

National Taipei University of Nursing and Health Sciences
International Sport Science Master's Program

Orientation Handbook

(Draft version)



Program of Study : _____

Name : _____

Student ID Number : _____



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*The guidelines in this orientation handbook may change due to the latest official announcement from the school.

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About International Sport Science Master's Program

Goals and Objectives

The mission of the International Sport Science Master's Program is to provide excellent research and teaching in sports science in order to promote and develop the health and well-being of people. This master's program focuses on providing innovative knowledge or idea in a wide range area including sports nutrition, exercise physiology, exercise psychology and sports medicine. You will find the Sport Science Master's Program to be a vibrant and welcoming learning environment.

Degree Requirement

- Total Credits(30): minimum 24 credits plus 6 thesis credits

30 credits required for graduation							
1. Professional basic courses and core courses - compulsory			Compulsory: 12 credits / 12 hours				
2. Optional course			Optional: 18 credits / 18 hours				
Course Name		Academic Year 1		Academic Year 2		Remark	
		Semester 1	Semester 2	Semester 1	Semester 2		
(1) Compulsory: 12 credits / 12 hours							
Professional Compulsory Courses	Research Methodology (3 credits / 3 hours)	•					
	Independent Study (3 credits / 3 hours)		•				
	Master Thesis (6 credits)				•		
(2) Optional: 18 credits / 18 hours							
Optional Courses (18 credits)	Elective Courses (Area of Sport Science)	Individual Studies in Exercise Physiology (2 credits / 2 hours)					
		Independent Study of Exercise and Sport Psychology (2 credits / 2 hours)					
		Motor Learning and Control (2 credits / 2 hours)					
		Individual Studies in Biotechnology of Exercise and Health Science (2 credits / 2 hours)					

	Individual Studies in Functional Physiology and Fitness of Skeletal Muscle (2 credits / 2 hours)					
	Individual Studies in Exercise Metabolism and Ergogenic/Health Supplements (2 credits / 2 hours)					
	Designing and Developing Health Promotion Plans (2 credits / 2 hours)					
	Skeletal Muscle Physiology and Exercise Research (2 credits / 2 hours)					
Elective Courses (Area of Health Science)	Development of Health Promotion Programs (2 credits / 2 hours)					
	Study on Health and Disease Behavior (2 credits / 2 hours)					
	Individual Studies in Exercise Endocrinology (2 credits / 2 hours)					
	Individual Studies in Health Technology (2 credits / 2 hours)					
	Individual Studies in Preventive Medicine and Exercise Health (2 credits / 2 hours)					
	Alternative and Rehabilitation Sport Medicine Research (2 credits / 2 hours)					
	Individual Studies in Respiratory and Circulation (2 credits / 2 hours)					
Other Elective Courses	Individual Studies in Science of Sports Training (2 credits / 2 hours)					
	Data Management & Statistical Analysis (3 credits / 3 hours)					
	Advanced Applied Statistic (3 credits / 3 hours)					
Suggested credits for optional courses of each semester		6	6	6		18
Total		9	9	6	6	30

The suggested optional credit of each semester is not strictly mandatory as long as the total number of required academic credits should be completed before graduation.

Scholarship Application

1. Taiwan Scholarship: Application forms and relevant documents must be submitted to R.O.C. (Taiwan) Embassy or Representative Office before March 31st. (<https://goo.gl/bzi72L>)
2. NTUNHS Scholarship and non-scholarship applicants: Application forms and relevant materials must be submitted to the Office of International Affairs Division, NTUNHS before April 30. (<http://goo.gl/4VuynY>)

The Application Procedure for Master's Degree

1. Students require a minimum of 30 credits including Research Methodology (3 credits), Independent Study (3 credits), and Master Thesis (6 credits) for required subject.
2. The Procedure is divided into two main stages: **Proposal Defense** and **Thesis Defense**.
3. Students will get the "Master of Science" degree as completed the program.
4. The period of study in this program shall be 2 academic years. Any students in the program who cannot complete the Program required within the study period may apply for an extension of study period. The extension shall not exceed 2 academic years. Students must complete at least 30 credits required, proposal defense and thesis defense within period of study.

Proposal Defense (before **December 15th** of the 1st academic year or before **June 15th** of the 2nd academic year):

(1) Examining Abstract of Topic:

Please hand your application form to the office of College of Human Development and Health 2 weeks before your proposal defense application.

(2) Applying for Proposal Defense:

Please pass your application form to the office of College of Human Development and Health 2 weeks before your proposal defense.

