

运动训练专业 2024 版本本科培养方案

Undergraduate Education Plan for Specialty in
Sports Training(2024)

专业名称	运动训练	主干学科	体育学、教育学、心理学
Major	Sports Training	Major Disciplines	Physical education、 Education、Psychology
计划学制	四年	授予学位	教育学学士
Duration	4years	Degree Granted	Bachelor of Education

最低毕业学分规定

Graduation Credit Criteria

课程分类 Course Classification 课程性质 Course Nature	通识教育课程 General Education Coursrer	学科基础课程 Disciplinary Fundamental Courses	专业课程 Specialty Elective Courses	个性课程 Personalized Course	集中性实践 教学环节 Specialized Practice Schedule	课外学分 Extra- Course Credits	总学分 Total Credits
必修课 Required Courses	34	18	42	\	28	10	175
选修课 Elective Courses	9	\	28	6	\		

一、专业简介

1 Professional Introduction

运动训练专业培养适应“体育强国”“教育强国”“健康中国”战略需求和政策化导向的德智体美劳全面发展，掌握现代体育科学理论与相关运动技术训练方法，具有较高运动专业技能和执教能力，能胜任学校、运动队、社会俱乐部、赛事公司等单位的体育教学、运动训练指导、竞赛组织管理和健康管理等工作，具备国际视野、卓越才能、工科素养、社会责任、创新创业精神的复合型体育专业人才。本专业 2022 年获教育部审批通过，2024 年开始按照教育学大类招生。

本专业立足武汉理工大学交叉学科、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。学院现有体育学一级学科硕士点、体育专业硕士点。学院师资雄厚，拥有专任教师 80 人，教授 11 人，博士 14 人，学科专业建设成果突出，曾获国家级优秀教学成果、科技进步二等奖各 1 次，国家级在线开放课程和国家级视频公开课各 1 项；“大学体育课程”被评为“湖北省精品课程”，两次荣获湖北省优秀教学成果一等奖，一次获得湖北省社科成果三等奖。当前，本专业在现有特色基础上，将抓住机遇，在人才的专业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。

Sports training majors cultivate comprehensive development in morality, intelligence, physical fitness, aesthetics, and labor that meets the strategic needs and policy orientation of "sports power", "education power", and "healthy China". They master modern sports science theories and related sports technology training methods, possess high sports professional skills and teaching abilities, and are capable of providing sports teaching, training guidance, competition organization and management, and health management for schools, sports teams, social clubs, and event companies. They are composite sports professionals with international perspectives, outstanding talents, engineering literacy, social responsibility, and innovative

and entrepreneurial spirit. This major was approved by the Ministry of Education in 2022, and enrollment will begin in 2024 under the category of education.

This major is based on the interdisciplinary and high-quality teaching conditions of Wuhan University of Technology, and adopts a cross disciplinary and cross disciplinary education model to cultivate sports application talents with high professional quality. The college currently has a first level master's degree program in physical education and a master's degree program in physical education. The college has a strong faculty, with 80 full-time teachers, 11 professors, and 14 doctoral students. It has achieved outstanding results in discipline and professional construction, and has won one national excellent teaching achievement and one second prize for scientific and technological progress, as well as one national online open course and one national video open course; The university physical education course has been rated as a "Hubei Province Excellent Course", twice winning the first prize of Hubei Province Excellent Teaching Achievement and once winning the third prize of Hubei Province Social Science Achievement. At present, based on the existing characteristics, this major will seize the opportunity to embark on its own unique path in the professionalization and interdisciplinary comprehensive training of talents, and cultivate more high-quality sports talents who serve society.

二、 培养目标与毕业要求

2 Educational Objectives & Requirements

(一) 培养目标

本专业期待毕业生五年后能达成下列目标：本专业立足华中地区、面向全国，旨在培养适应“体育强国”“教育强国”“健康中国”战略需求和政策导向的德智体美劳全面发展，掌握现代体育科学理论与相关运动技术训练方法，具有较高运动专业技能和执教能力，能胜任学校、运动队、社会俱乐部、赛事公司等单位的体育教学、运动训练指导、竞赛组织管理和健康管理工作的，具备国际视野、卓越才能、工科素养、社会责任、创新创业精神的复合型体育专业人才。

