**体育教育专业培养方案**

**Physical Education Major**

学科门类：教育学 专业代码：**040201**

一、专业培养目标

本专业适应国家基础教育改革发展要求，立足淄博，服务全省，面向全国，培养思想政治素质良好、师德高尚、教育情怀深厚、文化自信、学科知识扎实、专业能力和跨文化能力突出、教育教学能力强，具有国际视野，能够在中学、教育机构和其他机构从事体育教学、运动训练和竞赛工作并能胜任学校体育管理、体育科研、社会体育指导等工作的多能一专的复合型体育专门人才。

 学生在毕业后5年左右预期能够胜任中学体育教学和教育管理工作，实现以下目标：

（一）具有坚定的职业理想、强烈职业认同感和勇于奉献的精神；

（二）能综合运用专业知识和技能，解决教学问题，熟练驾驭，示范引领体育课堂教学；

（三）能对体育教育教学活动进行持续深入的自我指向型和任务指向型反思，以问题为导向，开展教育教学研究，指导学生研究性学习；

（四）综合育人能力强，能胜任班主任工作，引导学生生涯规划；

（五）终身学习能力强，能追踪国内外体育教育教学的新理论、新方法和新手段，持续提高体育教育教学水平，实现自我发展。

二、专业培养要求

（一）通过四年学习与实践，毕业生应获得以下知识、能力和素质：

1.知识结构

1.1具有扎实的大学英语、计算机基础等专业必需的基础理论知识；

1.2掌握运动解剖学、运动生理学、体育保健学、学校体育学、体育教育学、体育心理学等学科的基础理论知识；

1.3具有扎实的田径、篮球、足球、排球、体操、网球、乒乓球、健美操、武术等专业技能；

1.4掌握体育管理及体育科研方面的相关知识；具有本专业先进的和面向21世纪所需要的科学知识。

2.能力结构

2.1基本能力

(1)具备运用辩证唯物主义的基本观点和方法去认识，分析和解决问题的能力；

(2)具备较强的语言及文字表达能力；

(3)具备运用外语进行简单会话，能够阅读本专业外语期刊，并具有一定的听、说、读、写、译能力；

(4)具备利用计算机常用软件进行文字和信息处理的能力；

(5)具有掌握新知识、新技术的自学和继续学习及自主创业的能力；

(6)具有自尊、自爱、自律、自强的优良品格和人际交往及企业管理能力。

2.2专业能力

(1)具备依据实际情况组织教学，管理教学，提高教学的能力；

(2)具备本专业教育教学、体育管理、社会体育指导、训练及运动竞赛、体育科研等专业能力。

(3)职业技能达到国家有关部门规定的相应职业资格认证的要求或通过相关工种职业技能鉴定。

2.3综合能力

(1)具有从事本专业相关职业活动所需要的方法能力、社会行为能力和创新能力；

(2)具备获取新知识、不断开发自身潜能和适应知识经济、技术进步及岗位要求变更的能力；

(3)具有较强的组织、协调能力；

(4)具备将自身技能与群体技能融合以及积极探索、开拓进取、勇于创新、自主创业的能力；

(5)具有良好的社会公德、职业道德和安心教育，严格认真，求实守纪的敬业精神。

3.素质结构

3.1 具备良好的思想品德、行为规范以及职业道德；具备大学层次的文化素质和人文素质；

3.2 具备创新、实践、创业的体育素质；

3.3 具备竞争意识、合作精神、坚强毅力；

3.4 具有健康的体魄、良好的体能和适应本岗位工作的身体素质和心理素质；具有良好的气质和形象，较强的语言与文字表达能力及人际沟通能力。

（二）开设课程与培养要求的对应关系矩阵。

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 类别 | 课程名称 | 知识要求 | | | | 能力要求 | | | 素质要求 | | | |
| 1.1 | 1.2 | 1.3 | 1.4 | 2.1 | 2.2 | 2.3 | 3.1 | 3.2 | 3.3 | 3.4 |
| 通识教育平台 | 马克思主义基本原理 | ● |  |  |  | ● |  | ● | ● |  | ● | ● |
| 毛泽东思想和中国特色社会主义理论 | ● |  |  |  | ● |  | ● | ● |  | ● | ● |
| 思想道德修养与法律基础 | ● |  |  |  | ● |  | ● | ● |  | ● | ● |
| 中国近现代史纲要 | ● |  |  |  | ● |  | ● | ● |  | ● | ● |
| 形势与政策 | ● |  |  |  | ● |  | ● | ● |  | ● | ● |
| 大学英语 | ● |  |  |  | ● |  | ● | ● |  | ● | ● |
| 学科英语 | ● |  |  | ● | ● | ● | ● | ● |  | ● | ● |
| 计算机应用基础 | ● |  |  |  | ● |  | ● | ● |  | ● | ● |
| 军事理论 | ● |  |  |  |  |  | ● | ● |  |  | ● |
| 文献检索 | ● |  |  | ● | ● |  | ● | ● |  | ● | ● |
| 新生研讨课 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 中国传统文化 | ● |  |  |  |  | ● |  | ● |  |  | ● |
| 大学生心理健康教育 | ● |  |  |  | ● |  | ● | ● |  | ● | ● |
| 创新创业模块 | 大学生职业生涯规划 |  |  |  |  |  |  | ● | ● |  | ● | ● |
| 大学生就业指导 |  |  |  |  |  |  | ● | ● | ● | ● |  |
| 大学生创业基础 |  |  |  |  | ● |  | ● | ● | ● | ● |  |
| 体育产业管理与创业 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 学生大赛、论文、发明等认证学分 |  |  |  |  |  | ● | ● |  | ● | ● |  |
| 学科基础平台 | 教育学 | ● |  |  |  | ● |  | ● | ● |  | ● | ● |
| 心理学 | ● |  |  |  | ● |  | ● | ● |  | ● | ● |
| 现代教育技术 | ● |  |  |  | ● |  | ● | ● |  | ● | ● |
| 运动解剖学 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 运动生理学 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育保健学 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育概论 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育心理学 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 学校体育学 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 学科基础选修模块 | 体育测量与评价(B) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育绘图(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育游戏(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 普通话 | ● |  |  |  | ● |  |  | ● |  |  | ● |