Thesis Defense (before **January 10th** of the 1st academic year or before **July 10th** of the 2nd academic year)

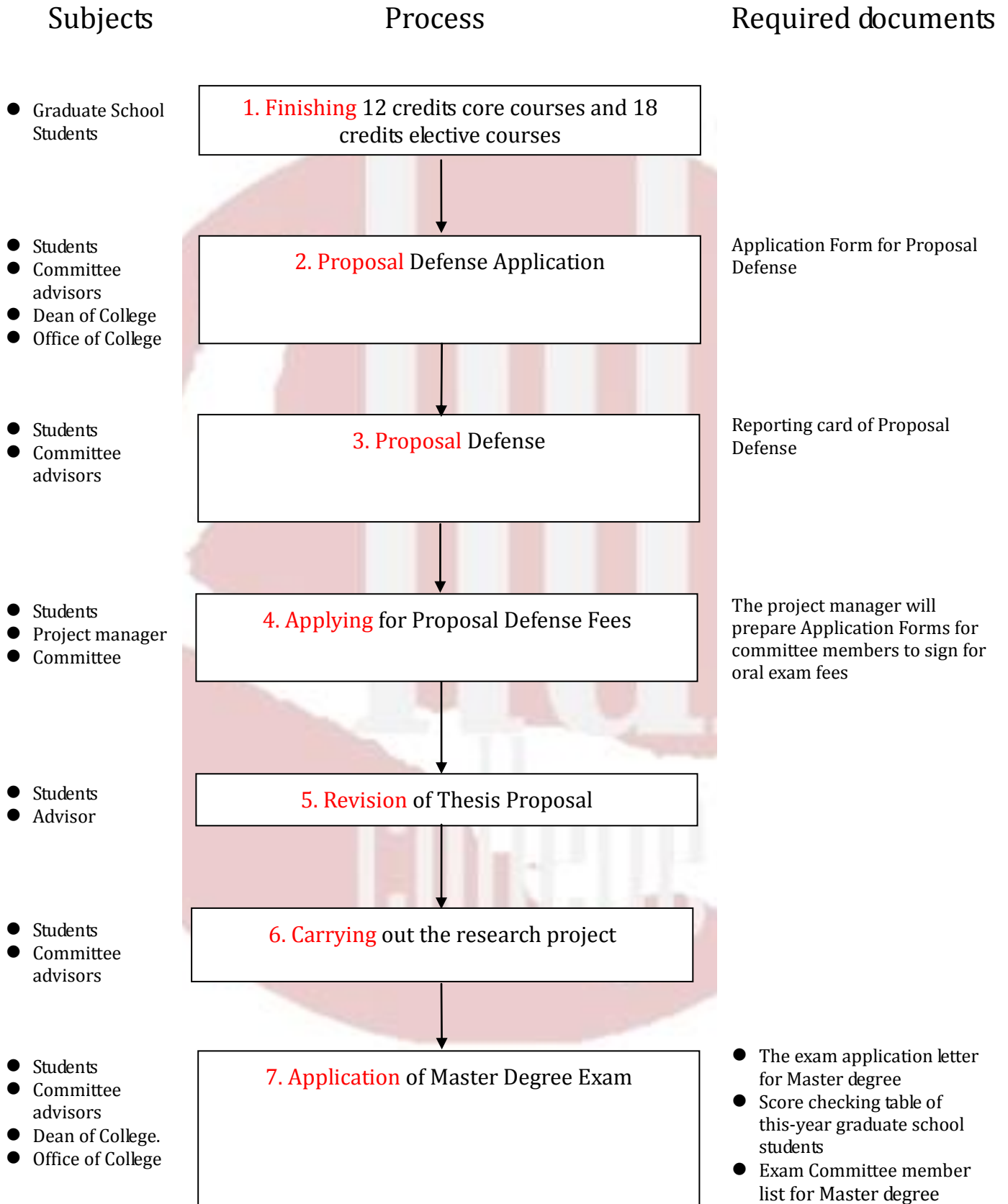
(1) Thesis Defense application:

Please hand the application form to the office of College of Human Development and Health 2 weeks before your thesis defense.

(2) Finished theses must be uploaded to the Electronic Theses and Dissertation System. The Office of College of Human Development and Health will mail to you a pair of account and password.

(3) Hand a copy of your thesis to the Office of College of Human Development and Health.