1. 爱国守法，践行社会主义核心价值观体系，立德树人，爱岗敬业，热爱体育事业，具有弘扬中华民族体育文化精神的自学意识。
2. 掌握人体科学、教育学、体育学的基本理论和基本知识，掌握专项运动项目的基本知识、技术、技能。
3. 掌握专项运动项目的教学、训练、竞赛和管理的基本理论与方法，胜任专业运动项目的训练和竞赛工作。
4. 了解专项运动的历史、现状与发展趋势，具有自主学习和终身学习的意识；掌握体育科研的基本方法，具有从事体育科学研究的基本能力。
5. 具备较强的社会适应能力、团队协作能力、人际交往能力；通过工作实践，成长为一名优秀教练员或者本地区体育竞赛组织管理的骨干，能在本地区运动训练和竞赛工作中发挥引领作用。

本专业期待毕业生五年后能达成下列目标：

- (1) 爱国守法，践行社会主义核心价值观体系，立德树人，爱岗敬业，热爱体育事业，具有弘扬中华民族体育文化精神的自学意识。
- (2) 能够运用运动解剖学、运动生理学等学科知识，发现运动训练实践中存在的问题并分析导致其产生的复杂原因。
- (3) 针对专项运动训练与教学、赛事组织与裁判、运动健身指导等相关实践活动中所面临的具体问题，能够依据具体情境，在考虑社会、健康、安全、法律、文化以及环境等因素的前提下设计具体的解决方案。
- (4) 能够应用体育学和教育学及相关理论对体育问题进行研究，包括进行调查、实验并对数据进

行统计分析，在此基础上得出有效结论。

(5) 具备较强的社会适应能力、团队协作能力、人际交往能力；通过工作实践，成长为一名优秀教练员或者本地区体育竞赛组织管理的骨干，能在本地区运动训练和竞赛工作中发挥引领作用。

本专业期待毕业生经过五年左右的工作实践，具有的职业能力和取得的职业成就如下：

1. 爱国守法，践行社会主义核心价值观体系，立德树人，爱岗敬业，热爱体育事业，具有弘扬中华民族体育文化精神的自学意识。
2. 掌握人体科学、教育学、体育学的基本理论和基本知识，掌握专项运动项目的基本知识、技术、技能。
3. 掌握专项运动项目的教学、训练、竞赛和管理的基本理论与方法，胜任专业运动项目的训练和竞赛工作。
4. 能够应用体育学和教育学及相关理论对体育问题进行研究，包括进行调查、实验并对数据进行统计分析，在此基础上得出有效结论。
5. 具备较强的社会适应能力、团队协作能力、人际交往能力；通过工作实践，成长为一名优秀教练员或者本地区体育竞赛组织管理的骨干，能在本地区运动训练和竞赛工作中发挥引领作用。

2.1 Education Objectives

Students of this program are expected to achieve the following objectives 5 years after graduation: This major is based in the central region of China and faces the whole country, aiming to cultivate a comprehensive development of morality, intelligence, physical fitness, aesthetics, and labor that meets the strategic needs and policy guidance of "sports power", "education power", and "healthy China". It has mastered modern sports science theory and related sports technology training methods, has high sports professional skills and teaching ability, and is capable of providing sports teaching and training guidance for schools, sports teams, social clubs, and event companies. A versatile sports professional with an international perspective, outstanding talents, engineering literacy, social responsibility, and innovative and entrepreneurial spirit in competition organization and health management. 1. Patriotic and law-abiding, practicing the socialist core value system, cultivating moral character, loving work, loving sports, and possessing a self-learning awareness of promoting the spirit of Chinese national sports culture. 2. Master the basic theories and knowledge of human science, education, and physical education, as well as the basic knowledge, techniques, and skills of specialized sports events. 3. Master the basic theories and methods of teaching, training, competition, and management of specialized sports events, and be competent in the training and competition work of professional sports events. 4. Understand the history, current situation, and development trends of specialized sports, and have a sense of self-directed learning and lifelong learning; Master the basic methods of sports research and have the basic ability to engage in sports scientific research. 5. Possess strong social adaptability, teamwork ability, and interpersonal communication skills; Through work practice, I have grown into an excellent coach or backbone in the organization and management of local sports competitions, and can play a leading role in local sports training and competition work.

Students of this program are expected to achieve the following objectives 5 years after graduation :

(1) Patriotic and law-abiding, practicing the socialist core value system, cultivating moral character, loving work, loving sports, and possessing a self-learning awareness of promoting the spirit of Chinese national sports culture.

(2) Be able to apply knowledge from disciplines such as sports anatomy and sports physiology to identify problems in sports training practice and analyze the complex reasons that lead to their occurrence.

(3) Specific solutions can be designed based on specific situations and considering social, health, safety, legal, cultural, and environmental factors to address specific issues faced in practical activities such as specialized sports training and teaching, event organization and refereeing, and sports and fitness guidance.

(4) Able to apply sports, education, and related theories to research sports issues, including conducting surveys, experiments, and statistical analysis of data, based on which effective conclusions can be drawn.

