**运动训练专业培养方案**

**sports training major**

学科门类：教育学 专业代码：**040202K**

一、专业培养目标

本专业培养德、智、体全面发展的具有竞技体育运动的基本理论和基本知识，具有从事专项运动训练的基本能力，并能够胜任运动教学、训练、科研和管理等工作的高级专门人才。

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、运动训练学、竞技教育学、体育心理学等学科的基础理论知识；

1.3具有扎实的篮球、足球、排球、网球、乒乓球、田径、体操、健美操、武术等专项技能；

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)具备本专业训练、教学、体育管理、社会体育指导及运动竞赛、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、职业道德和安心训练教学，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 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 学科基础平台 | 信息处理技术及应用 | ● |  |  |  | ● |  | ● | ● |  | ● | ● |
| 运动解剖学 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 运动生理学 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育保健学(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 运动训练学(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 运动营养与恢复(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育心理学 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育概论(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 学科基础选修模块 | 保健按摩(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 中学体育教材教法（A） |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 竞技教育学 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育测量与评价 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 篮球技术技能拓展(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 乒乓球技术技能拓展(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 足球技术技能拓展(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 网球技术技能拓展(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 排球技术技能拓展(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 羽毛球(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 瑜珈(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 啦啦队(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 手球(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 体育绘图(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 健身锻炼方法与评定(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育统计学 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 运动员选材(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 运动生物力学(B) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育经济学(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育史(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 团体操编排理论与实践(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 安全防护与急救处理(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 传统拳(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 定向运动(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 健美运动(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 高尔夫运动（A） |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 体育法学(B) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育管理学 |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育教学论(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 普通话 | ● |  |  |  | ● |  |  | ● |  |  | ● |
| 齐鲁文化与当代体育(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育游戏(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 体育舞蹈(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 花样跳绳(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 散打/防身术(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 太极拳(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 专业教育平台 | 体育社会学(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 体育科研方法 (A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 篮球(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 排球(B) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 足球(B) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 田径(A) |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 武术 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 体操 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 乒乓球 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 网球 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 健美操 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 体育学院学科导论(A) |  | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| 专业方向选修模块 | 田径主修理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 篮球主修理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 排球主修理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 足球主修理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 网球主修理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 乒乓球主修理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 健美操主修理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 射击主修理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 游泳主修理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 举摔柔主修理论与实践 |  |  | ● |  | ● | ● | ● | ● | ● | ● | ● |
| 实践教学平台 | 运动训练专业教育实习(A) |  | ● |  |  | ● | ● | ● | ● | ● | ● | ● |
| 入学教育及军训 |  |  |  |  |  |  | ● | ● |  | ● | ● |
| 公益劳动 |  |  |  |  |  |  | ● | ● | ● | ● | ● |
| 社会实践 |  |  |  |  |  |  | ● | ● | ● | ● | ● |
| 思想政治理论课实践教学 |  |  |  |  |  |  | ● | ● |  | ● | ● |
| 职业资质培训(A) |  |  |  |  |  | ● | ● | ● | ● | ● | ● |
| 运动训练专业毕业论文(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：运动解剖学、运动生理学、体育保健学、运动训练学、体育心理学、体育社会学、体育科研方法、运动营养与恢复、体育概论、篮球、排球、足球、田径、体操、武术、网球、乒乓球、健美操等。

主要实践性教学环节：专业教育实习，专业社会实习，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(21.80) |  | 5.25(3.44) |
| 学科基础平台 | 21.5(14.10) |  | 2.875(1.89) |
| 专业教育平台 | 22.75(14.92) |  |  |
| 实践教学平台 | 25(16.39) |  | 25(16.39) |
| 课程教学模块 | 通识教育选修模块 | 8(5.25) | 8(5.25) | 0.5（0.33） |
| 学科基础选修模块 | 12(7.87) | 12(7.87) | 0.75(0.49) |
| 专业方向选修模块 | 24(15.74) | 24(15.74) |  |
| 创新创业模块 | 6(3.93) | 6(3.93) | 2.5(1.64) |
| 合计 | 152.5(100) | 50(32.79) | 36.875(24.18) |

