

Ming Chuan University 2019-20AY 2nd Semester Physical Education Class Rules (Kinmen Location)

1. Students are required to gather at the designated place and change into sports attire and footwear within 5 minutes after the bell rings. Put bags and clothing in order at the designated area and start the class.
2. Student must wear sports attire and footwear for PE classes. Wearing jeans or flip-flops is strictly prohibited.
3. Students may only enter sports fields when wearing proper sports footwear. No foods or beverages are allowed on the fields or courts. Students are required to clean up the sports field/court where the class is taken prior to class being dismissed. Violators will be punished in accordance with relevant regulations.
4. Students who fail to show up within 5 minutes after the bell rings will be deemed as late, and those who show up after 15 minutes will be deemed as absent.
5. Grading:
 - (1) Skill Assessment, 60%: Mid-term and Final skill tests, 30% each.
 - (2) Class performance, 40%: 1. Attendance 20% (based on the attendance record of regular classes). 2. Assessment of attitude and sporting spirit 10% (based on the learning attitude, performance, behavior, spirit and discipline during class and in-class sports competitions). 3. Final written test 10% (Test will focus on sports rules; test questions will be set by the instructor of the class.)
 - (3) Attendance: Will be evaluated based on learning attitude and absence records. 2 points will be deducted for each absence. No points will be deducted for official leave, marriage leave or compassionate leave, but students are required to bring relevant proof to the instructor. 1 point will be deducted if students are late or do not wear proper clothing or footwear during a class period. 1 point will be deducted for each sick leave or menstruation leave, but students are to show leave application proof to the instructor. Student observers are also required to dress in sports attire.
6. It is prohibited to ask someone else to attend class or take tests in one's place. Violators will be punished in accordance with relevant regulations.
7. Before class period begins, the class Physical Education Officer must check with the instructor regarding which equipment to borrow, then inform the responsible student-of-the-day. Responsible student should use his or her student ID to borrow the required equipment from the Physical Education Equipment Room. After class, responsible student is required to check the quantity of the borrowed equipment and return it. The class cohort must pay for any lost equipment.
8. After classes, the class Physical Education Officer should go to the Physical Education Office, make an entry in the log, and have the responsible instructor sign it and return the log to its original place.
9. The purpose of the physical fitness test is to let students understand their own physical fitness. To avoid accidents when taking the test, please do not compete with classmates and do not force performance beyond one's ability.

10. Sports Competence Indicator (As this is one required standard for graduation, students are required to complete at least 4 items to meet the basic requirement. Please refer to the website of PE Office for detailed information.) Cardio Respiratory Endurance: 1600m (558 seconds) for men; 800m (311 seconds) for women. Muscular Endurance: One minute sit-ups. (33 for men, 24 for women) Power: Standing Long Jump. (212cm for men, 148cm for women) Flexibility: Sit and Reach. (26cm for men, 28cm for women)
11. The make-up test for those who failed the Sports Competence Indicator test in during physical education class.