

About the Department

<https://dehs.ntunhs.edu.tw/?Lang=en>

Department of Exercise and Health Science: Your Gateway to a Thriving Career in Sports, Exercise, and Health

Mission and Vision

The Department of Exercise and Health Science was established to meet the growing demand for professionals in the rapidly expanding sports and health industry. Our mission is to develop interdisciplinary experts equipped with cutting-edge knowledge and skills to address global trends in exercise, health, and wellness.

Program Highlights

Since its inception, the department has focused on integrating theoretical knowledge with practical applications. Our curriculum builds a solid foundation in exercise guidance and physical health, enhanced with modern innovations such as smart health technologies and international learning opportunities.

Key Features:

- Comprehensive undergraduate and graduate programs that emphasize both core professional subjects and a wide range of electives tailored to individual interests and career goals.
- Certification opportunities for **National Fitness Instructor** and **Traditional Tui-Na Technician** to boost employability.
- International internships to broaden global perspectives and professional mobility.
- Advanced facilities, including specialized classrooms equipped with state-of-the-art tools for health promotion, exercise physiology, and rehabilitation.



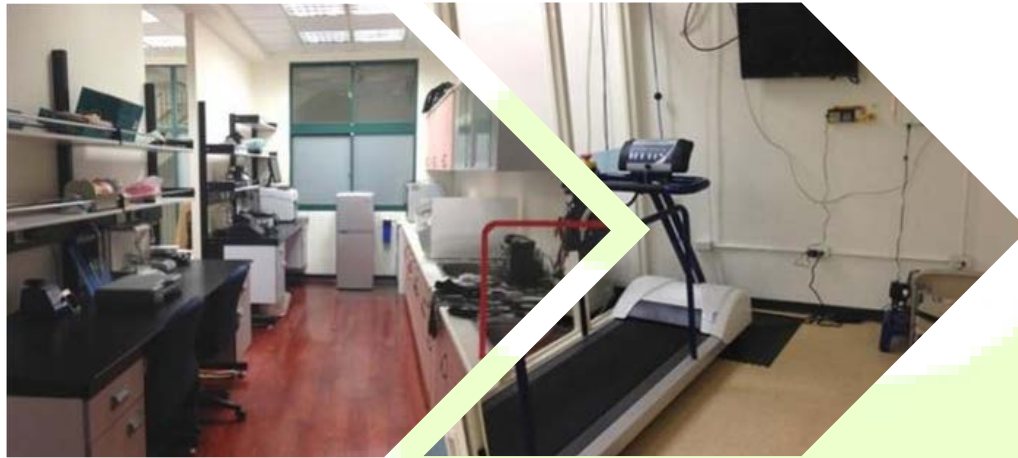
Specialized Classrooms

Magic Classroom:

Features massage therapy beds, multimedia interactive fitness systems, and smart exercise technology.



Vigor Classroom: Focuses on elder fitness, suspension training, and nutritional science with advanced tools like body composition analyzers and balance trainers.



Meili Classroom: Includes high-tech equipment for exercise physiology and performance evaluation, such as a multifunctional altitude simulation chamber.



Spin Classroom: Equipped with 50 spin bikes for hands-on training in spinning instruction.



Mat Classroom: Features smart exercise mats with light-guided training systems to enhance fitness routines.

Cardiovascular & Physiotherapy Classroom: Provides data-driven platforms for cardiovascular exercise physiology and stress relief therapy. fitness routines.



Faculty Expertise

Our team of 11 full-time faculty members includes professors, associate professors, and assistant professors specializing in fields such as exercise physiology, sports psychology, movement science, and elder wellness. We also collaborate with industry professionals in sports health, rehabilitation medicine, and health management to ensure our curriculum aligns with real-world demands.

Curriculum Overview

- **Undergraduate Program:** Core subjects in exercise and health, complemented by electives to deepen expertise in areas such as sports science, elder wellness, and rehabilitation.
- **Master's Program:** Focuses on advanced topics like exercise for special populations, health science and athletic performance, and integrative health care combining Eastern and Western medical practices.

Why Choose Us?

At NTUNHS, we provide a dynamic learning environment that combines academic rigor, hands-on training, and industry connections. Our graduates are highly sought after for their ability to apply innovative solutions to health promotion and disease prevention, both locally and globally. Join us to become a leader in the sports and health industry!