| 体育社会学(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 团体操编排理论与实践(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 花样跳绳(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 散打/防身术(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 定向运动(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 太极拳(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 齐鲁文化与当代体育(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 运动训练学(B) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育史(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 运动生物力学(B) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 乒乓球技术技能拓展(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 篮球技术技能拓展(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 排球技术技能拓展(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 足球技术技能拓展(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 体操技术技能拓展(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 武术技术技能拓展(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 网球技术技能拓展(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 田径技术技能拓展(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 健美操技术技能拓展(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 运动营养与恢复(B) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 学校卫生学(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 安全防护与急救处理(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育管理学 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育法学(B) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 健美运动(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 羽毛球(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 啦啦队(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 体育舞蹈(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● |  |
| 瑜珈(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 专业教育平台 | 体育科研方法 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 中学体育教材教法（A） |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育统计学 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 运动生物化学 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育学院学科导论(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体操(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 排球 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 田径 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 足球 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 篮球 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 武术 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 健美操 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 乒乓球 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 网球 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 专业方向选修模块 | 篮球教学理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 排球教学理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 体操教学理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 田径教学理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 武术教学理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 足球教学理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 网球教学理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 乒乓球教学理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 健美操教学理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 实践教学平台 | 思想政治理论课实践教学 |  |  |  |  |  |  | ● | ● |  | ● | ● |
| 入学教育及军训 |  |  |  |  |  |  | ● | ● |  | ● | ● |
| 公益劳动 |  |  |  |  |  |  | ● | ● | ● | ● | ● |
| 社会实践 |  |  |  |  |  |  | ● | ● | ● | ● | ● |
| 职业资质培训(A) |  |  |  |  |  | ● | ● | ● | ● | ● | ● |
| 体育教育专业教育实习(A) |  | ● |  |  | ● | ● | ● | ● | ● | ● | ● |
| 体育教育专业社会实习(A) |  | ● |  |  | ● | ● | ● | ● | ● | ● | ● |
| 体育教育专业毕业论文(A) |  |  |  | ● | ● | ● | ● | ● | ● | ● | ● |

