

运动训练

Sports Training

专业代码：040202K

学 制：4 年

Program Code: 040202K

Duration: 4years

培养目标：

培养德、智、体全面发展，具有良好的体育文化素养与精神，掌握运动训练、教学及竞赛的基本理论与方法，具有较高的运动水平，较强的创新和实践能力，能胜任运动训练和竞赛等相关工作的复合应用型体育人才。

Educational Objectives:

To train applied personnel with good moral and cultural manners, sufficient skills in practical terms and strong base of competitive sports concerned knowledge, skills, qualified in training, competition, and teaching sports. To train applied personnel with adequate competitive sports concerned knowledge, skills, qualified to teach as youth sports schools instructors or conventional sports trainers. To train physical educators for elementary and secondary schools with adequate competitive sports concerned knowledge, teaching skills, and organizing skills for multiple sports games and competitions.

毕业要求：

№1.素养要求：热爱祖国，拥护中国共产党的领导，热爱体育事业，具有良好的体育文化素养及团队精神。

№1.1 热爱祖国，拥护中国共产党的领导，热爱体育事业，熟悉国家有关体育工作的方针、政策和法规，具有良好的体育文化修养；

№1.2 具有较强的创新意识和终身学习习惯；

№1.3 具备较强团队协作精神。

№2.知识要求：具有较扎实的体育基础理论和专项理论，了解运动训练科学发展趋势，掌握体育竞赛组织与裁判方法，以及体育科学基本研究方法。

№2.1 掌握体育基础理论知识和专项理论知识；

№2.2 熟练掌握体育教学与训练方法、以及体育竞赛组织和裁判方法；

№2.3 初步掌握体育科学研究方法，能够撰写体育学术论文和研究报告；

№2.4 了解国内外运动训练科学现状、发展和趋势。

№3.能力要求：熟练掌握专业运动技能，具有较高的运动技术水平和较强的体育竞赛裁判能力，能胜任运动训练和竞赛等相关工作，具备终身学习和自我发展的能力，具有计算机办公应用和运用一门外语的基本能力。

№3.1 熟练掌握专业运动技能，具有较高的运动技术水平和较强的体育竞赛裁判能力，能胜任运动训练和竞赛等

相关工作;

№3.2 初步掌握计算机应用技能,能运用计算机收集、处理统计数据和文档编辑;

№3.3 具备一定的外语交流沟通能力,能阅读与本专业有关的外文书刊;

№3.4 具有不断学习和适应社会发展变化的能力。

Student Outcomes:

№1 General Requirement: love the motherland, support the leadership of the Communist Party of China, devotion to sports, and possess sports cultural deposits and teamwork spirit.

№1.1 love the motherland, support the leadership of the Communist Party of China, devotion to sports, familiar with sports policies and regulations, possess sports cultural deposits;

№1.2 have a strong consciousness of innovation and lifelong learning habits;

№1.3 possess a strong teamwork spirit.

№2 Knowledge Structure Requirement: possess a solid basic theory and special theory of sports, understand the developing trend of sports training science, to obtain organization and referee method of sports competition and essential research methods of sports science.

№2.1 master the basic theory and special theory of sports;

№2.2 to obtain the sports teaching and training methods, master the organization and referee methods of sports competition;

№2.3 understand the essential research methods of sports science, learn writing sports research papers and reports;

№2.4 understand the present situation and development trend of sports training science at home and abroad.

№3 Ability Requirement: to obtain applied skills, theoretical knowledge, and referee ability in specific areas of competitive sports, be able to organize independently in training, competition and refereeing, have the ability with lifelong learning and self-development, and know well in computer skills and foreign language.

№3.1 to obtain applied skills and theoretical knowledge in specific areas of competitive sports, be able to organize independently in training, competition and refereeing;

№3.2 know well in computer skills, learn the data collection, processing statistics and documentation by using computer;

№3.3 acquire a good command of a foreign language, and learn to read professional written publications in foreign language;

№3.4 possess the ability to learn and adapt to social development change.

