

Students who need to take Sports Competence Make-up Test and transfer students, Greetings!
(Only for those students who are enrolled before September,2016)

1. 2019-20AY 1st semester Sports Competence Make-up Test for students who have not yet passed the test and transfer students is scheduled to be held at 12:30-13:30 on Taipei campus: November 29, 2019. Taoyuan campus: November 29, 2019.
Test items are: 1. Sit and reach 2. Standing long jump 3. Sit-ups 4. Men's 1600 m/Women's 800 m 5. Dribble layups 6. Softball overhand throws. Students are asked to take the make-up test in time to fulfill the graduation standard.
2. Please enter your Sports Competence System to check for the items you have not passed and take the make-up test for the item.
3. Please fill out the test score table and make sure to fill in your name, student ID, gender and academic year of admittance for teachers to check the scores.
4. Please submit the completed test score table form to:
Taoyuan campus: Mr. Chen, Chin-Wei, Ext.: 3171;
Taipei campus: Ms. Wang, Hsiu-Yin, Ext. 2326.
5. Test venue:
Taoyuan campus: Indoor basketball court.
Taipei campus: Indoor badminton court.
6. Notes for the make-up test:
 - Student ID card will be checked when taking the make-up test.
 - Please make sure to fill in your name, student ID, gender and academic year of admittance when filling in the test score table.
 - Do not fill in the test result if it does not meet the passing standard. Please take another make-up test in the following semester.

※運動基本能力指標量化標準 Quantitative Indicator Standards for Basic Physical Capacities

能力項目 Physical Capacities	測驗內容 Test Content	指標能力標準 Indicator Standards	
柔軟度能力 Flexibility	坐姿體前彎 Sit and reach	男生 22 公分 Men 22 cm	女生 27 公分 Women 27 cm
爆發力能力 Power	立定跳遠 Standing long jump	男生 180 公分 Men 180 cm	女生 130 公分 Women 130cm
肌耐力能力 Muscular Endurance	一分鐘仰臥起坐 One-minute sit-up	男生 30 次 Men 30 times	女生 22 次 Women 22 times
心肺能力 Cardio respiratory endurance	男生 1600 公尺、女生 800 公尺跑走 Men's 1600 m/Women's 800 m run-walk	男生 585 秒 Men 585 secs	女生 320 秒 Women 320 secs
協調能力 Coordination	一分鐘三點運球上籃 One-minute three-position dribble layups	男生 5 個 Men 5	女生 3 個 Women 3
穩定能力 Balance	壘球肩上投球擲準男生 9 公尺、女生 8 公尺 Softball overhand throws (9 m for men; 8 m for women)	男生 5 個 Men 5	女生 5 個 Women 5