(5) Possess strong social adaptability, teamwork ability, and interpersonal communication skills; Through work practice, I have grown into an excellent coach or backbone in the organization and management of local sports competitions, and can play a leading role in local sports training and competition work.

This major expects graduates to have the following professional abilities and achievements after about five years of work practice:

1. Patriotic and law-abiding, practicing the socialist core value system, cultivating moral character, loving work, loving sports, and possessing a self-learning awareness of promoting the spirit of Chinese national sports culture.
2. Be able to apply knowledge from disciplines such as sports anatomy and sports physiology to identify problems in sports training practice and analyze the complex reasons that lead to their occurrence.
3. Specific solutions can be designed based on specific situations and considering social, health, safety, legal, cultural, and environmental factors to address specific issues faced in practical activities such as specialized sports training and teaching, event organization and refereeing, and sports and fitness guidance.
4. Able to apply sports, education, and related theories to research sports issues, including conducting surveys, experiments, and statistical analysis of data, based on which effective conclusions can be drawn.
5. Possess strong social adaptability, teamwork ability, and interpersonal communication skills; Through work practice, I have grown into an excellent coach or backbone in the organization and management of local sports competitions, and can play a leading role in local sports training and competition work.

(二) 毕业要求

本专业学生毕业时应当达到中国工程教育专业认证协会工程教育认证标准规定的的能力，即：

1. 工程知识：专业知识：学生应该掌握从事竞技体育相关工作所需的体育学、教育学、心理学等学科基本理论、基本知识。
2. 问题分析：能够运用运动解剖学、运动生理学等学科知识，发现运动训练实践中存在的问题并分析导致其产生的复杂原因。
3. 解决方案：针对专项运动训练与教学、赛事组织与裁判、运动健身指导等相关实践活动中所面临的具体问题，能够依据具体情境，在考虑社会、健康、安全、法律、文化以及环境等因素的前提下设计具体的解决方案。
4. 研究：能够应用体育学和教育学及相关理论对体育问题进行研究，包括进行调查、实验并对数据进行统计分析，在此基础上得出有效结论。
5. 工具使用：使用现代体育工具，掌握现代运动训练方法、流程、分析所必须的工具，如不同运动技能，健身器材等。
6. 工程与可持续发展：践行社会主义核心价值观，具备良好思想道德素质和社会责任感，能够工作中积极履行社会责任。
7. 伦理与职业规范：具有较强可持续发展意识，能够理解并评估运动行为对环境、健康、安全的影响。
8. 专业素养：具备良好的科学文化素质、业务素质、身心素质、法制意识，具有较强适应能力、实干精神；具备良好的体育人文社科知识、文学艺术修养以及诚信意识、职业道德等；了解我国有关竞技体育的政策和法规；熟悉专项运动训练的历史、现状与发展趋势。
9. 个人和团队：具备健康的心理素质和优秀的情商与经受挫折、克服困难的勇气与能力，良好的团队意识与合作精神以及组织协调、领导与体育管理能力。
10. 沟通：具有较好的人文科学素养，较强的沟通协调能力、团结协作能力。
11. 运动技能和竞赛管理：系统掌握运动训练与体育教学的基本理论知识，具有较高专项运动水平；具备从事专项运动训练与教学、赛事组织与裁判、运动健身指导和体育竞赛管理的能力。
12. 终身学习：有较强的终身体育意识和自主学习能力，能够持续学习并自主探索体育学科前沿发展，并应用这些最新的前沿知识提升自我并改进工作。

2.2 Graduation Requirements

Upon graduation, students in this major should meet the abilities required by the Engineering Education Certification Standards of the China Engineering Education Professional Certification Association, namely:

1. Engineering knowledge: Be able to apply knowledge from disciplines such as sports anatomy and sports physiology to identify problems in sports training practice and analyze the complex reasons that

lead to their occurrence.

2.Problem analysis: Be able to apply knowledge from disciplines such as sports anatomy and sports physiology to identify problems in sports training practice and analyze the complex reasons that lead to their occurrence.

3.Design/development solution: Specific solutions can be designed based on specific situations and considering social, health, safety, legal, cultural, and environmental factors to address specific issues faced in practical activities such as specialized sports training and teaching, event organization and refereeing, and sports and fitness guidance.

4.Research: Able to apply sports, education, and related theories to research sports issues, including conducting surveys, experiments, and statistical analysis of data, based on which effective conclusions can be drawn.

5. Usage of modern tools: Using modern sports tools, mastering the necessary tools for modern sports training methods, processes, and analysis, such as different sports skills, fitness equipment, etc.