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152.5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MaoZedongThought&OutlineofTheoryofSocialismWith ChineseCharaceristics | 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ⅠSituation & Policies Ⅰ | 1 | 16 | 8 | 8 | 5 |
| P12227 | 形势与政策ⅡSituation & Policies Ⅱ | 1 | 16 | 8 | 8 | 6 |
| N12394 | 大学英语(C)ⅠCollege English (C)I | 3 | 48 | 48 |  | 1 |
| N12395 | 大学英语(C)ⅡCollege English (C)II | 3 | 48 | 48 |  | 2 |
| N12396 | 大学英语(C)ⅢCollege 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 |  | 6 |  |
| 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 |  | 6 |  |
| 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 | E12346 | 信息处理技术及应用Information Processing Technology And Application | 2.5 | 56 | 24 | 32 | 2 |  |
| U12321 | 运动解剖学Sports Anatomy | 3.5 | 56 | 48 | 8 | 2 |
| U12322 | 运动生理学Athletic Physiology | 3.5 | 56 | 48 | 8 | 3 |
| U12021 | 体育保健学(A)Health Physical Education (A) | 3 | 48 | 40 | 8 | 5 |
| U12038 | 运动训练学(A)Athletic Training (A) | 2.5 | 40 | 40 |  | 6 |
| U12272 | 运动营养与恢复(A)Sports Nutrition & Rehabilitation (A) | 2.5 | 40 | 40 |  | 4 |
| U12318 | 体育心理学Sports Psychology | 2 | 32 | 26 | 6 | 4 |
| U12005 | 体育概论(A)Introduct to Sports | 2 | 32 | 32 |  | 1 |
| 应修学分小计 | 21.5 |
| 学科基础选修模块 | U12108 | 保健按摩(A)Health Massage (A) | 1.5 | 24 | 14 | 10 | 6 | 教练员模块 |
| U12275 | 中学体育教材教法（A）Sports Teaching Material & Methods in Secondary School (A) | 1.5 | 24 | 24 |  | 6 |
| U12309 | 竞技教育学Education of sports | 1.5 | 24 | 24 |  | 5 |
| U12311 | 体育测量与评价Sports Measurement & Evaluation | 1.5 | 24 | 24 |  | 6 |
| U12176 | 篮球技术技能拓展(A)Develop The Skills Of Basketball And New Technology(A) | 1.5 | 24 | 24 |  | 4 |
| U12198 | 乒乓球技术技能拓展(A)Develop The Skills Of Table Tennis And NewTechnology(A) | 1.5 | 24 | 24 |  | 4 |
| U12278 | 足球技术技能拓展(A)Develop The Skills Of Football And New Technology(A) | 1.5 | 24 | 24 |  | 6 |
| U12246 | 网球技术技能拓展(A)Develop The Skills Of Tennis 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 |  | 7 |
| U12264 | 羽毛球(A)Badminton(A) | 1.5 | 24 | 24 |  | 5 |
| U12263 | 瑜珈(A)Yoga(A) | 1.5 | 24 | 24 |  | 6 |
| U12174 | 啦啦队(A)Cheer-leaders(A) | 1.5 | 24 | 24 |  | 6 |
| U12211 | 手球(A)Handball (A) | 1.5 | 24 | 24 |  | 7 |
| 应修学分小计 | 12（理论和技能每学期各选一门课程） |
| U12031 | 体育绘图(A)Sports Plotting (A) | 1.5 | 24 | 24 |  | 4 | 技能拓展模块 |
| U12289 | 健身锻炼方法与评定(A)Method & Assessment of Body Fitness(A) | 1.5 | 24 | 24 |  | 4 |
| U12317 | 体育统计学Sport Statistics | 1.5 | 24 | 24 |  | 5 |
