



CHINESE CULTURE UNIVERSITY

# **Master's Program for International Students in Sport Coaching Science**

## **ABOUT THE PROGRAM**

### **Introduction**

The Graduate Institute of Coaching Science in Chinese Culture University , the first master program of Sport Coaching Science in Taiwan , was established in 1994. In 2006, the graduate institute started to recruit doctoral students. Dr. Gie San Chiang was the director of the graduate institute from 1994 to 2006. Dr. Jung-charng Lin is the current director. After the Ta Hsiao Building ( Sports Center ) was constructed, the Graduate Institute of Sport Coaching Science led to a higher and superior field level of the Sport Coaching Science.

### **Mission statement**

In accordance with the development of modern science and technology, coaches must be equipped with fundamental theories and techniques in sports. Coaches need to have the ability to practice what he/she has learned in the institute and to have the knowledge to evaluate and solve the issues of athletes. The missions are:

1. To cultivate sport coaches
2. To cultivate researchers in sport science
3. To cultivate sports training and management professionals
4. To cultivate personnel for physical activity and the promotion of health

### **Features**

As the first established graduate institute in sports coaching science in Taiwan , the courses emphasize the combination of theories and practical application for all students. In the academic area, the advanced knowledge of sports physiology, psychology, immunology, biomechanics as well as sports culture, education and philosophy are provided. In the sports skills area, all students are encouraged to further improve their coaching abilities by participating at least 500 hours in sport coaching conferences, symposia, licensing training or certification programs. Students are requested to acquire at least two C graded coaching licenses (certification) or one B graded coaching license.

### **Admission**

Applicants shall have completed a bachelor degree in physical education and/or sports science related area. Otherwise, they will be asked to do some extra course works.



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## Program Structure

Required credit:14

Elective credit:18

Credits needed to graduate: 32

## COURSES INFORMATION

### REQUIRED COURSES

Courses	Unit	Courses Description
RESEARCH METHODOLOGY IN SPORTS SCIENCE	2 Credits	Students are expected to acquire the following abilities: 1. Conduct research and solve problems in scientific ways 2. Learn how to conduct a literature review 3. Learn to write clearly in a scientific way 4. Understand basic concepts of measurement and statistics 5. Write research articles in appropriate format 6. Be a wise research consumer 7. Understand research strategies and techniques in physical education and exercise science
RESEARCH ON SPORTS COACHING	2 Credits	The objective of this course is to introduce the important concepts of sports coaching. The contexts in Successful Coaching by Martens will be used.
APPLIED STATISTICS IN SPORT SCIENCE	2 Credits	Course Objectives: 1. To apply and interpret the results of a variety of statistical techniques from both descriptive and inferential statistics 2. To understand the fundamental concepts in statistics including sampling, experimentation, variability, distribution, association, causation, estimation, confidence, hypothesis testing, and significance 3. To critically review and analyze statistical arguments found in the popular press and in scholarly journals 4. To appreciate the relevance and importance of statistics
PRINCIPLES OF SPORT TRAINING	2 Credits	Learn how to train for maximum gains with insights from the man who pioneered the concept of periodization. With Bompa's periodization, students will build stronger, faster; physiotherapeutic means of recovery; psychological means of recovery; sports-specific recovery; recovery from exercise; recovery for training and competition; permanent means of

		recovery; fatigue and over training; monitoring, treating, and preventing overtraining.
<b>ADVANCED SPORT TRAINING MENTORSHIP</b>	<b>2 Credits</b>	The aims of the course: 1.To study coaching methodology. 2.To learn all leadership styles. 3.To study all coaching styles. 4.To be familiar with contemporary coaching issues.

**2 subjects from the following 4 are required**

<b>Courses</b>	<b>Unit</b>	<b>Courses Description</b>
<b>RESEARCH ON SPORTS SOCIOLOGY</b>	<b>2 Credits</b>	The course emphasizes the significance of sport marketing in contemporary society.
<b>RESEARCH ON SPORTS PSYCHOLOGY</b>	<b>2 Credits</b>	This course is designed to teach practical psychological skills and methods such as goal setting and mental preparation so players can develop their psychological abilities (i.e. mental toughness) to the same high level as their physical abilities.
<b>RESEARCH ON SPORTS PHYSIOLOGY</b>	<b>2 Credits</b>	The course covers physiological concepts especially useful to understanding human performance and sports training principles. Topics on factors affecting performance, tests to evaluate performance, training for performance, training for special population groups, nutrition, body composition, and environment effects etc. will be introduced.
<b>RESEARCH ON SPORTS BIOMECHANICS</b>	<b>2 Credits</b>	This course is designed to introduce the application of mechanical principles in the study of living organisms on sports. All aspects of Sports Biomechanics will be covered in the program.