6.Engineering and society: Practice the core socialist values, possess good ideological and moral qualities and a sense of social responsibility, and be able to actively fulfill social responsibilities in work.

7.Environment and sustainable development: Having a strong sense of sustainable development, able to understand and evaluate the impact of sports behavior on the environment, health, and safety.

8.Professional standards: Having good scientific and cultural qualities, professional qualities, physical and mental qualities, legal awareness, strong adaptability, and practical spirit; Having good knowledge of sports humanities and social sciences, literary and artistic cultivation, as well as a sense of integrity and professional ethics; Understand China's policies and regulations related to competitive sports; Familiar with the history, current situation, and development trends of specialized sports training.

9.Individual and team: Having healthy psychological qualities, excellent emotional intelligence, courage and ability to withstand setbacks and overcome difficulties, good team spirit and cooperation spirit, as well as organizational coordination, leadership, and sports management abilities.

10.Communication: Possess good humanities literacy, strong communication and coordination skills, and teamwork skills.

11.Project management: Systematically master the basic theoretical knowledge of sports training and physical education teaching, with a high level of specialized sports skills; Possess the ability to engage in specialized sports training and teaching, event organization and refereeing, sports fitness guidance, and sports competition management.

12.Life-long learning: Having a strong lifelong physical education awareness and self-learning ability, able to continuously learn and independently explore the forefront of sports discipline development, and apply these latest cutting-edge knowledge to enhance oneself and improve work.

附：培养目标实现矩阵

毕业要求	培养目标 1	培养目标 2	培养目标 3	培养目标 4	培养目标 5
毕业要求 1		√	√	√	
毕业要求 2		√	√		
毕业要求 3		√	√		√
毕业要求 4		√	√	√	√
毕业要求 5		√	√		
毕业要求 6		√			
毕业要求 7	√				
毕业要求 8	√				
毕业要求 9					√
毕业要求 10					√

毕业要求 11		√	√		
毕业要求 12				√	√

毕业要求的达成需以课程（教学环节）的教学活动为支撑。本专业为合理设置课程体系、落实对毕业要求的支撑课程，对各项毕业要求进行了解。每项毕业要求（一级指标）被分解为若干层层递进的指标点（二级指标），前一指标点的达成是下一指标点达成的基础，而下一指标点的达成是前一指标点的升华，所有指标点一起，支撑了该毕业要求的达成。根据上述分解方法，本专业各项毕业要求的指标点分解如下表所示。

表：毕业要求指标点的分解

毕业要求	指标点
毕业要求 1. 工程知识：专业知识：学生应该掌握从事竞技体育相关工作所需的体育学、教育学、心理学等学科基本理论、基本知识。	1.1 专业知识：学生应该掌握从事竞技体育相关工作所需的体育学、教育学、心理学等学科基本理论、基本知识。
毕业要求 2. 问题分析：能够运用运动解剖学、运动生理学等学科知识，发现运动训练实践中存在的问题并分析导致其产生的复杂原因。	2.1 能够运用运动解剖学、运动生理学等学科知识，发现运动训练实践中存在的问题并分析导致其产生的复杂原因。
毕业要求 3. 解决方案：针对专项运动训练与教学、赛事组织与裁判、运动健身指导等相关实践活动中所面临的具体问题，能够依据具体情境，在考虑社会、健康、安全、法律、文化以及环境等因素的前提下设计具体的解决方案。	3.1 针对专项运动训练与教学、赛事组织与裁判、运动健身指导等相关实践活动中所面临的具体问题，能够依据具体情境，在考虑社会、健康、安全、法律、文化以及环境等因素的前提下设计具体的解决方案。
毕业要求 4. 研究：能够应用体育学和教育学及相关理论对体育问题进行研究，包括进行调查、实验并对数据进行统计分析，在此基础上得出有效结论。	4.1 能够应用体育学和教育学及相关理论对体育问题进行研究，包括进行调查、实验并对数据进行统计分析，在此基础上得出有效结论。
毕业要求 5. 工具使用：使用现代体育工具，掌握现代运动训练方法、流程、分析所必须的工具，如不同运动技能，健身器材等。	5.1 使用现代体育工具，掌握现代运动训练方法、流程、分析所必须的工具，如不同运动技能，健身器材等。
毕业要求 6. 工程与可持续发展：践行社会主义核心价值观，具备良好思想道德素质和社会责任感，能够在工作中积极履行社会责任。	6.1 践行社会主义核心价值观，具备良好思想道德素质和社会责任感，能够在工作中积极履行社会责任。
毕业要求 7. 伦理与职业规范：具有较强可持续发展意识，能够理解并评估运动行为对环境、健康、安全的影响。	7.1 具有较强可持续发展意识，能够理解并评估运动行为对环境、健康、安全的影响。
毕业要求 8. 专业素养：具备良好的科学文化素质、业务素质、身心素质、法制意识，具有较强适应能力、实干精神；具备良好的体育人文社科知识、文学艺术修养以及诚信意识、职业道德等；了解我国有关竞技体育的政策和法规；熟悉专项运动训练的历史、现状与发展趋势。	8.1 具备良好的科学文化素质、业务素质、身心素质、法制意识，具有较强适应能力、实干精神；具备良好的体育人文社科知识、文学艺术修养以及诚信意识、职业道德等。
毕业要求 8. 专业素养：具备良好的科学文化素质、业务素质、身心素质、法制意识，具有较强适应能力、实干精神；具备良好的体育人文社科知识、文学艺术修养以及诚信意识、职业	8.2 了解我国有关竞技体育的政策和法规；熟悉专项运动训练的历史、现状与发展趋势。

