

明志科技大學
Ming Chi University of
Technology

規章編號

Regulation No.

A0F0070005

學生運動能力畢業門檻及輔導要點
The Graduation Threshold of Students'
Sport Ability and Counseling
Guidelines

制定部門：明志科技大學體育室

中華民國 110 年 11 月 09 日 修

Established by: Office of Physical Education, Ming Chi University of Technology

Amended on November 9, 2021.

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學生運動能力畢業門檻及輔導要點

The Graduation Threshold of Students' Sport Ability and Counseling Guidelines

99.11.30 教務會議制訂

110.11.09 教務會議修訂

Established by the Academic Council Meeting on November 30, 2010.

Amended by the Academic Council Meeting on November 9, 2021.

第一條 依據

為提升本校學生體能及游泳技能，依據本校大學部學則第五十五條訂定「學生運動能力畢業門檻及輔導要點」(以下簡稱本要點)。

Article 1 Basis

The “Graduation Threshold of Students’ Sport Ability and Counseling Guidelines” (hereinafter called these “Guidelines”) are established in accordance with Article 55 of the “University Regulations for Undergraduate Programs” to improve the physical strength and swimming skill of students.

第二條 對象

本校日間部四技學生須通過運動能力檢測項目門檻，始可畢業。

Article 2 Applicability

Day school students enrolled in a 4-year program will not be allowed to graduate until they pass the exercise capacity test threshold.

第三條 檢測項目

一、游泳：25公尺。

二、校園路跑：男子4.5公里、女子3.5公里。

Article 3 Test Items

1. Swimming: 25m

2. Campus road running: 4.5km for males and 3.5km for females.

第四條 檢測標準

一、游泳

1. 使用捷式、蛙式、仰式、蝶式之任一姿勢游畢 25 公尺（不得借助池底、分道繩、池壁及漂浮器材，且須換氣一次以上）即通過門檻。
2. 大一、大二學生由任課教師在體育課實施游泳能力檢測，列入體育成績評分。大三上學期第一週由體育室統一實施游泳門檻檢測，未通過門檻學生須參加游泳加強班。

二、校園路跑

1. 學生在校期間，本校所辦理之校園路跑活動均須參加（獲准公、傷、病假者除外），大一、大二路跑成績列入體育成績評分。
2. 大四學生在該學年度，參加校園路跑時間在 35 分鐘以內完成，即通過門檻。
3. 未通過門檻之學生得依身體質量指數（男生 BMI > 30、女生 BMI > 27）降低標準，BMI 每增 0.1 加時間 5 秒（須於檢測當天或前、後一天至體育室過磅），仍未通過者須參加補測。

Article 4 Test Standards

1. Swimming

- (1) Swim 25 meters using any of the Front Crawl Stroke, Breaststroke, Backstroke, and Butterfly Stroke (without relying on the pool bottom, pool lane ropes, pool walls, or floating equipment, but must take more than one breath while swimming), and then pass the threshold.
- (2) The course instructor shall ask students to take the swimming skill test during the physical education (PE) course for freshmen and sophomores. The test results shall be included in the PE scores. The Office of Physical Education shall conduct the swimming test in the first week of the 1st semester for juniors. Students who fail to pass the test shall attend the swimming intensive training program.

2. Campus road running

- (1) All MCUT students shall attend the campus road running race organized by MCUT, unless they are allowed to take official leave or sickness/injury leave. The road running race results of freshmen and sophomores shall be included in the PE scores.
- (2) Senior year students must complete the campus road running within 35 minutes in their senior year to pass the threshold test.
- (3) Regarding students who fail to pass the threshold, the relevant standards may be further lowered based on their BMI (BMI > 30 for male students and BMI > 27 for female students). Specifically, an additional 5 seconds will be granted per additional 0.1 BMI (students must be weighed on the same day of the test, or the day before or after, at the Office of Physical Education). Those who still fail to pass the test must attend the make-up test.