专业简介:

华南理工大学体育学院运动训练专业于 2007 年招收首届学生,在培养过程中依托教育部直属

重点大学交叉学科、优质的教学条件等资源优势。采用跨专业、跨学科及国外、境外联合培养的教育模式，培养专业素质较高的体育应用人才。学院现拥有体育学一级学科硕士点和一支体育素养高、业务能力强、结构合理的教师队伍。全院现有教师 70 余名。体育学院教学条件优良，现有 3 个体育馆、4 个游泳池、5 个标准塑胶田径场和高尔夫练习场。高素质的教师队伍、优越的教学条件培养出较高水平的专业学生。学院运动训练专业学生获双学位达 15.5%。当前，学校正瞄准世界一流的大学大跨步发展，部省市校四方共建华南理工大学的重要战略举措为体育学院的发展提供了更好的发展契机，本专业在现有特色基础上，将抓住机遇，在人才的专业化，国际化及跨学科综合培养方面走出自己特有的办学之路，培养更多的服务于社会、高素质的体育人才。

Program Profile:

Relying on the interdisciplinary subjects of the key universities subordinated to Ministry of education, high-quality teaching conditions and other resources, the first students majoring in sports training are recruited to the sports school of SCUT(South China University of Technology) in 2007. The educational modes of interdisciplinary and international joint cultivation are adopted to train the qualified professionals. The department has the first-level discipline master degree program and the teachers with a high attainment of physical education, high professional competence, and reasonable structure. 41 of 70 teachers work on the teaching of sports training in the whole department as there are 17 above associate professors accounting for 41.5%, 8 professors of them work on the teaching of sports training , 29 teachers with above master degree accounting for 70.7 ,15 teachers of them with doctor degree .

The department has excellent teaching conditions with 3 gyms, 4 swimming pools, 5 standard plastic tracks, and 1 golf practice field. A higher level of professional students will be developed with high-quality teachers and excellent teaching conditions. There are 15.5% students accomplishing double degrees, and 19% students recommended for graduate. Graduates' employment rate is 100%. There are 10% students who accessed the world's top 500 enterprises.

At present, the university is developing substantially to achieve the goal of world-class universities, and better chances are provided to the sports school because of the important strategic measures which the four sides including minister, province, city and university will cooperate to construct SCUT. specialty

Based on the existing characteristics, the specialty will catch the opportunity to achieve their own school-running way in the professional, international and interdisciplinary comprehensive personnel training in order to cultivate sports talents who have high quality and are able to serve society.

专业特色:

- 1.突专项，强辅项。突出乒羽网三小球，强化当前热点项目足球，强化学生体能训练与康复。
- 2.小而精，个性化。采用精英式教育，强调学生理论学习与实践应用，注重学生个性能力培养，强化学生创新能力和创业实践。
- 3.跨学科、国际化。依托我校多学科的办学优势和国际优化办学的要求，拓展专业人才培养渠

道，注重跨学科、跨专业培养，实现国际化联合办学，培养具有国际视野、高素质的运动训练专业人才。

Program Features:

Based on the resources and advantages of a comprehensive key university, this specialty follows the school features of cultivating new talents to be creative, productive and pioneers. By highlighting major items and strengthening vice items with emphasis on training theories and practice of popular sports including table tennis, badminton and tennis, the teaching of this specialty aims to make students become interdisciplinary sports talents with great competitiveness.

授予学位：教育学学士学位

Degree Conferred: Bachelor of Education

主干课程：

运动解剖学、运动生理学、运动医学、运动生物力学、运动训练学、运动技能学习与控制、体育科学研究方法、专项教学训练理论与实践。

Core Courses:

Sports Anatomy, Sports Physiology, Athletic Psychology, Sports Medicine, Sports Biomechanics, Sport Training, Sports Skill Learning and Control, Scientific Research of P.E, Theory and Practice of Major Items.

特色课程：

竞教结合课程：专项教学训练理论与实践

创新实践课程：体能训练与康复

创业教育课程：专业技能拓展 I -IV

Featured Courses:

Contest-Teaching Integrated Courses: Theory and Practice of Major Items.

