

# Department of Athletic Performance

## Contact Information

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## Introduction

### 1. International reflections

In addition to the cultural exchanges between different countries that they foster, sports competitions are a great opportunity to demonstrate the soft power of a country. Taiwan's Sports Affairs Council now holds the enhancement of athletic performance as a main policy direction and has invested abundant resources in related projects. Accordingly, the curriculum of this department is oriented towards improving athletic performance.

### 2. Integration of theory and practice

The successful cultivation of athletes relies on not only traditional training, but also scientific research to maximize performance. This department integrates theoretical frameworks with practical training experiences and specialists to assist our athletes in achieving peak performance.

### 3. A seat of further study and the enrichment of professional capabilities

National Taiwan Normal University, consisting of six colleges, has a diversity of learning environments

and teaching faculty. In addition to the master's program offered by our department, there are both master's and Ph.D. programs offered by the Department of Physical Education. We also provide advanced courses in competitive sports training, in conjunction with other specialized courses.

## Instructional Objectives

### Undergraduate Program

To develop outstanding athletes, professional advisory personnel for competitive sports and PE teachers within certain sports fields.

### Master's Programs

#### ●Athletic Performance

- 1.Improve the career productivity and longevity of elite athletes.
- 2.Integrate sports cluster theory into scientific training to enhance competition results.
- 3.Utilize teaching resources and equipment to

cultivate excellent sports coaches.

#### ●Exercise and Sport Science

- 1.To train exercise and sport science researchers for further academic pursuits.
- 2.To train sport equipment and material technology specialists to promote research and development for the sports industry.
- 3.To prepare sport science support personnel to assist coaches and elite athletes.
- 4.To prepare exercise and fitness personnel to promote fitness and sports for all.



## Degree Requirements

### Bachelor

General Required Courses	Department Required Courses	Elective Courses	Requirements for Graduation
28	46	54	128

### Master's (Athletic Performance)

Required Courses	Elective Courses	Requirements for Graduation
14	14	28

### Master's (Exercise and Sport Science)

Required Courses	Elective Courses	Requirements for Graduation
9	18	27

## Feature of the Curriculum

Bachelor: Sports Coaching, Exercise Physiology, Sports Psychology, Sports Biomechanics, Sports Training, Human Anatomy and Physiology, Oral Conversation, Strategy Management of Athletic, Service learning (I) (II), and Sport Specialties (I)~(VIII) (morning training).

Master's (Athletic Performance): Studies in Sports Training, Studies in Sports Coaching, Practice of Sports Conditioning Training, and Practice of Sports Skill Training.

Master's (Exercise and Sport Science): Research Methods in Exercise and Sport Science, Biostatistics and Experimental Design, Exercise and Sport Science Services, and Seminal Study of Exercise and Sport Science (I) (II).

## Career Prospects

Staff within governmental sports agencies, secondary school teacher, school administrative personnel, sports coach, sports researcher, fitness instructor, sports salesman, etc.