三、课程设置

（一）主干学科。

体育学、教育学

（二）核心课程及主要实践性教学环节。

核心课程：运动生理学、运动解剖学、体育保健学、体育心理学、学校体育学、体育概论、教育学、心理学、篮球、排球、足球、田径、体操、武术、网球、健美操等。

主要实践性教学环节：教育实习，社会实践实习，毕业论文，职业资质培训等。

（三）各环节学时学分比例。

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 课程性质 | 课程类别 | 应修学分  (比例%) | 其中选修课学分(比例%) | 其中实践学分(比例%) |
| 课程教学平台 | 通识教育平台 | 33.25(21.45) |  | 5.25（3.39） |
| 学科基础平台 | 22(14.20) |  | 3.25(2.10) |
| 专业教育平台 | 32.75(21.13) |  | 0.25（0.16） |
| 实践教学平台 | 29(18.71) |  | 29(18.71) |
| 课程教学模块 | 通识教育选修模块 | 8(5.16) | 8(5.16) | 0.5（0.32） |
| 学科基础选修模块 | 12(7.74) | 12(7.74) | 1(0.65) |
| 专业方向选修模块 | 12(7.74) | 12(7.74) |  |
| 创新创业模块 | 6(3.87) | 6(3.64) | 2.5(1.61) |
| 合计 | | 155(100) | 38(24.52) | 41.75(26.94) |