道德等；了解我国有关竞技体育的政策和法规；熟悉专项运动训练的历史、现状与发展趋势。	
毕业要求 9. 个人和团队:具备健康的心理素质和优秀的情商与经受挫折、克服困难的勇气与能力，良好的团队意识与合作精神以及组织协调、领导与体育管理能力。	9.1 具备健康的心理素质和优秀的情商与经受挫折、克服困难的勇气与能力，良好的团队意识与合作精神以及组织协调、领导与体育管理能力。
毕业要求 10. 沟通:具有较好的人文科学素养，较强的沟通协调能力、团结协作能力。	10.1 具有较好的人文科学素养，较强的沟通协调能力、团结协作能力。
毕业要求 11. 运动技能和竞赛管理:系统掌握运动训练与体育教学的基本理论知识，具有较高专项运动水平；具备从事专项运动训练与教学、赛事组织与裁判、运动健身指导和体育竞赛管理的能力。	11.1 系统掌握运动训练与体育教学的基本理论知识，具有较高专项运动水平。
毕业要求 11. 运动技能和竞赛管理:系统掌握运动训练与体育教学的基本理论知识，具有较高专项运动水平；具备从事专项运动训练与教学、赛事组织与裁判、运动健身指导和体育竞赛管理的能力。	11.2 具备从事专项运动训练与教学、赛事组织与裁判、运动健身指导和体育竞赛管理的能力。
毕业要求 12. 终身学习:有较强的终身体育意识和自主学习能力，能够持续学习并自主探索体育学科前沿发展，并应用这些最新的前沿知识提升自我并改进工作。	12.1 有较强的终身体育意识和自主学习能力，能够持续学习并自主探索体育学科前沿发展，并应用这些最新的前沿知识提升自我并改进工作。

附：毕业要求实现矩阵

课程名称	运动训练专业毕业要求											
	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
VBA 程序设计基础(10121117131)					H							
计算机基础与 VBA 程序设计综合实验 (10121217148)					H							
体育法学(10167311001)			M	M		H	H	M	M			
射箭(10167311002)			M								H	
大学英语 C4(10201121063)										H		
大学英语 C3(10201121064)										H		
大学英语 C2(10201121065)										H		
大学英语 C1(10201121068)										H		
思想道德与法治(10211124001)							L	M				
毛泽东思想和中国特色社会主义理论体系概论 (10211124002)								M				L
习近平新时代中国特色社会主义思想概论 (10211124003)							L	M				M
马克思主义基本原理(10211124004)								L				H
中国近现代史纲要(10211124005)								L				M
形势与政策(10218116002)							L					M
形势与政策(10218116003)							L					M
形势与政策(10218116004)							L					M
形势与政策(10218116005)							L					M

形势与政策(10218116006)						L					M
形势与政策(10218116007)						L					M
形势与政策(10218116008)						L					M
形势与政策(10218116011)						L					M
初级形体艺术(10271117087)			M							H	
初级普拉提(10271117110)			M							H	
初级瑜伽(10271117112)			M							H	
体育概论(10273123001)	H			M							
运动解剖学(10273123002)		H	M								
体育心理学(10273124166)	H		M								
体育管理学(10274117002)							M				
专项训练与实践 6(10274124170)		M								H	
专项训练与实践 4(10274124171)		M								H	
专项训练与实践 5(10274124172)		M								H	
专项训练与实践 1(10274124174)		M								H	
专项训练与实践 2(10274124175)		M								H	
专项训练与实践 3(10274124176)		M								H	
创新与科研能力实训(10275111017)				H	M						
运动生理学(10275111018)	H	M									
健康教育学(10275111019)	H			M							
体育社会学(10275111020)						H		M			
体育科研方法(10275111021)				H							
运动技能学习与控制(10275111022)		M			H					H	
体育竞赛学(体育竞赛组织与编排) (10275111023)							M				
运动训练学(10275111024)		M	H								
体能训练理论与方法(10275111025)		M	H								
学校体育学(10275111026)	H	M	M	M							
智能体育概论(10275124269)					H			M			
社会体育指导(10275124270)		M	H								
武术(10275124279)			M							H	
体育赛事组织与管理(10275124290)			H				M				
田径(10276123001)			M							H	
足球(10276123002)			M							H	
篮球(10276123003)			M							H	
排球(10276123004)			M							H	
棒垒球(10276123005)			M								
轮滑(10276123006)			M								
飞盘(10276123007)			M							H	
新型项目(10276123008)			M							H	
体育学科前沿(10276123009)				H							
运动训练前沿(10276123010)				H							H
体操(10276123011)			M							H	