| U12274 | 运动员选材(A)Athlete Selection(A) | 1.5 | 24 | 20 | 4 | 6 |
| U12270 | 运动生物力学(B)Sports Biomechanics (B) | 1.5 | 24 | 20 | 4 | 7 |
| U12114 | 体育经济学(A)Sports Economics (A) | 1.5 | 24 | 24 |  | 6 |
| U12033 | 体育史(A)History of Physical Education (A) | 1.5 | 24 | 24 |  | 6 |
| U12244 | 团体操编排理论与实践(A)Group Callisthenics Arrangement Theory & Practice (A) | 1.5 | 24 | 24 |  | 5 |
| U12152 | 安全防护与急救处理(A)Safety Denfence & First-aid (A) | 1.5 | 24 | 20 | 4 | 7 |
| U12154 | 传统拳(A)Tradition Boxing | 1.5 | 24 | 24 |  | 4 |
| U12155 | 定向运动(A)Directional Movement (A) | 1.5 | 24 | 24 |  | 6 |
| U12169 | 健美运动(A)Bodybuilding | 1.5 | 24 | 24 |  | 7 |
| U12157 | 高尔夫运动（A）Preliminary Guide of Golf(A) | 1.5 | 24 | 24 |  | 6 |
| 应修学分小计 | 12（理论和技能每学期各选一门课程） |
| U12221 | 体育法学(B)Law of Sports(B) | 1.5 | 24 | 24 |  | 5 | 社会体育模块 |
| U12315 | 体育管理学Sports Administration | 1.5 | 24 | 24 |  | 5 |
| U12116 | 体育教学论(A)Sports Teaching Theory (A) | 1.5 | 24 | 24 |  | 4 |
| M12349 | 普通话Standard spoken Chinese | 1.5 | 24 | 24 |  | 4 |
| U12145 | 齐鲁文化与当代体育(A)Qilu Culture and Contemporary Sports(A) | 1.5 | 24 | 24 |  | 6 |
| U12228 | 体育游戏(A)Sports Game(A) | 1.5 | 24 | 24 |  | 4 |
| U12225 | 体育舞蹈(A)Dance Sport(A) | 1.5 | 24 | 24 |  | 5 |
| U12158 | 花样跳绳(A)Fancy Rope Skipping(A) | 1.5 | 24 | 24 |  | 6 |
| U12208 | 散打/防身术(A)Kick Boxing & Defense (A) | 1.5 | 24 | 24 |  | 5 |
| U12213 | 太极拳(A)Taijiquan(A) | 1.5 | 24 | 24 |  | 7 |
| 应修学分小计 | 12（理论和技能每学期各选一门课程） |
| 专业教育平台 | U12006 | 体育社会学(A)Sports Sociology (A) | 1.5 | 24 | 24 |  | 2 |  |
| U12223 | 体育科研方法 (A)Sports Science Research Methods(A) | 2 | 32 | 32 |  | 6 |
| U12146 | 篮球(A)Basketball (A) | 2 | 32 | 32 |  | 1 |
| U12187 | 排球(B)Volleyball (B) | 2 | 32 | 32 |  | 1 |
| U12277 | 足球(B)Football(B) | 2 | 32 | 32 |  | 2 |
| U12147 | 田径(A)Track & Field (A) | 4 | 64 | 64 |  | 1 |
| U15052 | 武术Martial Art | 2 | 32 | 32 |  | 4 |
| U15032 | 体操Gymnastics | 2 | 32 | 32 |  | 3 |
| U15066 | 乒乓球(A)Table Tennis | 1.5 | 24 | 24 |  | 2 |
| U15044 | 网球Tennis | 1.5 | 24 | 24 |  | 2 |
| U15067 | 健美操Aerobics | 1.75 | 28 | 28 |  | 2 |
| U12017 | 体育学院学科导论(A)Subject Introduction (A) ( P.E. School ) | 0.5 | 8 | 8 |  | 1 |
| 应修学分小计 | 22.75 |
| 专业方向选修模块 | U12239 | 田径主修理论与实践(A)ⅠTheory & Practice of Track & Field Majoring (A)Ⅰ | 4 | 64 | 64 |  | 3 | 田径方向 |
| U15042 | 田径主修理论与实践ⅡTrack and field majors in theory and practice Ⅱ | 6 | 96 | 96 |  | 4 |
| U12241 | 田径主修理论与实践(A)ⅢTheory & Practice of Track & Field Majoring (A)Ⅲ | 6 | 96 | 96 |  | 5 |