四、毕业及学位要求

学制：4年

修业年限：3~6年

毕业学分要求：不少于155学分

授予学位：教育学学士学位

五、专业课程设置一览表（中英文对照）

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 课程类别 | 课程代码 | 课程名称 | 学分 | 总  学时 | 讲课学时 | | 实验实践学时 | 开课学期 | 备注 | |
| 通识教育平台 | P12001 | 马克思主义基本原理  Basic Principles of Marxism | 3 | 48 | 32 | | 16 | 3 |  | |
| P12228 | 毛泽东思想和中国特色社会主义理论体系概论  Mao Zedong Thought & Outline of Theory of Socialism With Chinese Characeristics | 4.5 | 72 | 64 | | 8 | 4 |
| P12229 | 思想道德修养与法律基础  Moral Cultivation & Law Basics | 2.5 | 40 | 24 | | 16 | 1 |
| P12003 | 中国近现代史纲要  Outline of Chinese Modern | 2 | 32 | 24 | | 8 | 2 |
| P12226 | 形势与政策Ⅰ  Situation & Policies Ⅰ | 1 | 16 | 8 | | 8 | 5 |
| P12227 | 形势与政策Ⅱ  Situation & Policies Ⅱ | 1 | 16 | 8 | | 8 | 7 |
| N12394 | 大学英语（C）Ⅰ  College English (C)I | 3 | 48 | 48 | |  | 1 |
| N12395 | 大学英语（C）Ⅱ  College English (C) II | 3 | 48 | 48 | |  | 2 |
| N12396 | 大学英语（C）Ⅲ  College English (C) III | 3 | 48 | 48 | |  | 3 |
| N12249 | 学科英语  Advanced English | 3 | 48 | 48 | |  | 4 |
| E12271 | 计算机应用基础  Foundation of Computer Application | 2.25 | 48 | 24 | | 24 | 1 |
| X12007 | 军事理论  Military Theory | 1 | 24 | 16 | | 8 | 2 |
| M12135 | 大学语文  College Chinese | 2 | 32 | 32 | |  | 5 |
| X12006 | 文献检索  Document Indexing | 1 | 24 | 16 | | 8 | 3 |
| U12319 | 新生研讨课  Freshman Seminar | 1 | 16 | 16 | |  | 1 |
| 应修学分小计 | | 33.25 | | | | | | | |
| 通识教育选修模块 | 400B01 | 中国传统文化  Chinese traditional culture | 1.5 | 24 | 24 | |  | 2 |  | |
| 400E13 | 大学生心理健康教育 Psychologically Healthy Education for College Students | 1 | 32 | 16 | | 16 | 1 |
| 400000 | 通识教育选修课程  General Education Elective Courses | 5.5 |  |  | |  |  |
| 应修学分小计 | | 8 | | | | | | | |
| 创新创业模块 | 400E14 | 大学生职业生涯规划  Career Planning for College Students | 0.5 | 16 | 8 | | 8 | 1 |  | |
| 400E02 | 大学生就业指导  Vocational Counsel for College | 0.5 | 8 | 8 | |  | 7 |
| 400E15 | 大学生创业基础  College students' entrepreneurial base | 1 | 24 | 16 | | 8 | 2 |
| U12312 | 体育产业管理与创业  Sport Industry Management & entrepreneurial | 2 | 32 | 32 | |  | 7 |
| 400E00 | 学生大赛、论文、发明等认证学分  Student Competition,Thesis, Invention and Other Certification Credits | 2 |  |  | |  |  |
| 应修学分小计 | | 6 | | | | | | | |
| 学科基础平台 | M12302 | 教育学  Pedagogy | 2 | 32 | 32 | |  | 5 |  | |
| M12303 | 心理学  Psychology | 2 | 32 | 32 | |  | 3 |
| E12365 | 现代教育技术  Modern education technology | 3 | 48 | 24 | | 24 | 2 |
| U12321 | 运动解剖学  Sports Anatomy | 3.5 | 56 | 48 | | 8 | 1 |
| U12322 | 运动生理学  Athletic Physiology | 3.5 | 56 | 48 | | 8 | 2 |
| U12310 | 体育保健学  Health Physical Education | 2 | 32 | 26 | | 6 | 4 |