第五條 免測申請

因傷、病或其他原因無法進行激烈運動之學生，於大四下學期開學後一個月內填具「免參加運動能力畢業門檻檢測申請單」（表單編號：A0F0070104），並檢附教學醫院、衛福部醫院或市立醫院一個月內診斷證明書。經體育課程委員會議審核通過者，得免參加運動能力檢測、補測及游泳加強班。

Article 5 Application for test exemption

Students who are unable to do intense exercise due to injury, sickness, or any other cause may complete the "Application for Exemption from Graduation Threshold Tests for Sport Ability" (Form No.: A0F0070104) within one month after the start of the second semester for seniors, and then submit the form along with a certificate of diagnosis issued by a teaching hospital, a hospital of the Ministry of Welfare and Health, or a city hospital within one month. Students whose applications are approved by the Physical Education Curriculum Committee upon review may be exempted from participation in the exercise test, make-up test, or swimming intensive training program.

第六條 補救措施

- 一、大三上學期游泳門檻檢測未通過者，須參加體育室在暑期開設之游泳加強班（一期四週 16 小時），成績達檢測標準即通過游泳門檻。仍未通過者得參加第二期，亦可於工讀或大四期間自學，繼續參加檢測。凡完成三期游泳加強班，且每次出席下水學習達 12 小時以上者，即通過游泳門檻。
- 二、大四學生上學期未通過校園路跑門檻者，於大四下學期由體育室統一訂定時間，在田徑場實施補測，最多四次。每次補測於 45 分鐘內完成者，放寬門檻時間二分鐘（未參加校園路跑者第一次補測不予放寬）。補測四次仍未通過，但每次皆於 45 分鐘內完成全程者，即通過校園路跑門檻。

Article 6 Remedial Measures

1. Junior students who fail to pass the swimming test threshold in the first semester shall attend the swimming intensive training program organized by the Office of Physical Education during the summer vacation. Each session lasts 16 hours and takes place over four weeks. Those who meet the testing standards shall be deemed to have passed the swimming threshold. Those who fail to meet the same may continue to attend the second session or learn to swim by themselves during their part-time work or as seniors, and then attend the test again. Students who complete the swimming intensive training program for three sessions and learn to swim in water for more than 12 hours each time shall be deemed to have passed the swimming threshold.
2. The senior student who fails to pass the campus road running race threshold in the 1st semester shall take the make-up test, up to four times, in the stadium at the specific time set by the Office of Physical Education in the 2nd semester for the senior. Students who complete one make-up test within 45 minutes may be granted an additional 2 minutes each time (but this does not apply to the first make-up test for students who did not participate in the campus road running race). Students who fail to pass all four make-up tests but complete each test within 45

minutes shall be deemed to have passed the campus road running race threshold.

第七條 檢測流程

游泳及校園路跑畢業門檻檢測流程如附圖。

Article 7 Test Process

The process of the swimming and campus road running graduation threshold tests is shown in the flowchart below.