Creative fulfillment course: Fitness Training and Rehabilitation

Entrepreneurship Courses: Professional Skills to Expand I -IV .

一、教学计划总体安排表 (General Teaching Schedule)

学 年	学 期	教 学 进 度 安 排 (周)																		理 论 教 学	考 试	入 学 教 育	军 训	课 程 设 计	大 作 业	工 程 训 练	电 子 实 习	综 合 实 验	社 会 实 践	生 产 实 习	毕 业 实 习	其 它 实 习	中 外 合 作 项 目	毕 业 设 计	就 业 安 排	机 动	假 期	小 计					
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18																				19	20			
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R																								
一	1		C	A	A	A	A	A	A	A	A	A	A	A	A	B	B	D	D	D	13	2	1	3													19						
	2	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Q	Q	B	B	B	16	2												2		20							
二	3	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Q	Q	B	B	B	16	2												2		20							
	4	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Q	Q	B	B	B	16	2												2		20							
三	5	A	A	A	A	A	A	A	A	A	A	A	A	A	A	J	Q	B	B	B	16	2							1					1		20							
	6	A	A	A	A	A	A	A	A	A	A	A	A	A	A	J	Q	B	B	B	16	2							1					1		20							
四	7	L	L	L	L	L	L	L	L	L	L	L	L	L	O	O	O	O	B	B											14			4		20							
	8	A	A	A	A	B	O	O	O	O	O	O	O	O	O	Q	Q	P	P	P	4	1										11	2	2		20							
		合 计 (周)																		97	15	1	3											2		14			15	2	10		159

二、各类课程学分登记表 (Registration Form of Curriculum Credits)

1. 学分统计表 (Credits Registration Form)

课程类别 Course Category	课程要求 Requirement	学分 Credits	学时 Academic Hours	备注 Remarks
公共基础课 General Basic Courses	必修 Compulsory	25.0	268	
	通识 General Education	10.0	160	
学科基础课 Disciplinary Basic Courses	必修 Compulsory	57.0	912	
	选修 Elective	0.0	0	
专业领域课 Specialty-related Courses	必修 Compulsory	0.0	0	
	选修 Elective	40.0	640	
合 计 Total		132.0	1980	
集中实践教学环节 (周) Practice Training (Weeks)	必修 Compulsory	34.0	34 周	
毕业学分要求 Credits Required for Graduation	132.0 + 34.0 = 166.0			

备注：学生在取得专业教学计划规定学分的同时，还必须取得第二课堂 2 个人文素质教育学分和 4 个创新能力培养学分。

2.类别统计表 (Category Registration Form)

学时 Academic Hours					学分 Credits						
总学时数 Total	其中 Include		其中 Include		总学分数 Total	其中 Include		其中 Include			其中 Include
	必修学时 Compulsory	选修学时 Elective	理论教学学时 Theory Course	实验教学学时 Lab		必修学分 Compulsory	选修学分 Elective	集中实践教学环节学分 Practice-concentrated Training	理论教学学分 Theory Course Credits	实验教学学分 Lab	创新创业教育学分 Innovation and Entrepreneurship Education
1980	1180	800	1938	42	166	116	50	34	130.5	1.5	23

三、专业教学计划表 (Teaching Schedule)