| U12314 | 体育概论  Introduction to Sports | 1 | 16 | 16 | |  | 1 |
| U12318 | 体育心理学  Sports Psychology | 2 | 32 | 26 | | 6 | 4 |
| U12320 | 学校体育学  School Physical Education | 3 | 48 | 48 | |  | 5 |
| 应修学分小计 | | 22 | | | | | | | |
| 学科基础选修模块 | U12219 | 体育测量与评价(B)  Sports Measurement & Evaluation (B) | 1.5 | 24 | 16 | | 8 | 4 | 教师教育模块 | |
| U12031 | 体育绘图(A)  Sports Plotting (A) | 1.5 | 24 | 24 | |  | 4 |
| U12228 | 体育游戏(A)  Sports Game(A) | 1.5 | 24 | 24 | |  | 5 |
| S12331 | 书法 | 1.5 | 24 | 24 | |  | 5 |
| M12349 | 普通话  Standard spoken Chinese | 1.5 | 24 | 24 | |  | 4 |
| U12006 | 体育社会学(A)  Sports Sociology (A) | 1.5 | 24 | 24 | |  | 7 |
| U12244 | 团体操编排理论与实践(A)  Group Callisthenics Arrangement Theory & Practice (A) | 1.5 | 24 | 24 | |  | 7 |
| U12158 | 花样跳绳(A)  Fancy Rope Skipping(A) | 1.5 | 24 | 24 | |  | 5 |
| U12208 | 散打/防身术(A)  Kick Boxing & Defense (A) | 1.5 | 24 | 24 | |  | 7 |
| U12155 | 定向运动(A)  Directional Movement (A) | 1.5 | 24 | 24 | |  | 7 |
| U12213 | 太极拳(A)  Taijiquan(A) | 1.5 | 24 | 24 | |  | 7 |
| 应修学分小计 | | 12（理论和技能4、5学期各选一门，第7学期各选两门课程） | | | | | | |  |
| 学科基础选修模块 | U12145 | 齐鲁文化与当代体育(A)  Qilu Culture and Contemporary Sports(A) | 1.5 | 24 | 24 | |  | 4 | 学术培养模块 | |
| U12271 | 运动训练学(B)  Athletic Training(B) | 1.5 | 24 | 24 | |  | 5 |
| U12033 | 体育史(A)  History of Physical Education (A) | 1.5 | 24 | 24 | |  | 7 |
| U12270 | 运动生物力学(B)  Sports Biomechanics (B) | 1.5 | 24 | 20 | | 4 | 5 |
| U12198 | 乒乓球技术技能拓展(A)  Develop The Skills Of Table Tennis And New Technology(A) | 1.5 | 24 | 24 | |  | 4 |
| U12176 | 篮球技术技能拓展(A)  Develop The Skills Of Basketball And New Technology(A) | 1.5 | 24 | 24 | |  | 5 |
| U12188 | 排球技术技能拓展(A)  Develop The Skills Of Volleyball And New Technology(A) | 1.5 | 24 | 24 | |  | 5 |
| U12278 | 足球技术技能拓展(A)  Develop The Skills Of Football And New Technology(A) | 1.5 | 24 | 24 | |  | 7 |
| U12214 | 体操技术技能拓展(A)  Gymnastics skills development(A) | 1.5 | 24 | 24 | |  | 7 |
| U12256 | 武术技术技能拓展(A)  Martial Art skills development(A) | 1.5 | 24 | 24 | |  | 7 |
| U12246 | 网球技术技能拓展(A)  Develop The Skills Of Tennis And New Technology(A) | 1.5 | 24 | 24 | |  | 4 |
| U12235 | 田径技术技能拓展(A)  Track & Field skills development(A) | 1.5 | 24 | 24 | |  | 7 |
| U12160 | 健美操技术技能拓展(A)  Aerobics skills development(A) | 1.5 | 24 | 24 | |  | 7 |
| 应修学分小计 | | 12（理论和技能4、5学期各选一门，第7学期各选两门课程） | | | | | | |  |
| 学科基础选修模块 | U12273 | 运动营养与恢复(B)  Sports Nutrition & Rehabilitation (B) | 1.5 | 24 | 24 | |  | 4 | 实践应用拓展模块 | |
| U12261 | 学校卫生学(A)  School Hygiene(A) | 1.5 | 24 | 24 | |  | 7 |