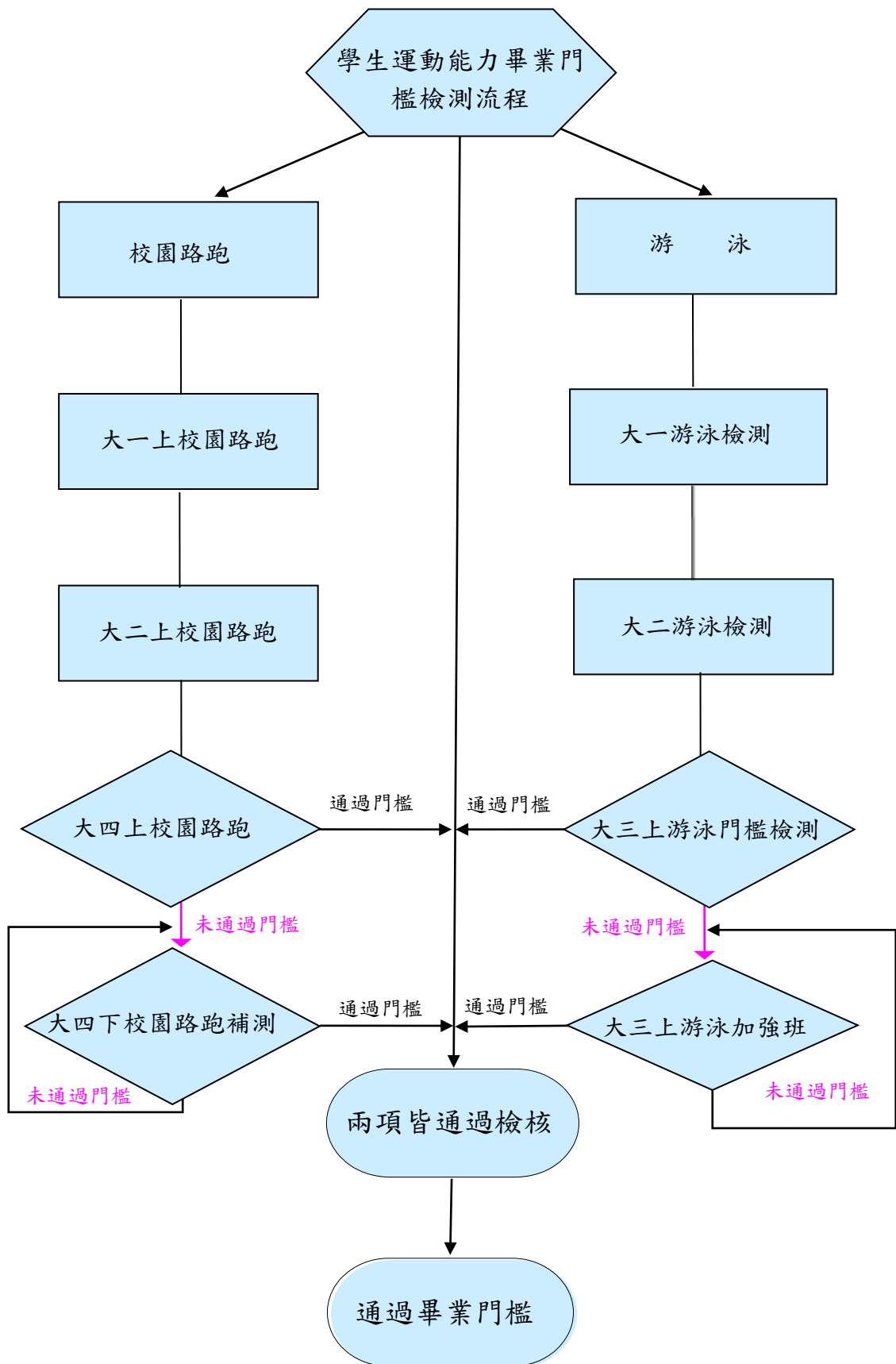
第八條 實施與修訂

本要點經教務會議審議通過，陳校長核定後公布實施，修訂時亦同。

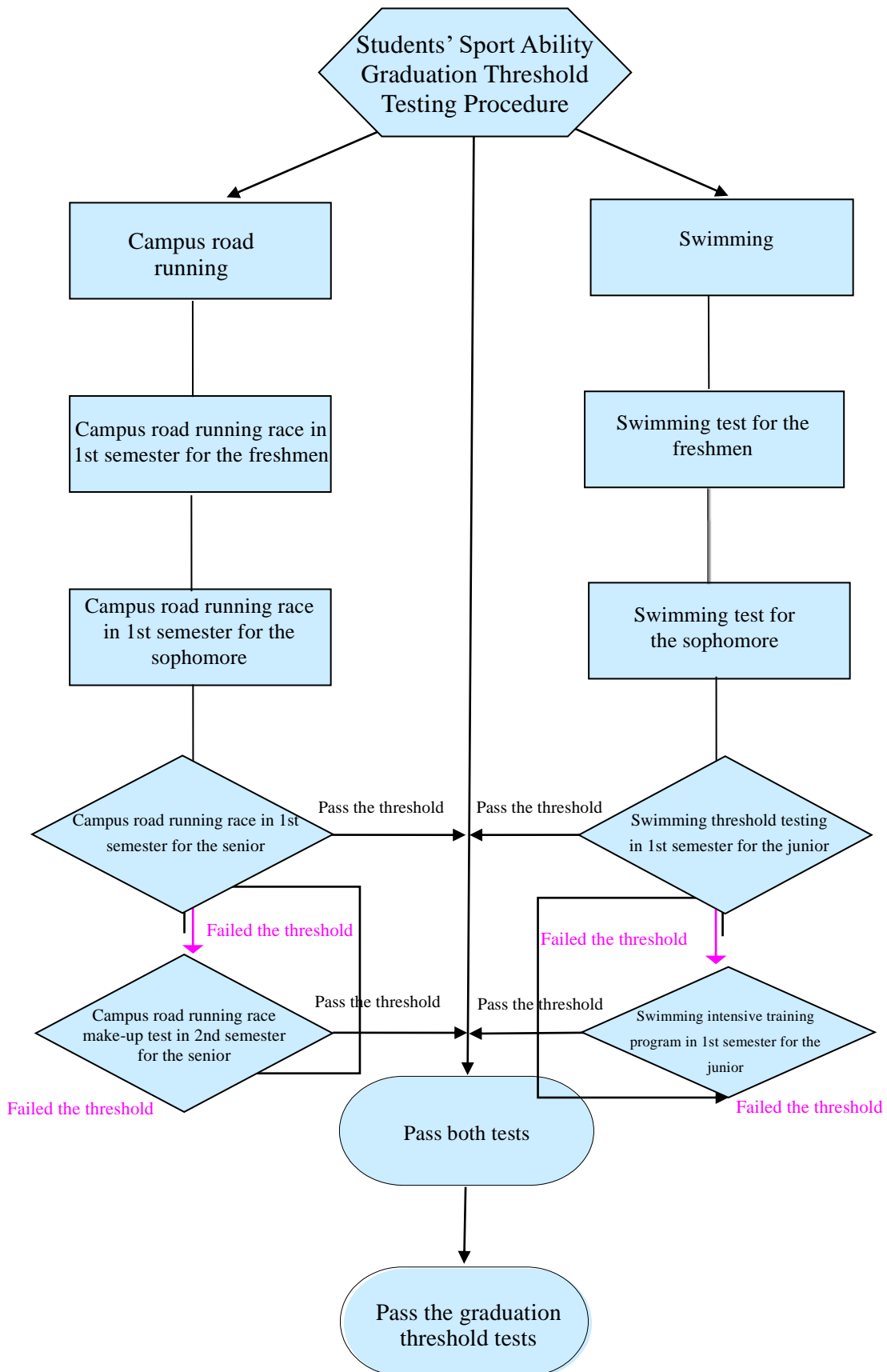
Article 8 Implementation and Amendment

These Guidelines shall be promulgated and implemented after the passage of the Academic Council Meeting and the approval of the university president. The same shall apply to the amendments hereto.

流程圖



Flowchart



明志科技大學

免參加運動能力畢業門檻檢測申請單

申請日期：____年____月____日

申請人姓名		聯絡電話	
班 級		學 號	
申請免試 項 目	<input type="checkbox"/> 游 泳 <input type="checkbox"/> 校 園 路 跑		
理由說明			
檢附證明	一、檢附醫院證明書： <input type="checkbox"/> 檢附教學醫院 <input type="checkbox"/> 衛福部醫院 <input type="checkbox"/> 市立醫院證明 二、診斷證明書須在大四下學期開學後所開立之證明。 三、申請期限：大四下學期開學後一個月內。		
申請人簽章		家長簽章	
導師簽章		系主任簽章	
審議結果	經 年 月 日 第 次體育室務會議審議結果 <input type="checkbox"/> 通過 <input type="checkbox"/> 不通過 理由：_____		
體育室主任 簽 章			

※一式一聯：申請人←家長←導師←體育教師←體育室務會議←體育室主任←通知申請人←體育室留存。

表單編號：A0F0070105 規格：A4

學生運動能力畢業門檻及輔導要點

The Graduation Threshold of Students' Sport Ability and Counseling Guidelines

Ming Chi University of Technology

Application for Exemption from Graduation Threshold Tests for Sport Ability

Application date: _____(YYYY.MM.DD)

Name of applicant		Phone	
Class/Year		Student No.	
Objectives of application	<input type="checkbox"/> Swimming <input type="checkbox"/> Campus road running		
Reasons			
Supporting documents	1. Hospital's certificate of diagnosis: <input type="checkbox"/> Teaching Hospital <input type="checkbox"/> MOHW Hospital <input type="checkbox"/> Municipal Hospital 2. The certificate of diagnosis shall be issued after the semester 2 of year four begins. 3. Deadline of application: Within one month after 2nd semester for the senior begins.		
Signature of Applicant		Signature of Parent	
Signature of Class Advisor		Signature of Department Chair	
Review Results	Based on the review of the ____ PE Office Council Meeting on _____, the application is: <input type="checkbox"/> Approved. <input type="checkbox"/> Rejected. Reasons: _____		
Signature of Director of PE Office:			

※ One copy: Applicant \Parents\Class Advisor\PE Instructor\PE Office Council Meeting\Director of PE Office\Notify Applicant\Retained by PE Office

Form: A0F0070105

Specifications: A4