Chart



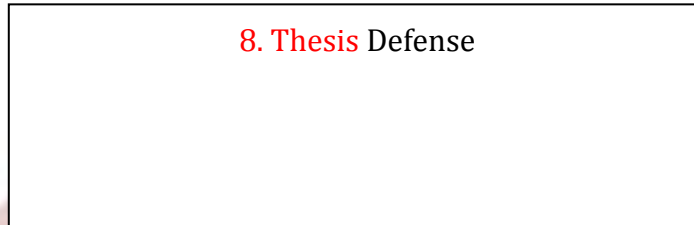
Chart

Subjects

Process

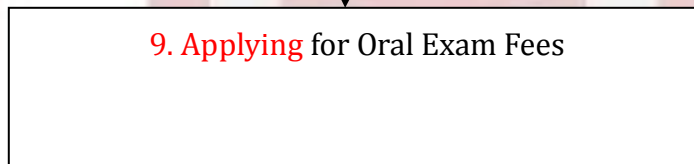
Required documents

- Students
- Committee
- advisors



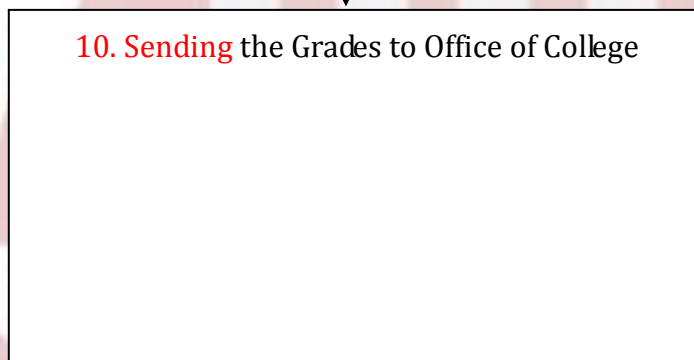
- Opinions of Master degree exam
- Master degree's score reporting cards

- Students
- Committee advisors
- Dean of College.
- Office of College.



The project manager will prepare Application Forms for committee members to sign for oral exam fees

- Dean of College.
- Office of College

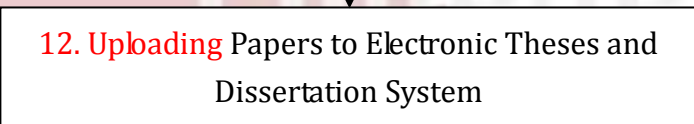


- The exam application letter for Master degree
- Score checking table of this-year graduate school students
- Exam Committee member list for Master degree
- Master degree's score reporting cards

- Students
- Committee
- advisors

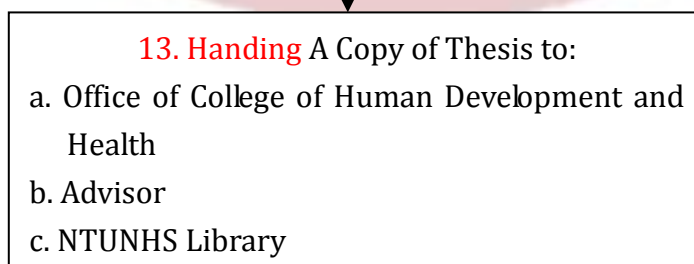


- Students
- Project manager



Letter of Attorney

- Students
- College of Nursing
- Advisor



Offices of NTUNHS

Office of Academics Affairs

<https://academic.ntunhs.edu.tw/files/90-1001-1.php>

Office of Student Affairs

<https://student.ntunhs.edu.tw/bin/home.php?Lang=en>

Office of Research & Development Center – International Affairs Division

<https://rnd.ntunhs.edu.tw/bin/home.php?Lang=en>



Campus Map and Buildings



振興醫療財團法人振興醫院
CHENG HSIN General Hospital

1	停車場 Parking Lot	10	學生宿舍 - 蕙質樓 Students' Dormitory - Hui Chih Hall
2	行政大樓 Administration Building	11	餐廳 Dining Hall
3	科技大樓 Science & Technology Building	12	明倫館 Ming Lun Hall
4	圖書館 Library	13	游泳池 Swimming Pool
5	教學大樓 Teaching Building	14	排球場 Volley-ball Court
6	籃球場 Basketball Court	15	機車停車棚 Motorcycle Parking Lot
7	田徑場 Track and Field Stadium	16	親仁樓 Benevolence Building
8	網球場 Tennis Court	17	育樂樓 Inspiration Building
9	學生宿舍 - 蘭心樓 Students' Dormitory-Lan Hsin Hall		

Campus Facilities and Recourses

1. Library

<https://library.ntunhs.edu.tw/bin/home.php?Lang=en>

2. The Computer Center

<https://cc.ntunhs.edu.tw/index.php?Lang=en>

3. Specific Classrooms and Labs

4. Swimming Pool

5. Tennis Court

6. Fitness Center



Master's Thesis /Doctoral Dissertation Format Guide

Master's Thesis Format Guide

The format of a master's thesis/doctoral dissertation for the International Sport Science Master's Program is as follows:

I. Text and paper specification for the thesis/dissertation

- (i) With the exception of the cover page and back cover, the thesis/dissertation must be printed on white **A4 (210mm×297mm) sized paper**.
- (ii) The paper must be written in **English**, and the contents should read from left to right.
- (iii) The font size should be in Times New Roman 12 point. The line spacing for the contents should be set at **1.5 space** and the font color should be in black. The contents must be properly punctuated without corrections. Carbon paper may not be used.