类别 Course Category	课程代码 Course No.	课程名称 Course Title	是否必修 C/E	学时数 Total Curriculum Hours				学分 Credits	开课学期 Semester	毕业要求 Student Outcomes
				总学时 Class Hours	上机 Computer-aided Class Hours	实验 Lab Hours	实践 Practice Hours			
公共基础课 General Basic Courses	143093	思想道德修养与法律基础 Cultivation of Thought and Morals & Fundamental of Law	必修课 C	(40) (36)				2.5	1	№1.1,1.2,1.3
	143091	中国近现代史纲要 Skeleton of Chinese Modern History		(32) 24				2.0	2	№1.1,1.2,1.3
	143106	毛泽东思想和中国特色社会主义理论体系概论 Thought of Mao ZeDong and Theory of Socialism with Chinese Characteristics		(80) 48				5.0	3	№1.1,1.2,1.3
	143090	马克思主义基本原理 Fundamentals of Marxism Principle		(40) 36				2.5	4	№1.1,1.2,1.3
	143094	形势与政策 Analysis of the Situation & Policy		(128)				2.0	1-8	№1.1,1.2,1.3
	144001	大学英语(一) College English(1)		64				4.0	1	№3.3
	144002	大学英语(二) College English(2)		64				4.0	2	№3.3
	145223	大学计算机基础 Foundations of Computer		32				2.0	1	№3.2
	106001	军事理论 Military Principle		(16)				1.0	2	№1.1,1.2,1.3
		人文科学领域 Humanities	通识课 E	32				2.0		№1.1,1.2,1.3
		社会科学领域 Social Science		32				2.0		№1.1,1.2,1.3
		科学技术领域 Science and Technology		96				6.0		№1.1,1.2,1.3
		合计 Total			428				35.0	

三、专业教学计划表 (续) (Teaching Schedule)

类别 Course Category	课程代码 Course No.	课程名称 Course Title	是否必修 C/E	学时数 Total Curriculum Hours				学分 Credits	开课学期 Semester	毕业要求 Student Outcomes
				总学时 Class Hours	上机 Computer-aided Class Hours	实验 Lab Hours	实践 Practice			
学科基础课 Disciplinary Basic Courses	152009	体育概论 Introduction to P.E.	必 C	16				1.0	1	№1.1,1.2,1.3,2.1,2.4,3.4
	152035	体育社会学 Sports Sociology	必 C	16				1.0	2	№1.1,1.2,1.3,2.1,2.4,3.4
	152033	运动心理学 Psychology of Sports	必 C	32		8		2.0	3	№1.1,1.2,1.3,2.1,2.4,3.4
	152008	运动解剖学 Sport Anatomy	必 C	48		10		3.0	1	№1.1,1.2,1.3,2.1,2.4,3.4
	152016	运动生理学 Exercise Physiology	必 C	48		10		3.0	2	№1.1,1.2,1.3,2.1,2.4,3.4
	152140	运动医学 Sports Medicine	必 C	48		12		3.0	3	№1.1,1.2,1.3,2.1,2.4,3.4
	152156	体育科学研究方法 Research Method of Sport Sciences	必 C	32				2.0	6	№1.1,1.2,1.3,2.1,2.3,2.4,3.4
	152038	运动训练学 Sport Training	必 C	32				2.0	4	№1.1,1.2,1.3,2.1,2.4,3.4