[illegible]

	体育健康类											M
备注：表中用“H”、“M”、“L”分别表示该课程对指标点的支撑强度为“高”、“中”、“低”。												

三、专业核心课程

3 Core Courses

体育概论, 运动解剖学, 体育心理学, 专项训练与实践 6, 专项训练与实践 4, 专项训练与实践 5, 专项训练与实践 1, 专项训练与实践 2, 专项训练与实践 3

Sports Concept,Sports Anatomy,Psychology of sport and physical education,Specialised training and practice6,Specialised training and practice4,Specialised training and practice5,Specialised training and practice1,Specialised training and practice2,Specialised training and practice3

四、 教学建议进程表

4 Course Schedule

开课单位 Course College	课程编号 Course Number	课程名称 Course Title	学分 Crs	学时分配 Including						建议修读学 期 Suggested Term	先修课程 Prerequisite Course
				总学时 Tot hrs.	理论 Theory	实验 Exp.	上机 Ope-ratio.	实践 Prac-tice.	课外 Extra-cur.		
(一) 通识教育必修课程 1 General Education Compulsory Courses											
计算机与人工智能学院	10121117131	VBA 程序设计基础 The Basics of VBA Programming	2	32	32	0	0	0	0	2	
计算机与人工智能学院	10121217148	计算机基础与 VBA 程序设计综合实验 The Experiment on Computer Basics and VBA Programming	1	32	0	32	0	0	0	2	
外国语学院	10201121063	大学英语 C4 College English C4	2	48	32	0	0	0	16	4	大学英语 C3
外国语学院	10201121064	大学英语 C3 College English C3	2	32	32	0	0	0	0	3	大学英语 C2
外国语学院	10201121065	大学英语 C2 College English C2	2	32	32	0	0	0	0	2	
外国语学院	10201121068	大学英语 C1 College English C1	2	32	32	0	0	0	0	1	
马克思主义学院	10211124001	思想道德与法治 Morality and the rule of law	3	48	42	0	0	6	0	1	
马克思主义学院	10211124002	毛泽东思想和中国特色社会主义理论体系概论 Introduction to Mao Zedong Thought and Socialism with Chinese Characteristics	3	48	30	0	0	18	0	3	
马克思主义学院	10211124003	习近平新时代中国特色社会主义思想概论 Xi Jinping Thought on Socialism with Chinese Characteristics for a New Era	3	48	36	0	0	12	0	4	
马克思主义学院	10211124004	马克思主义基本原理 Fundamental Principles of Marxism	3	48	42	0	0	6	0	4	
马克思主义学院	10211124005	中国近现代史纲要 Outline of Contemporary and Modern Chinese History	3	48	42	0	0	6	0	2	
马克思主义学院	10218116002	形势与政策 Situation & Policy	0.25	8	8	0	0	0	0	1	
马克思主义学院	10218116003	形势与政策 Situation & Policy	0.25	8	8	0	0	0	0	2	
马克思主义学院	10218116004	形势与政策 Situation & Policy	0.25	8	8	0	0	0	0	3	

