

Program Code: 040205

Human Kinesiology Program of Beijing Sport University

(Since 2012)

1. Training Objectives

This program aims to train the highly competent and versatile talents who can master the basic knowledge, theory and skill in sports science, biological sciences, basic medicine, and pedagogy and can undertake body function monitoring, exercise and fitness guidance, sports nutrition guidance, sports teaching and scientific research, etc. in institutions of sport science research, sport training, physical education, health education, and management at various levels.

2. Basic Requirements

Human kinesiology majors will mainly learn the basic knowledge, theory and skill in sports science, biological sciences, basic medicine, and pedagogy, go through the basic training of human kinesiology and its related disciplines, and acquire a basic level of competence in body function monitoring, exercise and fitness guidance, sports nutrition guidance, physical education and human kinetics research, etc.

Graduates should acquire the following knowledge and ability:

- 1) To grasp the basic knowledge, theory and skill in sports science, biological science, basic medicine, and pedagogy related to the training objectives.
- 2) To master the basic knowledge, theory and skill in human kinesiology and its related disciplines.
- 3) Graduates of human kinesiology direction should master the methods and technology of body function monitoring, sports nutrition guidance, physique measurement and evaluation, sport technique diagnosis and analysis, and sport injury prevention and treatment, having the ability to undertake the related work.
- 4) Graduates of sports and health direction should grasp the methods and technology of common fitness means, physique measurement and evaluation, physical activity assessment, health risk assessment, exercise prescription formulation, meal nourishment guidance, and injury prevention and treatment in physical exercise, having the ability to undertake the related work.
- 5) To be familiar with the policies and laws concerned with sport undertakings of government.
- 6) To possess the ability to retrieve and review research paper, and track development

trends of the major and related majors and disciplines.

7) To have the preliminary ability to undertake the teaching and research work of human kinesiology.

3. Major Curriculum and Courses

3.1 Major curriculum

Sports Science, Biological Sciences, and Basic Medicine.

3.2 Major courses

Introduction to Exercise Science, Sports Anatomy, Exercise Physiology, Sports Biochemistry, Sports Biomechanics, Physique Measurement and Evaluation, Sports Health Care, and Exercise and Sport Psychology, and etc.

4. Practice Parts

Military training, graduation thesis, educational practice, innovation practice, and social practice.

5. Core Experiment Training

Human and sports anatomy experiments, human and exercise physiology experiments, biochemistry and sports biochemistry experiments, sports biomechanics experiments, physique measurement and evaluation experiments, application experiments of physical exercise prescription and sport technique diagnosis experiments, and etc.

6. Time, Credit and Degree of the Program

- 1) Time of the program: Four years.
- 2) Credits of the program: 150 credits.
- 3) Degree of the program: Bachelor of Education.

7. Arrangement of Courses

Please refer to Table 1 for arrangement, types, teaching hours, credits, start time of the courses and extracurricular practice.

8. Requirement of Extracurricular Practice

8.1 Graduation thesis

Students in this program should finish a graduation thesis under guidance of a

supervisor during school study. Provided that the degree paper or revised degree paper has passed the examination 4 credits will be awarded. In case of fail to pass no credits will be awarded. However the failed paper can be revised within 1 year and if the revised paper has passed the examination 4 credits will be awarded.

8.2 Educational practice

Students in this program should finish educational practice for 4 credits during school study. Educational practice includes two parts, namely teaching practice and professional practice. Those students who have passed the educational practice examination can get these 4 credits. Those students who fail to take part in educational practice (including exiting during practice) or fail to pass examination will not be awarded the related credits.

8.3 Innovation practice

During school study students in this program are required to take part in creativity practice for 2 credits. The activity includes entrepreneurship in education, academic activity, teaching and research activity and activity related to patent of invention, etc.

8.4 Social practice

During school study students in this program should participate in social practice for 2 credits. The social practice includes social survey, volunteer work, and sport competitions.

The content captioned above is explained in details in <Instruction of Extracurricular Practice for Human Kinesiology Program>.

9. Notes

9.1 Schedule of the courses

Foundation courses and required courses of the major are scheduled from freshman year to junior year. Elective courses of the major are scheduled from freshman year to junior year. Public elective courses are scheduled from junior year to senior year by the Office of Academic Affairs.

9.2 Course credits rewards

9.2.1 Rewards for athletic skill levels and referee levels

Students can get course credit reward by achieving the second or higher athletic levels. The rules are: two credits for achieving level 2, four credits for achieving level 1, six credits for achieving elite level. The course credit is rewarded once for each sport according to the highest athletic skill level achieved.

Students can get course credit reward by achieving the second or higher level referee levels. The rules are: one credit for achieving level 2, two credits for achieving level 1.

The course credit is rewarded once for each sport according to the highest referee level achieved.

9.2.2 Reward for scientific research

In the case that a student publishes an academic paper as the first author and with Beijing Sport University as the sole affiliation of the author, course credit will be rewarded according to the following rules: two credits will be rewarded if a full paper is indexed in SCI; one credit will be rewarded if a paper is published in a domestic core academic journal, or presented as an oral report at an international conferences or an academic conference organized by an academic association of first level; 0.5 credits will be rewarded if a poster presentation is made, or a paper is presented as an oral report at an academic conference organized by an academic association of second level, or published in a domestic non-core academic journal.

9.2.3 Rewards for computer levels

One course credit will be rewarded if a student achieves level three or higher in the national computer level test.

9.2.4 Other rewards

Students can apply to the faculty for course credit rewards if they make other contributions when studying in Beijing Sport University.

The total of various course credit rewards should be no more than 3. With the award credits, students can be exempted from the equal credits of public elective courses and major elective courses.

9.3 Fitness and health standard

It is required for graduation that students in school reach the passing level stipulated in National Student Physical Health Standard.

Authors: WANG Zhengzhen, LIU Fanghua
Principal of the program: WANG Ruiyuan