

Ming Chuan University Enforcement Rules for Physical Education Credit Waiver Applications

Passed at the Academic Affairs Committee Meeting on May 22, 2008
Revised and passed at the Academic Affairs Committee Meeting on May 12, 2011
Revised and passed at the Academic Affairs Committee Meeting on December 4, 2014

1. These enforcement rules were established in accordance with Article 6, Clause 2, Section 5 of the Implementation Plan for Physical Education in the Ming Chuan University Student Handbook.
2. Purpose: To promote the physical fitness project announced by Ministry of Education, which encourages students to have regular exercise habits and be aware of their own physical fitness. Physical fitness abilities will be included as part of the criteria for third-year students needing to enroll in physical education. Qualified students may waive the course.
3. Participants: All second-year students and the international students studying at MCU in accordance with "Procedures for Foreign Student Admissions".
 - (1) International students who are re-admitted to MCU may waive the credits of PE class if they have previously earned the credits at MCU. Students are required to retake PE courses if they have not taken or failed the course(s) before. Students will be required to participate in the physical fitness test with 2nd-year students.
 - (2) 2nd-year transfer international students are required to take and attend PE classes with their class and take the fitness test for 2nd-year students as proofs for credit waiver for 3rd-year PE courses.
 - (3) 2nd-year undergraduate students who are exchange students to overseas institutions or have special conditions may provide relevant proofs to take makeup fitness test at the Physical Education Office within two weeks after the 1st semester of 3rd-year begins. Students who fail to take the makeup test before the deadline are required to take PE courses for 3rd-year students.
 - (4) Student athletes on school teams may waive the third-year Physical Education Course.
4. Test Implementation: Physical fitness test will be carried out during the announced time of second semester, each academic year in accordance with the testing methods announced by the MOE. (One minute of sit-ups, broad jump, and 9M shuttle run.)
 5. Grade evaluations and passing standard:
 - (1) Test items: Test items are (1) one minute of sit-ups, (2) broad jump, and (3) 9M shuttle run. The test scores will given in accordance with the test score comparison table (refer to appendix 1).
 - (2) Students who score an average of 60 out of 100 on the 3 test items may waive the third-year Physical Education Course.
6. Exceptions:
 - (1) Student having special conditions should state the reasons and provide medical diagnosis or a certificate issued by a doctor in a medical center or higher level medical institution as proof. Once the application is approved by PE Office, students may select two of the three tests to take. The untested item will be registered as 60 points.
 - (2) Students who cannot take the physical fitness test are required to take a Special Physical Education Course in accordance with relevant regulations.
7. Upon being approved by Academic Affairs Committee Meeting and the president, these

enforcement rules were announced and implemented. Any revision must follow the same procedure.

