

Ming Chuan University Guidelines for Encouraging Excellent Students in Health-related Physical Fitness

Revised and passed at the Student Affairs Committee Meeting on June 5, 2008

1. In response to the Ministry of Education's program to promote health-related physical fitness of students, these guidelines were established to encourage students to implement regular exercise and to award excellent students for health-related physical fitness.
2. Awards :
 - (1) Ming Chuan University (herein referred to as MCU) establishes these guidelines for encouraging students to implement regular exercise and awarding excellent students for health-related physical fitness.
 - (2) All students who participate in health-related physical fitness are eligible.
 - (3) The rewards are classified into Health-related Physical Fitness Achievement Award and Exercise Participation Award.
 - (4) Health-related Physical Fitness Achievement Award is reviewed based on the information from all students' examinations, and refers to the regular Health-related Physical Fitness model from the Ministry of Education. The standards and awards are as below:
 - A. Bronze Medal for students who earn a score of 70 or above for each physical fitness item.
 - B. Silver Medal for students who earn a score of 80 or above for each physical fitness item.
 - C. Gold Medal for students who earn a score of 90 or above for each physical fitness item. If a student fails to meet the criteria for one item in any standard above, he or she will be awarded the medal for the lower level.
 - (5) Those who participate in regular exercise more than 12 weeks, at least three times per week and more than 30 minutes every time, with verification by their Physical Education instructor will earn an Exercise Participation Award.
 - (6) Students are allowed to apply for both Health-related Physical Fitness Achievement Award and Exercise Participation Award.
 - (7) The Physical Education Office will calculate the score of each item after the examination held every academic year. The roster will be reviewed by the Physical Education Office Committee and submitted to the university for announcement.
 - (8) The examination of Health-related Physical Fitness Achievement Award is implemented based on the items and methods announced by the Ministry of Education.
3. Upon being passed at the Students Affairs Committee Meeting and reported to the president, these guidelines were announced and implemented. Any revision must follow the same procedures.