| U12152 | 安全防护与急救处理(A)  Safety Denfence & First-aid (A) | 1.5 | 24 | 20 | | 4 | 5 |
| U12315 | 体育管理学  Sports Administration | 1.5 | 24 | 24 | |  | 7 |
| U12221 | 体育法学(B)  Law of Sports(B) | 1.5 | 24 | 24 | |  | 5 |
| U12169 | 健美运动(A)  Bodybuilding(A) | 1.5 | 24 | 24 | |  | 4 |
| U12264 | 羽毛球(A)  Badminton(A) | 1.5 | 24 | 24 | |  | 5 |
| U12174 | 啦啦队(A)  Cheer-leaders(A) | 1.5 | 24 | 24 | |  | 7 |
| U12225 | 体育舞蹈(A)  Dance Sport(A) | 1.5 | 24 | 24 | |  | 7 |
| U12263 | 瑜珈(A)  Yoga(A) | 1.5 | 24 | 24 | |  | 7 |
| 应修学分小计 | | 12（理论和技能4、5学期各选一门，第7学期各选两门课程） | | | | | | |  |
| 专业教育平台 | U12316 | 体育科研方法  Sports Science Research Methods | 1.5 | 24 | 24 | |  | 5 |  | |
| U12275 | 中学体育教材教法（A）  Sports Teaching Material & Methods in Secondary School (A) | 1.5 | 24 | 24 | |  | 5 |
| U12317 | 体育统计学  Sport Statistics | 1.5 | 24 | 24 | |  | 7 |
| U12323 | 运动生物化学  Sports Biochemistry | 1.5 | 24 | 20 | | 4 | 7 |
| U12017 | 体育学院学科导论(A)  Subject Introduction (A) ( P.E. School ) | 0.5 | 8 | 8 | |  | 1 |
| U12149 | 体操(A)Ⅰ  Gymnastics(A)Ⅰ | 2 | 32 | 32 | |  | 1 |
| U12150 | 体操(A)Ⅱ  Gymnastics(A)Ⅱ | 2 | 32 | 32 | |  | 2 |
| U15017 | 排球  Volleyball | 3 | 48 | 48 | |  | 2 |
| U15037 | 田径Ⅰ  Track & FieldⅠ | 2 | 32 | 32 | |  | 1 |
| U12232 | 田径(C) Ⅱ  Track and field Ⅱ | 2 | 32 | 32 | |  | 2 |
| U12233 | 田径(C) Ⅲ  Track and field Ⅲ | 2 | 32 | 32 | |  | 3 |
| U15059 | 足球  Football | 3 | 48 | 48 | |  | 3 |
| U15010 | 篮球  Basketball | 3 | 48 | 48 | |  | 2 |
| U15051 | 武术  Martial Art | 3 | 48 | 48 | |  | 3 |
| U15067 | 健美操  Aerobics | 1.75 | 28 | 28 | |  | 3 |
| U12405 | 乒乓球  Table Tennis | 1.25 | 20 | 20 | |  | 3 |
| U12406 | 网球  Tennis | 1.25 | 20 | 20 | |  | 3 |
| 应修学分小计 | | 32.75 | | | | | | | |
| 专业方向选修模块 | U12177 | 篮球教学理论与实践Ⅰ  Teaching Theory & Practice of Basketball Basketball Ⅰ | 4 | 64 | 64 | |  | 4 | 篮球方向 | |
| U15012 | 篮球教学理论与实践Ⅱ  Teaching Theory & Practice of Basketball Basketball Ⅱ | 4 | 64 | 64 | |  | 5 |
| U15014 | 篮球教学理论与实践Ⅳ  Teaching Theory & Practice of Basketball Basketball Ⅳ | 4 | 64 | 64 | |  | 7 |
| U12189 | 排球教学理论与实践Ⅰ  Teaching Thoery & Practice of Volleyball Ⅰ | 4 | 64 | 64 | |  | 4 | 排球方向 | |
| U15019 | 排球教学理论与实践Ⅱ  Teaching Thoery & Practice of Volleyball Ⅱ | 4 | 64 | 64 | |  | 5 |
| U15021 | 排球教学理论与实践Ⅳ  Teaching Theory & Practice of Volleyball Ⅳ | 4 | 64 | 64 | |  | 7 |
| U12215 | 体操教学理论与实践Ⅰ  Gymnastics Teaching Theory & PracticeⅠ | 4 | 64 | 64 | |  | 4 | 体操方向 | |
| U15034 | 体操教学理论与实践Ⅱ  Gymnastics Teaching Theory & Practice Ⅱ | 4 | 64 | 64 | |  | 5 |
