



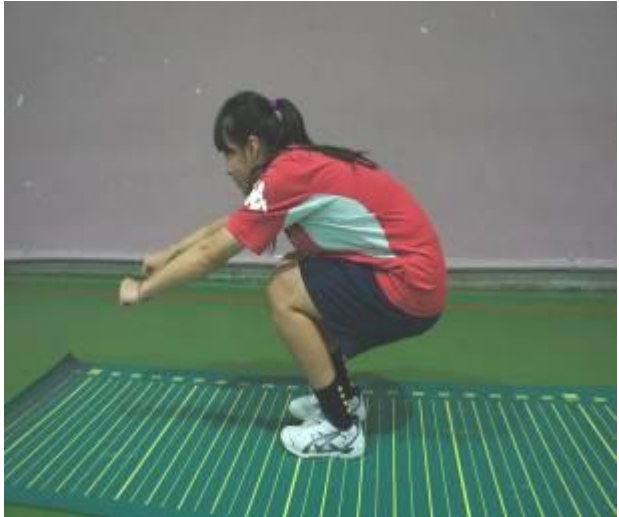
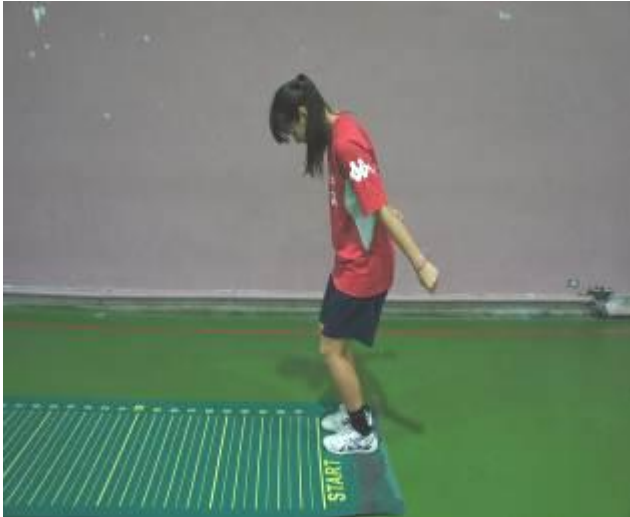




Ming Chuan University Student Sports Capability Requirements

1. Flexibility: The tested physical capacity is doing Sit and Reach in accordance with the standards of the physical fitness testing methods announced by Ministry of Education. Each student will take two tests and the best score will be recorded in units of centimeters.



Correct Action	Correct Action
	
<p>Overlap fingertips and move forward the tape measure</p>	<p>Straighten knees with toes pointed upward</p>
Incorrect Action	Incorrect Action
	
<p>Do not separate fingertips or flex wrists.</p>	<p>Do not bend knees.</p>



2. Power: The tested physical capacity is doing Standing Long Jump in accordance with the standards of the physical fitness testing methods announced by Ministry of Education. Each student can try twice and record the longest jumping distance in units of centimeters.

Correct Action	Correct Action
	
Two legs landing at the same time	Bend knees and jump with both legs at the same time



Incorrect Action	Incorrect Action
	
Do not land with single leg	Do not jump with single leg



3. Muscular Endurance: The tested physical capacity is doing One-minute Sit-ups in accordance with the standards of physical fitness testing methods announced by Ministry of Education. Record the sit-ups student finished in one minute.

Correct Action	Correct Action
	
<p>Use abdominal muscle contractions to sit up and touch thighs with elbows</p>	<p>Lie face up on a cushion or floor; cross hands in front of chest and place palms on shoulders; bend knees</p>

Incorrect Action	Incorrect Action
	
<p>Do not straighten knees</p>	<p>Do not put hands behind head</p>



4. Cardio Respiratory Endurance: The tested physical capacity is completing a Men's 1600m/Women's 800m run-walk in accordance with the standards of physical fitness testing methods announced by Ministry of Education. Record the time the student finished.

Action	Action
	
Jogging	Jogging



Action	Action
	
Fast walking	Fast walking



5. Coordination: The tested physical capacity is doing One-minute three-position dribble layups, on the top and from the left and right, each by 45 degrees. Each student must finish shooting from these three points in rotation for one minute. The score will be based on the accumulated baskets made.

Correct Action	Correct Action
	
Finger roll	Shooting

Incorrect Action	Incorrect Action
	
After shooting, not stepping on the line while dribbling to the next position	After shooting, stepping on the line while dribbling to the next position

6. Balance: Softball overhand throws, 9 m for men; 8 m for women. The diameter of the throwing target is 1.2 meters and the distance between the ground and the net is 60 centimeters. Each student must finish 10 throws and the score will be based on the accumulated throws into the target.

Correct Action		Correct Action
		
Overhand throwing or side throwing		Stand with both feet behind the line

Incorrect Action	Incorrect Action
	
Underhand throwing is not accepted	Do not step on the line or over the line