

Department of Physical Education and Sports Sciences

Contact Information

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Introduction

The Department of Physical Education and Sports Sciences (PESS) at National Taiwan Normal University is Taiwan's first academic unit dedicated to advancing physical education and sports sciences. PESS has led the nation in PE teacher education, research, and professional training. With distinguished faculty, rich resources, and a well-structured curriculum, the department continues to set the benchmark nationwide in teaching, research, industry collaboration, and talent cultivation.

PESS offers a comprehensive curriculum covering PE teaching, sport coaching, fitness training, sport and exercise sciences, sports industry management, and administration. Undergraduates select specialized tracks from their sophomore year to match their interests and career goals, while graduate students join one of six research clusters focused on advancing knowledge in their respective fields.

In addition, PESS provides Specialized Study Programs: "Sports Injury Prevention Program" and "Sports Technology Program.", combining theory and practice to prepare well-rounded professionals with both academic expertise and practical skills.

The department actively promotes internationalization through dual-degree programs, MOUs with global universities, and opportunities for overseas study, exchanges, and competitions. Graduates pursue careers as PE teachers, coaches, trainers, researchers, sports industry managers, and administrators, well-equipped for advanced studies and future career development.



Objectives

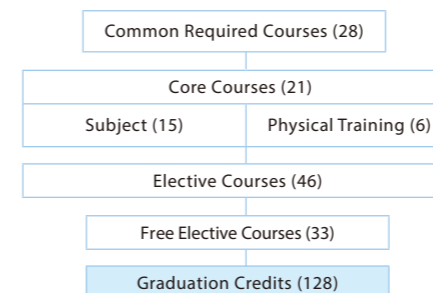
- To develop professionals with knowledge and practical skills in physical education and sports.
- To develop professionals specializing in scientific research and technological advancements related to physical education and sports.
- To develop professionals with leadership capabilities and a global perspective in physical education and sports.
- To develop expertise across diverse disciplines within physical education and sports.

Features of the Curriculum

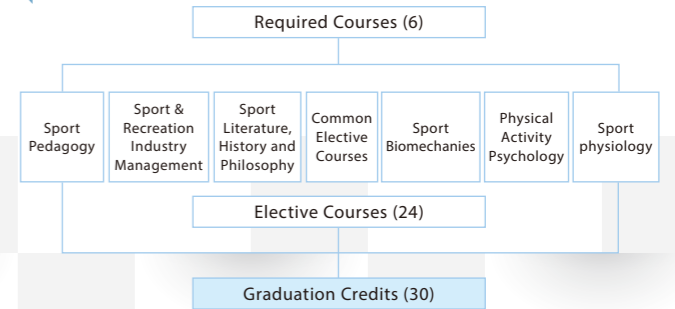
- Emphasizing on Theory and Practice: The PESS's curriculum is designed to balance and integrate theory and practice, promoting a "discipline + professional" approach.
- Developing 6 Major Research Clusters: Natural sciences (exercise physiology, physical activity psychology, sports biomechanics) and humanities and social sciences (sport pedagogy, sports and leisure industry management, sports culture and philosophy).
- Specialized Study Programs: The PESS offers "Sports Injury Prevention Program" and "Sports Technology Program."
- Engaging Interdisciplinary and Industry-Academia Collaboration: The PESS focuses on the development of EMI (English as a Medium of Instruction) teaching and interdisciplinary research projects. It also establishes industry-academia partnership courses to strengthen the connection between academia and practice.

Degree Requirements

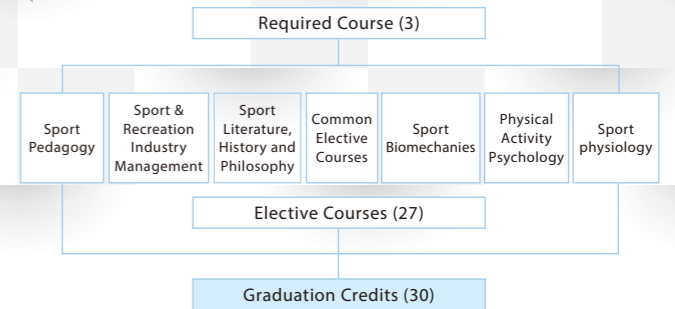
Bachelor Program



Master Program



PhD Program



Career Prospects

- Physical Education Teacher: Teaching physical education at elementary school, secondary school, and university.
- Sports Coaches and Instructors: Coaches for school teams, professional sports, or specialized sports instructors.
- Fitness Professionals: Fitness trainers, strength and conditioning coaches, and fitness instructors for the populations with special needs.
- Sport and Exercise Sciences Professionals: Sports sciences researchers, strength and conditioning specialists, sports injury prevention personnel, and sports psychology consultants.
- Sports Management and Industry: Facility management, sports product marketing, equipment rental, sports agency, team management or managers, and sports tourism consultants.
- Sports Administration: Civil servants at various levels, governmental project managers, and administrative assistants.