附件一 檢測成績分數對照表

Appendix 1 Test Score Comparison Table

9M 折返跑	分數(女)	立定跳遠(公分)	分數	仰臥起坐(次)	分數	9M 折返跑	分數(男)	立定跳遠(公分)	分數	仰臥起坐(次)	分數
9M Shuttle Run	Score (F)	Broad-Jump	Score	Sit-ups (times)	Score	9M Shuttle Run	Score (M)	Broad-Jump	Score	Sit-ups (times)	Score
10.48	100	203	100	54	100	9.13	100	270	100	64	100
10.53	99	202	99	53	98	9.17	99	269	99	63	98
10.58	98	201	98	52	96	9.21	98	268	98	62	96
10.63	97	200	97	51	94	9.25	97	267	97	61	94
10.68	96	199	96	50	92	9.29	96	266	96	60	92
10.73	95	198	95	49	90	9.33	95	265	95	59	90
10.78	94	197	94	48	88	9.37	94	264	94	58	88
10.83	93	196	93	47	86	9.41	93	263	93	57	86
10.88	92	195	92	46	84	9.45	92	262	92	56	84
10.93	91	194	91	45	82	9.49	91	261	91	55	82
10.98	90	193	90	44	80	9.53	90	260	90	54	80
11.03	89	192	89	43	78	9.57	89	259	89	53	78
11.08	88	191	88	42	76	9.61	88	258	88.5	52	76
11.13	87	190	87	41	75	9.65	87	257	88	51	74
11.18	86	189	86	40	74	9.69	86	256	87.5	50	72
11.23	85	188	85	39	72	9.73	85	255	87	49	70
11.28	84	187	84	38	70	9.77	84	254	86.5	48	69
11.33	83	186	83	37	68	9.81	83	253	86	47	68
11.38	82	185	82	36	66	9.85	82	252	85.5	46	67
11.43	81	184	81	35	65	9.89	81	251	85	45	66
11.48	80	183	80.5	34	64	9.93	80	250	84.5	44	65
11.52	79	182	80	33	62	9.97	79	249	84	43	64
11.56	78	181	79.5	32	60	10.01	78	248	83.5	42	63
11.6	77	180	79	31	59	10.05	77	247	83	41	62
11.64	76	179	78.5	30	58	10.09	76	246	82.5	40	61
11.68	75	178	78	29	57	10.13	75	245	82	39	60
11.72	74	177	77.5	28	56	10.17	74	244	81.5	38	59
11.76	73	176	77	27	55	10.21	73	243	81	37	58
11.8	72	175	76.5	26	54	10.25	72	242	80.5	36	57
11.84	71	174	76	25	53	10.29	71	241	80	35	56
11.88	70	173	75.5	24	52	10.33	70	240	79.5	34	55
11.92	69	172	75	23	51	10.35	69	239	79	33	53
11.96	68	171	74.5	22	50	10.37	68	238	78.5	32	51
12	67	170	74	21	48	10.39	67	237	78	31	49
12.04	66	169	73.5	20	47	10.41	66	236	77.5	30	47
12.08	65	168	73	19	46	10.43	65	235	77	29	45
12.12	64	167	72.5	18	44	10.45	64	234	76.5	28	43
12.16	63	166	72	17	41	10.47	63	233	76	27	41

9M 折返跑	分數 (女)	立定跳遠 (公分)	分數	仰臥起坐(次)	分數	9M 折返跑	分數 (男)	立定跳遠 (公分)	分數	仰臥起坐(次)	分數
9M Shuttle Run	Score (F)	Broad-Jump	Score	Sit-ups (times)	Score	9M Shuttle Run	Score (M)	Broad-Jump	Score	Sit-ups (times)	Score
12.2	62	165	71.5	16	38	10.49	62	232	75.5	26	39
12.24	61	164	71	15	35	10.51	61	231	75	25	37
12.28	60	163	70.5	14	32	10.53	60	230	74.5	24	35
12.29	59	162	70	13	29	10.54	59	229	74	23	33
12.3	58	161	69.5	12	26	10.55	58	228	73.5	22	30
12.31	57	160	69	11	23	10.56	57	227	73	21	27
12.32	56	159	68.5	10	20	10.57	56	226	72.5	20	24
12.33	55	158	68	9	17	10.58	55	225	72	19	21
12.34	54	157	67.5	8	14	10.59	54	224	71.5	18	18
12.35	53	156	67	7	11	10.6	53	223	71	17	15
12.36	52	155	66.5	6	8	10.61	52	222	70.5	16	12
12.37	51	154	66	5	5	10.62	51	221	70	15	9
12.38	50	153	65.5	4	2	10.63	50	220	69.5	14	6
12.39	49	152	65	3	0	10.64	49	219	69	13	3
12.4	48	151	64.5	0	0	10.65	48	218	68.5	12	0
12.41	47	150	64			10.66	47	217	68	0	0
12.42	46	149	63.5			10.67	46	216	67.5		
12.43	45	148	63			10.68	45	215	67		
12.44	44	147	62.5			10.69	44	214	66.5		
12.45	43	146	62			10.7	43	213	66		
12.46	42	145	61.5			10.71	42	212	65.5		
12.47	41	144	61			10.72	41	211	65		
12.48	40	143	60.5			10.73	40	210	64.5		
12.5	39	142	60			10.74	39	209	64		
12.52	38	141	59.5			10.75	38	208	63.5		
12.54	37	140	59			10.76	37	207	63		
12.56	36	139	58.5			10.77	36	206	62.5		
12.58	35	138	58			10.79	35	205	62		
12.6	34	137	57.5			10.81	34	204	61.5		
12.62	33	136	57			10.83	33	203	61		
12.64	32	135	56.5			10.85	32	202	60.5		
12.66	31	134	56			10.87	31	201	60		
12.68	30	133	55.5			10.89	30	200	59.5		
12.7	29	132	55			10.91	29	199	59		
12.72	28	131	54			10.93	28	198	58.5		
12.74	27	130	53			10.95	27	197	58		
12.76	26	129	52			10.97	26	196	57.5		
12.78	25	128	51			11.02	25	195	57		

