for detailed information. The test items and passing (60 points) standards are as follows: 1. Flexibility: Sit and Reach (26cm for men, 28cm for women) 2. Muscular Endurance: One-minute sit-ups (33 for men, 24 for women) 3. Power: Standing Long Jump (212cm for men, 148cm for women) 4. Cardio Respiratory Endurance: 1600m (558 seconds) for men; 800m (311 seconds) for women. Students are required to complete the following items (average 60 points) to meet the basic requirement.
10. The exemption test for P.E. Class in 2023-24AY 2nd semester will comprise the following items; (1) Sit and Reach (2) One-minute sit-ups (3) Standing Long Jump (4) 800m and 1600m Walk and Run. Students with an average score of 60 or over for the above 4 tests can waive the 3rd year Physical Education Course (Please refer to the website of Physical Education Office for detailed information.). The testing time is scheduled from February 26 to March 22 during the physical education class period. Notices for the test are as follows:
- (1) Students must bring their Student ID Cards for the tests; please submit your test sheet to your teacher or the teacher in charge once you complete the tests. Those who take their test sheets away from the test venue will be declared invalid.
 - (2) Sit and Reach: Test twice and count the best score of the formal tests.
 - (3) One-minute sit-up: No score will be counted if the action is not correct.
 - (4) Standing Long Jump: If a student fails twice, the score of this item is 0.
 - (5) 800m and 1600m Walk and Run: While taking the test, if not feeling well, please inform the examiners to stop the test.
11. To apply for distinctive performance in Health (Sports) Ability, a student must meet one of the following criteria: (1) Pass Sports capacity basic standards and the golden medal standards of power, flexibility, muscular endurance and cardio-respiratory endurance announced by the Ministry of Education. (2) Participate in a nationwide sports competition as a representative of the university and place among the top 6. (3) Participate in a nationwide sports competition held by Ministry of Education as a representative of the university and place among the top 6. (4) Participate in an international sports competition as a country representative and place among the top 6. Students who have won such awards are encouraged to file an application with the responsible staff: Taoyuan campus: Dr. Kao, Chun-Chieh, ext. 3522; Taipei campus: Dr.

Liao, Chih-Hsiung, ext. 2327.