| U12242 | 田径主修理论与实践(A)ⅣTheory & Practice of Track & Field Majoring (A)Ⅳ | 6 | 96 | 96 |  | 6 |
| U15043 | 田径主修理论与实践ⅤTrack and field majors in theory and practice Ⅴ | 2 | 32 | 32 |  | 7 |
| U12180 | 篮球主修理论与实践(A)ⅠTeaching Thoery & Practice of Basketball(Major) (A)Ⅰ | 4 |  64 |  64 |  | 3 | 篮球方向 |
| U15015 | 篮球主修理论与实践ⅡMajored in theory and practice of basketball Ⅱ | 6 | 96 | 96 |  | 4 |
| U12182 | 篮球主修理论与实践(A)Ⅲ Majored in theory and practice of basketball Ⅲ | 6 | 96 | 96 |  | 5 |
| U12183 | 篮球主修理论与实践(A)ⅣMajored in theory and practice of basketballⅣ |  6 |  96 | 96 |  | 6 |
| U15016 | 篮球主修理论与实践ⅤMajored in theory and practice of basketball Ⅴ | 2 | 32 | 32 |  | 7 |
| U12192 | 排球主修理论与实践(A)ⅠTeaching Thoery & Practice of Volleyball(A)Ⅰ | 4 | 64 |  64 |  | 3 | 排球方向 |
| U15022 | 排球主修理论与实践ⅡThe volleyball majors in theory and practice Ⅱ | 6 | 96 | 96 |  | 4 |
| U12194 | 排球主修理论与实践(A)ⅢTeaching Thoery & Practice of Volleyball(A)Ⅲ | 6 | 96 | 96 |  | 5 |
| U12195 | 排球主修理论与实践(A)ⅣTeaching Thoery & Practice of Volleyball(A)Ⅳ | 6 | 96 | 96 |  | 6 |
| U15023 | 排球主修理论与实践ⅤThe volleyball majors in theory and practice Ⅴ | 2 | 32 | 32 |  | 7 |
| U12282 | 足球主修理论与实践(A)ⅠTeaching Theory & Practice of Football (A)Ⅰ | 4 | 64 |  64 |  | 3 | 足球方向 |
| U15064 | 足球主修理论与实践ⅡFootball majors in theory and practice Ⅱ | 6 | 96 | 96 |  | 4 |
| U12284 | 足球主修理论与实践(A)ⅢTeaching Theory & Practice of Football (A) Ⅲ | 6 | 96 | 96 |  | 5 |
| U12285 | 足球主修理论与实践(A)ⅣTeaching Theory & Practice of Football (A) Ⅳ | 6 | 96 | 96 |  | 6 |
| U15065 | 足球主修理论与实践ⅤFootball majors in theory and practice Ⅴ | 2 | 32 | 32 |  | 7 |
| U12250 | 网球主修理论与实践(A)ⅠTheory & Practice of Tennis Majoring (A)Ⅰ | 4 | 64 |  64 |  | 3 | 网球方向 |
| U15049 | 网球主修理论与实践ⅡTennis majors in theory and practice Ⅱ | 6 | 96 | 96 |  | 4 |
| U12252 | 网球主修理论与实践(A)ⅢTheory & Practice of Tennis Majoring (A) Ⅲ | 6 | 96 | 96 |  | 5 |
| U12253 | 网球主修理论与实践(A)ⅣTheory & Practice of Tennis Majoring (A) Ⅳ | 6 | 96 | 96 |  | 6 |
| U15050 | 网球主修理论与实践ⅤTennis majors in theory and practice Ⅴ | 2 | 32 | 32 |  | 7 |
| U12202 | 乒乓球主修理论与实践(A)ⅠTeaching Thoery & Practice of Table Tennis (Major) (A)Ⅰ | 4 | 64 |  64 |  | 3 | 乒乓球方向 |
| U15028 | 乒乓球主修理论与实践ⅡTable tennis majors in theory and practice Ⅱ | 6 | 96 | 96 |  | 4 |
| U12204 | 乒乓球主修理论与实践(A)ⅢTeaching Thoery & Practice of Table Tennis (Major) (A) Ⅲ | 6 | 96 | 96 |  | 5 |
| U12205 | 乒乓球主修理论与实践(A)ⅣTeaching Thoery & Practice of Table Tennis (Major) (A) Ⅳ | 6 | 96 | 96 |  | 6 |
| U15029 | 乒乓球主修理论与实践ⅤTable tennis majors in theory and practice Ⅴ | 2 | 32 | 32 |  | 7 |