9M 折返跑	分數 (女)	立定跳遠 (公分)	分數	仰臥起坐(次)	分數	9M 折返跑	分數 (男)	立定跳遠 (公分)	分數	仰臥起坐(次)	分數
9M Shuttle Run	Score (F)	Broad-Jump	Score	Sit-ups (times)	Score	9M Shuttle Run	Score (M)	Broad-Jump	Score	Sit-ups (times)	Score
12.83	24	127	50			11.07	24	194	56.5		
12.88	23	126	49			11.12	23	193	56		
12.93	22	125	48			11.17	22	192	55.5		
12.98	21	124	47			11.22	21	191	55		
13.03	20	123	46			11.27	20	190	54.5		
13.08	19	122	45			11.32	19	189	54		
13.13	18	121	42			11.37	18	188	53.5		
13.18	17	120	40			11.42	17	187	53		
13.23	16	119	38			11.47	16	186	52.5		
13.28	15	118	36			11.52	15	185	52		
13.33	14	117	34			11.57	14	184	51.5		
13.38	13	116	32			11.62	13	183	51		
13.43	12	115	30			11.67	12	182	50.5		
13.48	11	114	28			11.72	11	181	50		
13.53	10	113	26			11.77	10	180	49.5		
13.59	9	112	24			11.82	9	179	49		
13.65	8	111	22			11.87	8	178	48.5		
13.71	7	110	20			11.92	7	177	48		
13.77	6	109	18			11.97	6	176	47.5		
13.83	5	108	16			12.02	5	175	47		
13.89	4	107	14			12.07	4	174	46.5		
13.95	3	106	12			12.12	3	173	46		
14.01	2	105	10			12.17	2	172	45.5		
14.07	1	104	8			12.22	1	171	45		
14.03	0	103	6			12.27	0	170	44.5		
		102	4					169	44		
		101	2					168	43.5		
		100	0					167	43		
		0	0					166	42.5		
								165	42		
								164	41.5		
								163	41		
								162	40.5		
								161	40		
								160	39.5		
								159	39		
								158	38.5		
								157	38		

9M 折返跑	分數 (女)	立定跳遠 (公分)	分數	仰臥起坐(次)	分數	9M 折返跑	分數 (男)	立定跳遠 (公分)	分數	仰臥起坐(次)	分數
9M Shuttle Run	Score (F)	Broad-Jump	Score	Sit-ups (times)	Score	9M Shuttle Run	Score (M)	Broad-Jump	Score	Sit-ups (times)	Score
								156	37.5		
								155	37		
								154	36.5		
								153	36		
								152	35.5		
								151	35		
								150	34.5		
								149	34		
								148	33.5		
								147	33		
								146	32.5		
								145	32		
								144	31.5		
								143	31		
								142	30.5		
								141	30		
								140	29.5		
								139	29		
								138	28		
								137	27		
								136	26		
								135	25		
								134	24		
								133	23		
								132	22		
								131	21		
								130	20		
								129	19		
								128	18		
								127	17		
								126	16		
								125	15		
								124	14		
								123	13		
								122	12		
								121	11		
								120	10		
								119	9		

9M 折返跑	分數 (女)	立定跳遠 (公分)	分數	仰臥起坐(次)	分數	9M 折返跑	分數 (男)	立定跳遠 (公分)	分數	仰臥起坐 (次)	分數
9M Shuttle Run	Score (F)	Broad-Jump	Score	Sit-ups (times)	Score	9M Shuttle Run	Score (M)	Broad-Jump	Score	Sit-ups (times)	Score
								118	8		
								117	7		
								116	6		
								115	5		
								114	4		
								113	3		
								112	2		
								111	1		
								110	0		