	152157	运动技能学习与控制 Motor Learning and Control	必 C	32				2.0	4	№1.1,1.2,1.3,2.1,2.4,3.4
	152017	运动生物力学 Sports Biomechanics	必 C	32		2		2.0	5	№1.1,1.2,1.3,2.1,2.4,3.4
	152158	田径（一） Track and Field 1	必 C	48				3.0	1	№1.1,1.2,1.3,2.1,2.2,2.4,3.1,3.4
	152027	游泳（一） Swimming 1	必 C	32				2.0	3	№1.1,1.2,1.3,2.1,2.2,2.4,3.1,3.4
	152160	乒乓球（一） Table Tennis 1	必 C	32				2.0	2	№1.1,1.2,1.3,2.1,2.2,2.4,3.1,3.4
	152162	羽毛球（一） Badminton 1	必 C	32				2.0	3	№1.1,1.2,1.3,2.1,2.2,2.4,3.1,3.4
	152164	网球（一） Tennis 1	必 C	32				2.0	4	№1.1,1.2,1.3,2.1,2.2,2.4,3.1,3.4
	152166	足球（一） Soccer 1	必 C	32				2.0	5	№1.1,1.2,1.3,2.1,2.2,2.4,3.1,3.4
		专项教学训练理论与实践【乒乓球、羽毛球、网球等任选1项】 Theory and Practice of Major Items	必 C	368				23.0	1-6	№1.1,1.2,1.3,2.1,2.2,2.4,3.1,3.4
		合 计 Total	必 C	912		42		57.0		
	专业领域课 Specialty-related Courses	理论选修模块 Theoretical Courses Module	152168	体育技能培养与职业规划 Training of Sports Skills and Occupational Planning	选 E	16			1.0	2
152026			运动营养学 Sports Nutrition	选 E	32		4	2.0	3	№1.1,1.2,1.3,2.1,2.4,3.4
152039			体育管理学 Sport Management	选 E	32			2.0	5	№1.1,1.2,1.3,2.1,2.4,3.4
152169			健康教育学 Healthiness Education	选 E	32			2.0	4	№1.1,1.2,1.3,2.1,2.4,3.4
152042			学校体育学 School Physical Education	选 E	32			2.0	4	№1.1,1.2,1.3,2.1,2.2,2.4,3.4
152170			体育竞赛学 Sports Competition	选 E	32			2.0	5	№1.1,1.2,1.3,2.1,2.2,2.4,3.4
152046			运动选材学 Selection of Sports Talents	选 E	16		4	1.0	6	№1.1,1.2,1.3,2.1,2.4,3.4
152045			兴奋剂检测与控制 Doping Detection and Control	选 E	16			1.0	6	№1.1,1.2,1.3,2.1,2.4,3.4
152023			奥林匹克运动 Olympic Games	选 E	32			2.0	6	№1.1,1.2,1.3,2.1,2.4,3.4
152171			体能训练与康复 Fitness Training Rehabilitation	选 E	128			8.0	5-6	№1.1,1.2,1.3,2.1,2.2,2.4,3.1,3.4
技术选修模块 Sports Courses Module		152158	田径（二） Track and Field 2	选 E	32			2.0	2	№1.1,1.2,1.3,2.1,2.2,2.4,3.1,3.4
		152031	游泳（二） Swimming 2	选 E	32			2.0	4	№1.1,1.2,1.3,2.1,2.2,2.4,3.1,3.4
		152161	乒乓球（二） Table Tennis 2	选 E	32			2.0	3	№1.1,1.2,1.3,2.1,2.2,2.4,3.1,3.4
		152163	羽毛球（二） Badminton 2	选 E	32			2.0	4	№1.1,1.2,1.3,2.1,2.2,2.4,3.1,3.4
		152165	网球（二） Tennis 2	选 E	32			2.0	5	№1.1,1.2,1.3,2.1,2.2,2.4,3.1,3.4
		152167	足球（二） Soccer 2	选 E	32			2.0	6	№1.1,1.2,1.3,2.1,2.2,2.4,3.1,3.4

Development Module Personalities	152011	体操 Gymnastics	选 E	32				2.0	6	No1.1,1.2,1.3,2.1, 2.2,2.4, 3.1,3.4
	152013	篮球 Basketball	选 E	32				2.0	2	No1.1,1.2,1.3,2.1, 2.2,2.4, 3.1,3.4
	152014	排球 Volleyball	选 E	32				2.0	3	No1.1,1.2,1.3,2.1, 2.2,2.4, 3.1,3.4
	152029	高尔夫球 Golf	选 E	32				2.0	6	No1.1,1.2,1.3,2.1, 2.2,2.4, 3.1,3.4
	152043	体育舞蹈 Sports Dance	选 E	32				2.0	4	No1.1,1.2,1.3,2.1, 2.2,2.4, 3.1,3.4
	152144	斯诺克 Snooker	选 E	32				2.0	5	No1.1,1.2,1.3,2.1, 2.2,2.4, 3.1,3.4
	152049	散打 Free Combat	选 E	32				2.0	5	No1.1,1.2,1.3,2.1, 2.2,2.4, 3.1,3.4
	152048	太极拳 Tai Ji	选 E	32				2.0	6	No1.1,1.2,1.3,2.1, 2.2,2.4, 3.1,3.4
	152172	专业技能拓展（一） Professional Skills to Expand 1	选 E	32			32	2.0	5	No1.1,1.2,1.3,3.4
	152173	专业技能拓展（二） Professional Skills to Expand 2	选 E	32			32	2.0	6	No1.1,1.2,1.3,3.4
	152174	专业技能拓展（三） Professional Skills to Expand 3	选 E	32			32	2.0	7	No1.1,1.2,1.3,3.4
	152175	专业技能拓展（四） Professional Skills to Expand 4	选 E	32			32	2.0	8	No1.1,1.2,1.3,3.4
	120003	创新研究训练 Innovation Research Training	选 E	32			32	2.0	7	No1.1,1.2,1.3,3.4
	120004	创新研究实践 I Innovation Research Practice 1	选 E	32			32	2.0	7	No1.1,1.2,1.3,3.4
	120005	创新研究实践 II Innovation Research Practice 2	选 E	32			32	2.0	7	No1.1,1.2,1.3,3.4
120006	创业实践 Entrepreneurial Practice	选 E	32			32	2.0	7	No1.1,1.2,1.3,3.4	
合 计 Total			选 E	选修课修读最低要求 40.0 学分（其中理论模块至少修读 14 学分；技术选修模块至少修读 18 学分；个性模块至少修读 8 学分） minimum elective course credits required:40						

