

Course description

Category	Details
Graduation Requirements	A minimum of 30 credits , including required courses and elective courses.
Required Courses (14 credits)	- Research Methodology (2 credits) : Training in scientific research methods, problem-solving, data analysis, and research report writing.
	- Data Management & Statistical Analysis (3 credits) : Application of statistical methods and software in exercise and health sciences.
	- Individual Study in Smart Exercise Health Technology (2 credits) : Exploration of advanced exercise and health science technologies and practical applications.
	- Master's Thesis (6 credits) : Guidance in academic writing, research methods, and publication preparation.
	- Individual Study (1 credit) : In-depth research on specific interdisciplinary topics and methods.
Category	Details
Elective Courses (16 credits)	- Individual Study in Exercise Psychology (2 credits) : Application of psychological theories to fitness and athletic performance, including motivation and stress management.
	- Individual Study in Applied Exercise Physiology (2 credits) : Understanding physiological adaptations to exercise and advanced training methods.
	- Individual Study in Skeletal Muscle and Exercise (2 credits) : Study of muscle physiology and its response to exercise under different conditions.
	- Individual Study in Exercise Respiratory and Circulation (2 credits) : Examination of cardiovascular and respiratory systems during physical activity.
	- Fitness Exercise Training Program Design (2 credits) : Development of health promotion plans tailored to various populations using evidence-based methods.



- **Special Topics in Functional Training (2 credits):** Comprehensive training in functional movement, including Olympic weightlifting and performance optimization.
- **Individual Study in Special Populations and Adapted Physical Education (2 credits):** Designing exercise programs for individuals with specific health conditions or disabilities.
- **Special Topics in Smart Enablement and Sports Technology (2 credits):** Use of smart technologies to create personalized exercise plans for populations with mobility challenges.
- **Individual Study in Multimedia Exercise and Sports Training Technology (2 credits):** Application of multimedia design in exercise health technology.
- **Individual Study in Exercise Equipment and Ergonomic Design Development (2 credits):** Focus on user-centered exercise equipment design and innovation.
- **Signal Capture and Data Processing Analysis (2 credits):** Data collection and analysis techniques for sports medicine research.
- **Individual Study in Assistive Technology and Rehabilitation in Sports Medicine (2 credits):** Exploration of assistive technologies to support athletic performance and rehabilitation.
- **Software Development for Mobile Device Application (2 credits):** Creation of mobile health apps for exercise and health management.