马克思主义学院	10218116005	形势与政策 Situation & Policy	0.25	8	8	0	0	0	0	4	
马克思主义学院	10218116006	形势与政策 Situation & Policy	0.25	8	8	0	0	0	0	5	
马克思主义学院	10218116007	形势与政策 Situation & Policy	0.25	8	8	0	0	0	0	6	
马克思主义学院	10218116008	形势与政策 Situation & Policy	0.25	8	8	0	0	0	0	7	
马克思主义学院	10218116011	形势与政策 Situation & Policy	0.25	8	8	0	0	0	0	8	
学生工作部（处）、武装部	10381121001	军事理论 Military Theory	2	32	32	0	0	0	0	1	
学生工作部（处）、武装部	10381321003	军事技能训练 Military Skills Training	2	136	0	0	0	136	0	1	
学生工作部（处）、武装部	10388117003	心理健康教育 Mental Health Education	2	32	24	0	0	8	0	1	
小 计 Subtotal			34	712	472	32	0	192	16		
修读说明:通识教育必修课程学分为 34 学分，要求学生全部完成。 NOTE:The General Education compulsory courses are divided into 34 credits and students are required to complete them all.											
(二) 通识教育选修课程 2 General Education Elective Courses											
“四史”类 Education of "Four Histories"	1. 通识课程应修满至少 9 学分; 2. 至少修读“四史”课程以及创新创业类课程各 1 门; 3. 非艺术类专业学生还应在艺术审美类课程中至少选修 2 学分; 4. 学校引进开设的通识教育网络课程采用“学分认定”方式计入通识选修课, 最高计入 4 学分。 5. 必须选修人文社科类中《国家安全教育》课程。 1. Elective courses ≥9 credits. 2.At least one course in Education of "Four Histories" and one course in innovation and entrepreneurship; 3.Non art major students should also take at least 2 elective credits in art aesthetics courses; 4.The general education online courses introduced by the school are included in the general education elective courses through credit recognition, with a maximum of 4 credits. 5. National Security Education of the Humanities and Social Sciences Courses is the specialized elective course										
人文社科类 Humanities and Social Sciences											
科技创新类 Technology innovation											
经济管理类 Economic Management											
创新创业类 Innovation and entrepreneurship											
艺术审美类 Art Aesthetics											
体育健康类 Sports and Health											
小 计 Subtotal			9	144							
(三) 学科基础课程 3 Disciplinary Fundamental Courses											
体育学院	10273123001	体育概论	2	32	32	0	0	0	0	1	

		Sports Concept									
体育学院	10273123002	运动解剖学 Sports Anatomy	4	64	64	0	0	0	0	1	
体育学院	10273124166	体育心理学 Psychology of sport and physical education	2	32	32	0				4	
体育学院	10275111018	运动生理学 Sports Physiology	4	64	64	0	0	0	0	2	
体育学院	10275111019	健康教育学 Health Education	2	32	32	0	0	0	0	3	
体育学院	10275111020	体育社会学 Sport Sociology	2	32	32	0	0	0	0	4	
体育学院	10275111021	体育科研方法 Sports scientific research methods	2	32	32	0	0	0	0	4	运动解剖学,运动生理学,体育统计学(含体育测量学)
小 计 Subtotal			18	288	288	0	0	0	0		

修读说明:学生必须修读所有必修课程,共18学分课程。

NOTE:Students are required to take all required courses,a total of 18 credit hours of courses.

(四)专业必修课程

4 Specialized Required Courses

体育学院	10274117002	体育管理学	2	32	32	0	0	0	0	3	
体育学院	10274124170	专项训练与实践 6 Specialised training and practice6	3	96	0	0	0	96	0	6	
体育学院	10274124171	专项训练与实践 4 Specialised training and practice4	3	96	0	0	0	96	0	4	
体育学院	10274124172	专项训练与实践 5 Specialised training and practice5	3	96	0	0	0	96	0	5	
体育学院	10274124174	专项训练与实践 1 Specialised training and practice1	3	96	0	0	0	96	0	1	
体育学院	10274124175	专项训练与实践 2 Specialised training and practice2	3	96	0	0	0	96	0	2	
体育学院	10274124176	专项训练与实践 3 Specialised training and practice3	3	96	0	0	0	96	0	3	
体育学院	10275111022	运动技能学习与控制 Motor Learning&Control	2	32	32	0	0	0	0	5	
体育学院	10275111023	体育竞赛学(体育竞赛组织与编排) Science of sports competition	3	48	48	0	0	0	0	6	

