

Ming Chuan University Procedures for 2019-20 AY

Energetic Sports Week

1.Activity Title: Energetic Sports Week

2.Purpose:

- (1)Fully carry out MCU physical education programs in order to better encourage students to participate in sports activities
- (2)Enhance sports knowledge, foster correct sporting concepts, and cultivate positive attitude to actively participate in sports activities
- (3)Inspire students to develop interests in sports, experience the joy of sports and establish an exercise habit

3.Responsible Unit: Physical Education Office

4.Activity Period: November 25 (Monday) to November 29 (Friday), 2019

5.Activity Venues:

- (1)Taipei Campus: Track and Field and Large Conference Room
- (2)Taoyuan Campus: Track and Field and P102 Classroom

6.Activity:

- (1)Vigorous Aerobic Dance
- (2)Team Relay
- (3)I Am the Sports Expert
- (4)Share PE office Facebook fan page
- (5)Sports-Related Topic Seminar
- (6)Physical fitness test demonstration, practice and video-viewing.
- (7)Physical education general knowledge test

5.Participants: All MCU Students

6.Sports expert competition rules:

- (1)On-site registration. Each contestant takes one shot at the soccer goal; the ball must fly in the air. Those who hit a numbered vest win a gift.
- (2)The handball gate will be used as the goal; the distance is 8m.

7.Event Details:

Chart 1: 2019-20 Academic Year Ming Chuan University Energetic Sports Week

Activities on Taipei Campus

Activity	Date	Time	Venue	Instructors
Vigorous Aerobic Dance	November 25 (Monday), 2019	13:10-15:00	Field and Track Field	Off-campus Instructor
	November 29 (Friday), 2019	08:10-08:30	Field and Track Field	Huang, Yi-Hsueh
Team Relay	November 25 (Monday) to November 29 (Friday), 2019	08:10-17:00	Field and Track Field	Instructors of all classes
I Am the Sports Expert	November 25 (Monday) to November 29 (Friday), 2019	08:10-17:00	Field and Track Field	Instructors of all classes
Share PE Office Facebook fan page	November 25 (Monday) to November 29 (Friday), 2019		Share PE Office Facebook fan page	
Sports-related Topic Seminar	November 28 (Thursday), 2019	15:10-17:00	B301 Conference Room	Dr. Li, Tzai-Li
Physical fitness test demonstration, practice and video-viewing	1 November 25 (Monday) to November 29 (Friday), 2019	08:10-17:00	Sun Yat Sen Auditorium	Instructors of all classes

Chart 2: 2019-20 Academic Year Ming Chuan University Energetic Sports Week

Activities on Taoyuan Campus

Activity	Date	Time	Venue	Instructors
Vigorous Aerobic Dance	1 November 25 (Monday), 2019	08:10-08:30	Field and Track Field	Liu, Shu-Hua
	November 29 (Friday), 2019	11:10-12:00	First Gymnasium	Off-campus Instructor
Team Relay	November 25 (Monday) to November 29 (Friday), 2019	08:10-16:40	Field and Track Field	Instructors of all classes
I Am the Sports Expert	November 25 (Monday) to November 29 (Friday), 2019	08:10-16:40	Field and Track Field	Instructors of all classes
Share PE office Facebook fan page	November 25 (Monday) to November 29 (Friday), 2019		Share PE Office Facebook fan page	
Sports-related Topic Seminar	November 27 (Wednesday), 2019	14:50-16:40	P102 Classroom	Dr. Li, Tzai-Li
Physical fitness test demonstration, practice and video-viewing	November 25 (Monday) to November 29 (Friday), 2019	08:10-16:40	First Gymnasium	Instructors of all classes

8. Upon being approved by the president, these procedures were implemented. Any revision must follow the same procedure.