| U12164 | 健美操主修理论与实践(A)ⅠTeaching Thoery & Practice of Aerobics (A)Ⅰ | 4 | 64 |  64 |  | 3 | 健美操方向 |
| U15006 | 健美操主修理论与实践ⅡAerobics majors in theory and practice Ⅱ | 6 | 96 | 96 |  | 4 |
| U12166 | 健美操主修理论与实践(A)ⅢTeaching Thoery & Practice of Aerobics (A) Ⅲ | 6 | 96 | 96 |  | 5 |
| U12167 | 健美操主修理论与实践(A)ⅣTeaching Thoery & Practice of Aerobics (A) Ⅳ | 6 | 96 | 96 |  | 6 |
| U15007 | 健美操主修理论与实践ⅤAerobics majors in theory and practice Ⅴ | 2 | 32 | 32 |  | 7 |
| U12295 | 射击主修理论与实践ⅠTeaching Theory & Practice of Shoot Ⅰ | 4 | 64 |  64 |  | 3 | 射击方向 |
| U15030 | 射击主修理论与实践ⅡMajored in theory and practice shooting Ⅱ | 6 | 96 | 96 |  | 4 |
| U12297 | 射击主修理论与实践ⅢTeaching Theory & Practice of Shoot Ⅲ | 6 | 96 | 96 |  | 5 |
| U12298 | 射击主修理论与实践ⅣTeaching Theory & Practice of Shoot Ⅳ | 6 | 96 | 96 |  | 6 |
| U15031 | 射击主修理论与实践ⅤMajored in theory and practice shootingⅤ | 2 | 32 | 32 |  | 7 |
| U12300 | 游泳主修理论与实践ⅠTeaching Theory & Practice of Swimming Ⅰ | 4 | 64 |  64 |  | 3 | 游泳方向 |
| U15057 | 游泳主修理论与实践ⅡMajored in theory and practice of swimmingⅡ | 6 | 96 | 96 |  | 4 |
| U12302 | 游泳主修理论与实践ⅢTeaching Theory & Practice of Swimming Ⅲ | 6 | 96 | 96 |  | 5 |
| U12303 | 游泳主修理论与实践ⅣTeaching Theory & Practice of Swimming Ⅳ | 6 | 96 | 96 |  | 6 |
| U15058 | 游泳主修理论与实践ⅤMajored in theory and practice of swimmingⅤ | 2 | 32 | 32 |  | 7 |
| U12290 | 举摔柔主修理论与实践ⅠFor fall soft project Ⅰ | 4 | 64 |  64 |  | 3 | 举摔柔方向 |
| U15008 | 举摔柔主修理论与实践ⅡFor soft majored in theory and practiceⅡ | 6 | 96 | 96 |  | 4 |
| U12292 | 举摔柔主修理论与实践ⅢFor fall soft project Ⅲ | 6 | 96 | 96 |  | 5 |
| U12293 | 举摔柔主修理论与实践ⅣFor fall soft project Ⅳ | 6 | 96 | 96 |  | 6 |
| U15009 | 举摔柔主修理论与实践ⅤFor soft majored in theory and practiceⅤ | 2 | 32 | 32 |  | 7 |
| 应修学分小计 | 24 |
| 实践教学平台 | **U11011** | **运动训练专业教育实习(A)****Educational Practice of Sports Training (A)** | **10** | **+10** |  |  | **7** |  |
| X11001 | 入学教育及军训Entrance Education & Military Training | 0 | +3 |  |  | 1 |
| X11002 | 公益劳动Voluntary Labour | 0 | +2 |  |  |  |
| X11003 | 社会实践Social Practice | 0 | +2 |  |  |  |
|  P11034 | 思想政治理论课实践教学The Practice of Ideological and Political TheoryCourse Teaching | 2 | +2 |  |  | 4 |
| U11009 | 职业资质培训(A)Occupation Qualification Training | 1 | +1 |  |  | 7 |
| U11006 | 运动训练专业毕业论文(A)Graduation Thesis for Sports Training (A) | 12 | +12 |  |  | 8 |
| X11004 | 毕业鉴定Graduation Education | 0 | +1 |  |  | 8 |
| 应修学分小计 | 25 |
| 总计 | 152.5 |
| **制定** |  | **审核** |  |
| **院长** |  |