**ELECTIVE COURSES**

<b>Courses</b>	<b>Unit</b>	<b>Courses Description</b>
<b>RESEARCH OF TRADITIONAL MEDICINE ON EXERCISE TRAINING</b>	<b>2 Credits</b>	To integrate the advantage of traditional medicine in exercise training, we should understand what traditional medicine targets and what exercise influences.
<b>RESEARCH ON RECOVERY TRAINING</b>	<b>2 Credits</b>	The study pack of recovery training is aimed at coaches to enhance their knowledge of the role of recovery. After completing this study pack, coaches will be able to integrate recovery techniques into training programs and provide better



		management of their athletes.
<b>RESEARCH ON MANAGEMENT OF RECREATION AND SPORT</b>	<b>2 Credits</b>	The course is designed to help current and future leaders in recreational sport who will understand the concepts and applications of effective recreational sport programming and administration.
<b>STRENGTH TRAINING AND PHYSICAL CONDITIONING</b>	<b>2 Credits</b>	This course is grounded in current research on exercise physiology, psychology, biomechanics and sports training science.
<b>RESEARCH ON PHYSICAL FITNESS AND WELLNESS</b>	<b>2 Credits</b>	This class includes 3 sections: 1. lecture - general concepts of relationships of fitness and total wellness 2. lab. - evaluation of fitness and exercise prescription 3. seminar and paper report - literature review of assigned journal articles
<b>RESEARCH ON TESTS AND MEASUREMENTS OF MOTOR ABILITY</b>	<b>2 Credits</b>	The learning objective of this course is to provide students with: The traditional methods of measurements and their alternative measurements Norm-referenced assessment and criterion-referenced approach Health-related physical fitness tests and skills-related physical fitness tests Body composition and body mass index Physical activity and exercise prescription Reliability and validity
<b>HEALTH AND DISEASE MANAGEMENT FOR ATHLETES</b>	<b>2 Credits</b>	The course discusses the relationship between human health and physical activities. It starts with the frequent health conditions of athletes, and discusses the relationship between physical activities and diseases/health.–
<b>RESEARCH ON SPORT ORGANIZATION AND MANAGEMENT</b>	<b>2 Credits</b>	The purpose of this course is to assist students in developing an interest in social science studies and train students in the scientific ability of solving the academic and/or practical problems in sport industry research.
<b>RESEARCH ON THE MANAGEMENT OF SPORT TRAINING</b>	<b>2 Credits</b>	The learning objective of this course is to provide students with advanced knowledge on the application of managerial theories and functions in the business world to competitive sport training.



MONITORING AND EVALUATION IN SPORT PROFILING	<b>2 Credits</b>	The course is based on exercise physiology and will also include the application of biochemistry in sport and exercise training.
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### Teacher's Resume

Professors in the Graduate Institute of Sport Coaching Science are from Taiwan , USA and Australia et al. providing students with the finest international perspectives from outstanding coaches from different nations and cultures.

### Primary Faculty members

Name	Position	Educational Background
Dr. Jung-Chang LIN	Director	Ph.D., University of Minnesota , USA
Dr. Jasson CHIANG	Professor	Ph.D. , Oregon State University , USA .
Dr. Tiger ZHEN	Professor	Ph.D., Oregon State University , USA .
Dr. Chin-Ho LIN	Professor	Ph.D., Oregon State University , USA .
Dr. Chun-Hsien SU	Professor	Ph.D., Northern Colorado University , USA .
Dr. Jia-yeen CHEN	Professor	Master, Chinese Culture University , Taiwan
Dr. Chih-Man CHANG	Professor	Ph.D., University of Iowa , USA .
Dr. Huei-Chun WU	Associate Professor	Ph.D., National Taiwan Normal University , Taiwan .
Dr. Yu-Jen CHEN	Professor	Ph.D., National Yang-Ming University , Taiwan .
Dr. Kuo-Tong LIOU	Professor	Ph.D., National Yang-Ming University , Taiwan .
Dr. Theresa CHYI	Assistant Professor	Ph.D., Tunghai University , Taiwan.,
Dr. Hui-Yuan TANG	Assistant Professor	Ph.D., Edithcowan University , Australia .
Dr. Shih-Kuei HUANG	Assistant Professor	Ed.D., United States Sports Academy , USA .
Dr. Hsien-Te PENG	Assistant Professor	Ph.D., National Taiwan Normal University , Taiwan .

#### Contact Information

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