II. Page number setting

- (i) The cover page, title page, authorization statement page, approval certificate page and acknowledgement page should not be numbered. Pagination starting from the abstract to the list of illustrations/figures should be labeled in small Roman numerals (i.e. i, ii, iii, iv, v and so forth).
- (ii) Pagination of the paper's main contents should be labeled with Arabic numerals (i.e. 1, 2, 3 and so forth). The aforementioned pagination should be printed in Times New Roman, located at the bottom of every page, center aligned.

III. Print setting and cover page

- (i) The paper should be printed in double side and bound as a book (or singled sided if the paper length is below 100 pages).
- (ii) Name of school and department, master's thesis/doctoral dissertation, title of paper, name of author and date of publication should be printed on the spine.
- (iii) The finalized paper should be hard bound; the cover and spine should be black with gold letters for doctoral dissertation (red cover and gold letters for master's thesis). Please consult the department office to prevent discrepancy in color choice.

IV. Page setting

- (i) Margins: 2.54cm (upper margin), 2.54cm (bottom margin), 3.17cm (left margin) and 3.17cm (right margin), 0cm for the binding side, 1.5cm for header and 1.75cm for footer.

Upper margin
2.54cm

Left margin
3.17cm

Right margin
3.17cm

This is a sheet of A4 paper

Margins: 2.54cm (upper margin), 2.54cm (bottom margin), 3.17cm (left margin) and 3.17cm (right margin), 0cm for the binding side, 1.5cm for header and 1.75cm for footer. Pagination should be in the center at the bottom of the page.

Page number, center of page

Bottom margin
2.54cm

V. Position and font for titles and subtitles

(i) Position and font

1. Titles of each chapter should be center aligned (16 point font, bold)
2. Titles of each section should be center aligned (14 point font, bold)
3. Titles of portions under each section should be left justified (12 point font).
4. Each chapter should begin on a new page.

(ii) Tier setting for titles and subtitles

The order of tiers in the paper for chapters and sections is:

	Tier 1	Tier 2	Tier 3	Tier 4	Tier 5	Tier 6
	↓	↓	↓	↓	↓	
Tier order	I	(1)	1	(i)	a	(a)
Chapter						
Section						

As shown below:

Chapter I

Section I

- I.
- (1)
- 1.
- (i)
- a.
- (a.)
- (b.)
- (ii)
- (2)
- 2.
- II.
- III.

1. With the exception of “Chapter” and “Section” (which should be center aligned), all titles should be left justified.
2. For double-sided manuscripts, each chapter should begin on an odd-numbered page and the sections should be sequential.
3. Instead of printing a chapter title at the last line of a page, move it to the top on the next page.

Content Typesetting Guide

Your master's thesis/doctoral dissertation should be compiled in the following sequence. Pay attention to the required fonts and sizes.

- I. Dissertation cover: The cover page should contain the name of your school and department, title of your paper, your name, name of advisor and time of graduation. Refer to Appendix I for a sample.
- II. Title page (same as the cover)
- III. Thesis Oral Examination Committees' Approval Certificate: Refer to Appendix II for a sample
- IV. Acknowledgment: You can use this page to express your gratitude to those who have contributed towards the completion of the thesis/dissertation. Refer to Appendix III for a sample.
- V. Abstract: The abstract in English should be between 500 and 1000 words in length, Times New Roman 12 point (no longer than a single page). You should also include keywords for your research (no more than 5 words). Refer to Appendix IV for a sample.
- VI. Contents: The page should list the abstracts, contents, tables, illustrations/figures, chapters, sections, references and appendices. Refer to Appendix V for a sample.
- VII. Tables: Tables included in the manuscript should be labeled and numbered sequentially according to the order of chapters. For example, the first table in Chapter II should be labeled as Table 2-1 and so forth. Refer to Appendix VI for a sample.
- VIII. Illustrations/figures: Illustrations/figures included in the manuscript should be labeled and numbered sequentially according to the order of chapters. For example, the first figure in Chapter III should be labeled as Fig 3-1 and so forth. Refer to Appendix VII for a sample.
- IX. Body of thesis/dissertation: All citations and reprints of other works in your manuscript should be included according to the latest APA format.
- X. References: All references should be cited according to the latest APA format at the end of the manuscript.
- XI. Appendices:
 1. Though not a necessary part of a thesis/dissertation, the appendices offer additional information relevant to the contents, but too long to be reprinted in the thesis/dissertation.
 2. Materials that can be appended include: figures and charts that would be too cumbersome if included in the main text; reproductions of valuable documents, long case studies, technical footnotes and so forth.
- XII. Spine: Refer to Appendix VIII for a sample.

