



PE Course Guide

This guide provides important information about Physical Education (PE) courses at Tunghai University, including course selection, class requirements, and graduation criteria. It will help you plan your PE courses smoothly.

Do you have any questions about:

Course Selection

- Required PE courses in freshman and sophomore years
- Course selection schedule & online add/drop procedures
- Rules and restrictions for cross-department course selection

Class Information

- Course format and schedule
- PE tests and assessments for each grade level
- Flexible Learning Week arrangements

Graduation Requirements

- PE knowledge test format
- Fitness test regulations and requirements
- PE-related conditions that must be completed before graduation

PE Course Selection Guide

	Freshman PE	Sophomore PE	Junior & Senior PE
Requirement	Required	Required	選修
Credits	0 credit	0 credit	1 credit
Conditions	Must complete 2 courses (any semester)	Must complete 2 courses (any semester)	Maximum of 2 credits



Scan the QR code for PE Office course selection announcements.

 Notes:

- Freshman and sophomore PE courses cannot be substituted for each other.
- Elective PE courses cannot replace required ones.

PE Course Selection Guide

	Online Add	Manual Add
Eligible Students	Everyone	• Students who did not get a PE course • Students applying for a second PE course
Notes	• Only one PE course can be added online. • Freshman students cannot take cross-department PE courses in the first semester, but are allowed to do so in the second semester. • Sophomore and above students are allowed to take cross-department PE courses. • Junior and senior students may choose the make-up/repeat classes.	• Courses can be added if there are available slots, including cross-department courses. • Students may swap courses with classmates who have the same time slot. Both students must come to the PE Office together to complete the swap procedure. • Dropping a course on your own will make the swap invalid.



Notice for PE Classes and Tests

Please check the course syllabus for class content and grading details.

- Classes will be held every week from Week 1 to Week 16.
- PE classes will still take place during midterm and final exam weeks.
- Weeks 17 and 18 are for flexible learning. Please refer to the syllabus for specific arrangements.

PE-Related Test Schedule :

- 1 — Freshman Year, 1st Semester
 - MOE Physical Fitness Test
 - Body Composition Pre-test
- 2 — Freshman Year, 2nd Semester
 - Body Composition Post-test
- 3 — Sophomore Year, 1st Semester
 - Body Composition Pre-test
- 4 — Sophomore Year, 2nd Semester
 - Body Composition Post-test
 - Sports Knowledge Test



Scan QR code for syllabus
and course details

You must attend all scheduled tests; results will count toward your final grade.

Graduation Requirements

	Sports Knowledge Test	Physical Fitness Test
Test Schedule	Sophomore Year, 2nd Semester	Junior Year, 2nd Semester
Instructions	iLearn	Download App[東海自我學習]
Passing Criteria	60 points	complete 50 laps of running/walking

 Important Reminder: Completion of the **PE Knowledge Test** and the **Fitness Test** is mandatory for graduation. If you have special circumstances, please contact the PE Office in advance.

For details, please visit the PE Office website or scan the QR code.