| U15036 | 体操教学理论与实践Ⅳ  Gymnastics Teaching Theory & Practice Ⅳ | 4 | 64 | 64 | |  | 7 |
| U12236 | 田径教学理论与实践Ⅰ  Track & Field Teaching Theory & Practice Ⅰ | 4 | 64 | 64 | |  | 4 | 田径方向 | |
| U15039 | 田径教学理论与实践Ⅱ  Track & Field Teaching Theory & Practice Ⅱ | 4 | 64 | 64 | |  | 5 |
| U15041 | 田径教学理论与实践Ⅳ  Track & Field Teaching Theory & Practice Ⅳ | 4 | 64 | 64 | |  | 7 |
| U12257 | 武术教学理论与实践Ⅰ  Teaching Theory & Practice of Martial ArtⅠ | 4 | 64 | 64 | |  | 4 | 武术方向 | |
| U15054 | 武术教学理论与实践Ⅱ  Teaching Theory & Practice of Martial Art Ⅱ | 4 | 64 | 64 | |  | 5 |
| U15056 | 武术教学理论与实践Ⅳ  Teaching Theory & Practice of Martial ArtⅣ | 4 | 64 | 64 | |  | 7 |
| U12279 | 足球教学理论与实践Ⅰ  Teaching Theory & Practice of FootballⅠ | 4 | 64 | 64 | |  | 4 | 足球方向 | |
| U15061 | 足球教学理论与实践Ⅱ  Teaching Theory & Practice of Football Ⅱ | 4 | 64 | 64 | |  | 5 |
| U15063 | 足球教学理论与实践Ⅳ  Teaching Theory & Practice of Football Ⅳ | 4 | 64 | 64 | |  | 7 |
| U12247 | 网球教学理论与实践Ⅰ  Tennis Teaching Theory & Practice Ⅰ | 4 | 64 | 64 | |  | 4 | 网球方向 | |
| U15046 | 网球教学理论与实践Ⅱ  Tennis Teaching Theory & Practice Ⅱ | 4 | 64 | 64 | |  | 5 |
| U15048 | 网球教学理论与实践Ⅳ  Tennis Teaching Theory & Practice Ⅳ | 4 | 64 | 64 | |  | 7 |
| U12199 | 乒乓球教学理论与实践Ⅰ  Teaching Theory & Practice of Table TennisⅠ | 4 | 64 | 64 | |  | 4 | 乒乓球方向 | |
| U15025 | 乒乓球教学理论与实践Ⅱ  Teaching Theory & Practice of Table Tennis Ⅱ | 4 | 64 | 64 | |  | 5 |
| U15027 | 乒乓球教学理论与实践Ⅳ  Teaching Theory & Practice of Table Tennis Ⅳ | 4 | 64 | 64 | |  | 7 |
| U12161 | 健美操教学理论与实践Ⅰ  Teaching Theory & Practice of AerobicsⅠ | 4 | 64 | 64 | |  | 4 | 健美操方向 | |
| U15003 | 健美操教学理论与实践Ⅱ  Teaching Theory & Practice of Aerobics Ⅱ | 4 | 64 | 64 | |  | 5 |
| U15005 | 健美操教学理论与实践Ⅳ  Teaching Theory & Practice of Aerobics Ⅳ | 4 | 64 | 64 | |  | 7 |
| 应修学分小计 | | 12 | | | | | | | |
| 实践教学平台 | P11034 | 思想政治理论课实践教学  The Practice of Ideological and Political Theory Course Teaching | 2 | +2 | |  |  | 4 |  | |
| X11001 | 入学教育及军训  Entrance Education & Military Training | 0 | +3 | |  |  | 1 |
| X11002 | 公益劳动  Voluntary Labour | 0 | +2 | |  |  | 1 |
| X11003 | 社会实践  Social Practice | 0 | +2 | |  |  | 1 |
| U11009 | 职业资质培训(A)  Occupation Qualification Training(A) | 1 | +1 | |  |  | 7 |
| U11010 | 体育教育专业教育实习(A)  Educational Practice of P.E Majors (A) | 14 | +18 | |  |  | 6 |
| U11003 | 体育教育专业毕业论文(A)  Graduation Thesis of P.E Majors (A) | 12 | +12 | |  |  | 8 |
| X11004 | 毕业鉴定  Graduation Education | 0 | +1 | |  |  | 8 |
| 应修学分小计 | | 29 | | | | | | | |
| 总计 | | | 155 | | | | | | | |
| 制定 | |  | 审核 | |  | | | | | |
| 院长 | |  | | | | | | | | |