体育学院	10275111024	运动训练学 Sports Training	3	48	48	0	0	0	0	3	
体育学院	10275111025	体能训练理论与方法 Physical Training Theory and Methods	2	32	32	0	0	0	0	3	
体育学院	10275111026	学校体育学 school physical education	2	32	32	0	0	0	0	4	
体育学院	10276123001	田径 athletic	4	64	64	0	0	0	0	3	
体育学院	10276123004	排球 Volleyball	2	32	32	0	0	0	0	6	
体育学院	10717311001	体育统计学(含体育测量学) Sports Statistics (including Sports Measurement)	2	32	32	0	0	0	0	4	
体育学院	10724111002	运动损伤预防与康复 Prevention and rehabilitation of sports injuries	2	32	32	0	0	0	0	6	
小 计 Subtotal			42	960	384	0	0	576	0		
修读说明:专业必修课程共 42 学分, 要求学生修读全部课程。 NOTE:A total of 42 credits are required for the major and students are required to take all courses.											
(五) 专业选修课程 5 Specialized Elective Courses											
(1) 专业选修											
体育学院	10167311002	射箭 Archery	2	32	32	0	0	0	0	6	
体育学院	10271117087	初级形体艺术 Senior Artistic Figure Training	1	32	32	0	0	0	0	6	
体育学院	10271117110	初级普拉提 Elementary Pilates	1	32	32	0	0	0	0	5	基础体育, 基础体育 2
体育学院	10271117112	初级瑜伽 Elementary Yoga	1	32	32	0	0	0	0	4	基础体育, 基础体育 2
体育学院	10275124269	智能体育概论 Appreciation of Modern Sports Art	2	32	32	0	0	0	0	4	
体育学院	10275124270	社会体育指导 Social Sports Guidance and management	2	32	32	0	0	0	0	5	
体育学院	10275124279	武术 Wu shu	2	32	32	0	0	0	0	4	
体育学院	10275124290	体育赛事组织与管理 Sports event organization and management	2	32	32	0	0	0	0	5	
体育学院	10276123002	足球 football	2	32	32	0	0	0	0	5	

体育学院	10276123003	篮球 Basketball	2	32	32	0	0	0	0	6	
体育学院	10276123005	棒垒球 Specialized Technology and Theory (1)	2	32	32	0	0	0	0	4	
体育学院	10276123006	轮滑 Specialized Technology and Theory (2)	2	32	32	0	0	0	0	5	
体育学院	10276123007	飞盘 Specialized Technology and Theory (3)	2	32	32	0	0	0	0	3	
体育学院	10276123008	新型项目 Specialized Technology and Theory (4)	2	32	32	0	0	0	0	4	
体育学院	10276123011	体操 Gymnastics	2	32	32	0	0	0	0	3	
体育学院	10276123012	羽毛球 Badminton	2	32	32	0	0	0	0	3	
体育学院	10276123013	乒乓球 Table Tennis	2	32	32	0	0	0	0	4	
体育学院	10276123014	网球 Tennis	2	32	32	0	0	0	0	4	
体育学院	10276123015	游泳 Swimming	2	32	32	0	0	0	0	5	
体育学院	10277324001	健美操 Aerobics	2	32	32	0	0	0	0	5	运动解剖学,运动训练学,学校体育学
体育学院	10714111001	武术(太极拳) Wushu	2	32	32	0	0	0	0	4	
体育学院	10714111002	体育舞蹈 Senior Latin Dance	2	32	32	0	0	0	0	5	
体育学院	10715111001	户外运动 Outdoor sport	2	32	32	0	0	0	0	5	
体育学院	10715111002	体育游戏开发与创编 Development and Creation of Sports Games	2	32	32	0	0	0	0	4	
体育学院	10715111003	体育英语 Sports English	2	32	32	0	0	0	0	5	
体育学院	10717311002	体育教学论 Teaching Theories for Physical Education	2	32	32	0	0	0	0	6	
体育学院	10724111001	运动处方 Exercise prescription	2	32	32	0	0	0	0	4	
体育学院	10724111003	体育市场营销学 Sports marketing	2	32	32	0	0	0	0	5	

五、 修读指导

5 Recommendations on Course Studies

1. 课外培养方案详见《武汉理工大学第二课堂课外学分实施办法》。
2. 汉语授课本科层次国际学生汉语类课程修读要求详见《武汉理工大学本科层次国际学生公共汉语课程设置与修读要求》，其它课程修读与中国学生培养方案保持一致。
3. 各专业应不断强化劳动教育，将劳动要素融入专业教育，充分依托实习实训、社会调查等实践教学环节，设置劳动教育模块，标注含不少于 32 学时（2 学分）的劳动教育，明确劳动教育的目标、内容、形式和考核要求。

1.Please refer to the cultivation plan of the second class-Implementation Measures for Extracurricular Credits of the Second Class of Wuhan University of Technology.

2.Chinese courses for International students accepting Chinese teaching at undergraduate level can be found in detail the Public Chinese Curriculum and Study Requirements for International Students at undergraduate level of Wuhan University of Technology, and the study of other courses should be consistent with the undergraduate training program for Chinese students.

3.All majors should continue to strengthen labor education, integrate labor elements into specialty education, fully rely on practical teaching links such as practical training and social investigation, set up labor education modules, label labor education with no less than 32 class hours (2 credits), and clarify the goal, content, form and assessment requirements of labor education.

学院教学负责人：方维
专业培养方案负责人：金成平

附件：课程教学进程图

Annex: Teaching Process Map