Appendix I: Sample of dissertation cover

(18 point, align center, 1.5 space)

College of Human Development and Health
National Taipei University of Nursing and Health Sciences

Master Thesis

(Times New Roman 16 point,
align center, 1.5 space)

(Title of dissertation in English)

(Times New Roman 16 point,
align center, 1.5 space)

Ying-Ying Lee

Student's name (16 point,
align center, 1.5 space)

Advisor: Mei-Mei Wang, Ph.D.

(Times New Roman 16 point,
align center, 1.5 space)

Actual month of graduation

June 2009

(Times New Roman 16 point,
align center, 1.5 space)

Appendix II: Sample of Thesis Oral Examination Committees'

國立臺北護理健康大學

National Taipei University of Nursing and Health Sciences

碩士學位考試委員會審定書

Approval Certificate of Oral Examination Committee

This Certificate is awarded to _____ in the **master/PhD** program offered by College of Human Development and Health, National Taipei University of Nursing and Health Sciences to certify that **he/she** has passed the oral examination for **his/her Master's thesis/Doctoral dissertation**.

Committee members:

Mei-Mei Wang, Associate Professor
National Taipei University of Nursing and Health Sciences

Hui-Ping Han, Assistant Professor
National Taipei University of Nursing and Health Sciences

Ying-Ping Liu, Professor
Taipei Medical University

指導教授簽名 Advisor : _____

院長簽名 Dean of College of Human Development and Health : _____

日期 Date : _____(yyyy/mm/dd)

附註：1. 簽名處均需簽上英文 All signatures require in English.

2. 完成口試後，請將此表送至人類發展與健康學院辦公室 Please hand this certificate to the office of College of Human Development and Health (I204) after the oral defense.

Appendix III: Sample of Acknowledgements

Acknowledgements

“Acknowledgements” should be in Times New Roman 16 point, bold, align center, and 1.5 space

Contents should be in 12 point, 1.5 space



Appendix IV: Sample of Abstract

Abstract

The word “Abstract” should be in Times New Roman 16 point, in bold, center aligned, 1.5 space

Contents should be in Times New Roman 12 point, 1.5 space

Keywords:

The number of keywords should not be more than 5, printed in Times New Roman 12 point, in bold, left justified, 1.5 space

Appendix V: Sample of Tables of Contents

The word “Contents” should be in Times New Roman 16 point, in bold, center aligned, double space; the contents should be in Times New Roman 12 point, 1.5 space

Contents

Abstract	i
Contents	ii
Tables	iii
Illustrations/figures	iv
Chapter I : Introduction	
Section I : Background of Research and Motivation.....	1
Section II : □□□□	4
Section III : □□□□	7
Section IV : □□□□	9
Section V : □□□□	12
Chapter II Literature Review	
Section I : □□□□	14
Section II : □□□□	36
Section III : □□□□	51
Chapter III Research Methodology	
Section I : □□□□	62
Section II : □□□□	67
Section III : □□□□	75
Section IV : □□□□	82
Chapter IV Results and Discussion	
Section I : □□□□	94
Section II : □□□□	117
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Section II : □□□□	133
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Appendices	

Appendix I : □□□ 171
Appendix II : □□□ 176



Appendix VI : Sample List of Tables

The word “Tables” should be in Times New Roman 16 point, in bold, center aligned, 1.5 space

Tables

Table 2-1 □□□□□□□□28

Table 2-2 □□□□□□□□□□□□□□□□□□29

Table 2-3 □□□□□□□□□□□□□□35

Table 3-1 □□□□□□□□□□□□70

Table 3-2 □□□□□□□□□□72

Table 3-3 □□□□□□□□□□□□78

Table 3-4 □□□□□□□□□□□□□□81

Contents should be in Times New Roman, 12 point, 1.5 space

Appendix VIII: Sample of Spine