备注：学生根据自己开展科研训练项目、学科竞赛、发表论文、获得专利和自主创业等情况申请折算为一定的专业选修课学分（创新研究训练、创新研究实践 I、创新研究实践 II、创业实践等创新创业课程），每个学生累计申请为专业选修课总学分不超过 4 个学分。在校期间学生获得由国家政府部门或行业协会颁发的各级各类证书如裁判员等级证书、运动员等级证书、英语等级证书、教师资格证书等，或者参加各级各类比赛获得一定名次可申请折算为一定的专业选修课学分（专业技能拓展 I-IV 课程）。经学校批准认定为选修课学分的项目、竞赛等不再获得对应第二课堂的创新学分。

四、集中实践教学环节(Practice-concentrated Training)

课程 代码 Course No	课程名称 Course Title	是否 必修 C/E	学 时 数 Total Curriculum Hours		学分数 Credits	开课 学期 Semester	毕业要求 Student Outcomes
			实践 Practice weeks	授课 Lecture Hours			
106002	军训 Military Training	必 C	3 周		3.0	1	No1.1,1.2,1.3
143197	马克思主义理论与实践 Marxism Theory and Practice	必 C	2 周		2.0	假期	No1.1,1.2,1.3
152055	毕业（教育）实习 graduation field work	必 C	14 周		14.0	7	No1.1,1.2,1.3, 3.1,3.4
152056	毕业论文(设计) graduation thesis (design)	必 C	15 周		15.0	8	No1.1,1.2,1.3, 2.3,3.4
合 计		必 C	34 周		34.0		

五、第二课堂

第二课堂由人文素质教育和创新能力培养两部分组成。

1.人文素质教育基本要求

学生在取得专业教学计划规定学分的同时，还应结合自己的兴趣适当参加课外人文素质教育活动，参加活动的学分累计不少于 2 个学分。

2.创新能力培养基本要求

学生在取得本专业教学计划规定学分的同时，还必须参加国家创新创业训练计划或广东省创新创业训练计划或 SRP（学生研究计划）或百步梯攀登计划或一定时间的各类课外创新能力培养活动（如学科竞赛、学术讲座等），参加活动的学分累计不少于 4 个学分。

5.“Second Classroom” Activities

“Second Classroom” Activities are comprised of two parts, Humanities Quality Education and Innovative Ability Cultivation.

1)Basic Requirements of Humanities Quality Education

Besides gaining course credits listed in one’s subject teaching curriculum, a student is required to participate in extracurricular activities of Humanities Quality Education based on one’s interest, acquiring no less than two credits.

2)Basic Requirements of Innovative Ability Cultivation

Besides gaining course credits listed in one’s subject teaching curriculum, a student is required to participate in any one of the following activities: National Undergraduate Training Programs for Innovation and Entrepreneurship, Guangdong Undergraduate Training Programs for Innovation and Entrepreneurship, Student Research Program (SRP), One-hundred-steps Innovative Program, or any other extracurricular activities of Innovative Ability Cultivation that last a certain period of time (e.g. subject contests, academic lectures), acquiring no less than four credits.