

体育教育 Physical Education

一、培养目标 Training Objectives

培养能从事中小学体育教育教学、健康教育、运动训练和运动竞赛工作，并具有学校体育科学研究、学校体育管理、特殊体育教育及社会体育指导员等工作能力的“一专多能”的体育专业复合型人才。

This major aims to cultivate professional compound talents who can engage in physical education, health education, sports training and sports competition in primary and secondary schools, possess all-round knowledge and ability in scientific research of physical education in schools, management of physical education in schools, special physical education and the ability to work as an instructor for social physical education.

二、基本规格 Basic Specifications

熟悉国家有关教育、体育工作的方针、政策和法规；了解学校体育改革与发展动态，勤于实践，勇于创新；掌握体育教育的基本理论和方法，熟悉运动训练、运动竞赛、特殊体育教育的基本规律，具有科学指导大众健身、特殊人群的运动康复的能力；掌握基本的科研方法，熟悉科技文献的检索途径，具有独立进行体育科学研究的能力和教学研究的能力，能利用现代计算机和网络技术开展工作。

Students are required to be familiar with relevant policies, laws and regulations on education and physical education, understand the reform and development of physical education in schools, be diligent in practice and innovation, grasp the basic theory and method of physical education, be familiar with the basic rules of sports training, sports competition and special physical education, and have the ability to guide public fitness and exercise rehabilitation of special groups. They are also required to master basic research methods, be familiar with the retrieval approaches to scientific and technical literature, have the ability to do physical education research and teaching research independently, and can carry out work with the use of modern computer and network technology.

三、学制与学位 Length of Schooling and Degree

1. 学制与修业年限 Length of schooling & Study duration

标准学制为四年，在校修业年限四年制为 3-6 年。

The standard length of schooling is four years. Study duration can be 3-6 years.

2.最低毕业学分和授予的学位

Minimum Credits for Graduation and the Degree Awarded

最低毕业总学分为 160 学分，授予教育学学士学位。

The minimum credits required for graduation is 160 credits; Bachelor's Degree in Education will be awarded.

四、主干学科和主要课程 Main Subjects and Main courses

主干课程：运动解剖学、体育心理学、健美操、武术、体育管理学。

Main courses: Sports Anatomy, Physical Education Psychology, Aerobics, Martial Arts, Physical Education Management.

学位课程：运动生理学、学校体育学、田径与户外运动、球类与游戏、基本体操。学生修读学位课程的学分绩点须达到《湖州师范学院学士学位授予条例》中规定的最低要求，方可获得学士学位。

Degree courses: Sports Physiology, School Physical Education, Track and Field& Outdoor Sports, Ball Sports and Games and Basic Gymnastics. Students who take degree courses must meet the minimum requirement for credit point specified in the *Regulations on Bachelor's Degrees of Huzhou University*, thus he/she can obtain a Bachelor's Degree.