

2021 FIRST SEMESTER

International Sport Science Master's Program
Handbook



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WELCOME

Welcome to the National Taipei University of Nursing and Health Sciences (NTUNHS)! We hope that you love it here. You can use this handbook to help you get to know International Sport Science Master's Program and become familiar with the resources that are available to you as an international student at NTUNHS.

Thank you for making NTUNHS your home for college!



Contact information

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Inspiration Building, 2nd floor



國立臺北護理健康大學

National Taipei University of Nursing and Health Sciences

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.



Scholarship Application

1 Taiwan Scholarship (<https://taiwanscholarship.moe.gov.tw/web/engindex.html>)

The application period is from February 1 to March 31, each year, unless individual Taiwan Representative Offices specify otherwise.



2 NTUNHS Scholarship (<https://rnd.ntunhs.edu.tw/files/90-1004-48.php>)

Students who receive scholarship from Taiwan government organizations or apply NTUNHS Joint Program with Overseas Universities, such as International Montessori Master Degree Program, are not qualified to apply NTUNHS scholarship.



Degree Requirement

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. Students will get the "Master of Science" degree as completed the program.



Year 1	Semester 1	Semester 2
	Professional Compulsory Courses Research Methodology (3 credits / 3 hours)	Professional Compulsory Courses Independent Study (3 credits / 3 hours)
	Choose 2-3 Elective Courses (Suggested credits for optional courses of each semester: 6)	Choose 2-3 Elective Courses (Suggested credits for optional courses of each semester: 6)
	Total Credits: 9	Total Credits: 9
Year 2	Semester 1	Semester 2
	Professional Compulsory Courses N/A	Professional Compulsory Courses Master Thesis (6 credits)
	Choose 2-3 Elective Courses (Suggested credits for optional courses of each semester: 6)	Choose Elective Courses (non-mandatory)
	Total Credits: 6	Total Credits: 6

Optional Courses (18 credits)

Area of Sport Science (2 credits / 2 hours)	Area of Health Science (2 credits / 2 hours)
<ol style="list-style-type: none"> Applied Exercise Physiology Research Independent Study of Exercise and Sport Psychology Motor Learning and Control Individual Studies in Biotechnology of Exercise and Health Science Individual Studies in Functional Physiology and Fitness of Skeletal Muscle Individual Studies in Exercise Metabolism and Ergogenic/Health Supplements Designing and Developing Health Promotion Plans Skeletal Muscle Physiology and Exercise Research 	<ol style="list-style-type: none"> Development of Health Promotion Programs Study on Health and Disease Behavior Individual Studies in Exercise Endocrinology Individual Studies in Health Technology Individual Studies in Preventive Medicine and Exercise Health Alternative and Rehabilitation Sport Medicine Research Individual Studies in Respiratory and Circulation Individual Studies in Science of Sports Training
Other Elective Courses (3 credits / 3 hours)	Remark
<ol style="list-style-type: none"> Data Management & Statistical Analysis Advanced Applied Statistic 	

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.

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

- (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

- (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.

International Sport Science Master's Program Faculty

Name	Yu-Chi Kuo	Yi-Hung Liao	Shih-Chiung Lai
Position	Dean of College of Human Development and Health / Professor	Director of Department of Exercise and Health Sciences / Professor	Director of Physical Education Office / Professor
Education	Ph.D., National Taiwan Normal University (Taiwan)	Ph.D., University of Texas at Austin (USA)	Ph.D., Pennsylvania State University (USA)
E-mail	yuchi@ntunhs.edu.tw	yihung@ntunhs.edu.tw	shihchiung@ntunhs.edu.tw
Research Interest	Exercise Physiology Respiratory Physiology	Sport Nutrition Applied Physiology	Exercise Psychology Motor Learning and Control
Personal Website	https://sites.google.com/site/yuchikuozico/	https://sites.google.com/view/yihungliao	https://lsc2kpsu.wixsite.com/lsc2kpsu/vitaelai
Name	Chun-Ching Huang	Wen-Ching Huang	Yi-Yuan Lin
Position	Dean of Student Affair / Associate Professor	Associate Professor	Assistant Professor
Education	Ph.D., Florida International University (USA)	Ph.D., National Taiwan Sport University (Taiwan)	Ph.D., China Medical University (Taiwan)
E-mail	cchuang@ntunhs.edu.tw	wenching@ntunhs.edu.tw	yi yuanlin@ntunhs.edu.tw
Research Interest	Theory of Physical Fitness Health Promotion	Sport Nutrition Health Foods	Cardiovascular Physiology Aging and Health
Personal Website	https://sites.google.com/view/cchuang	https://sites.google.com/view/wenching-ntunhs	https://sites.google.com/view/yiyuanlin/
Name	Chien-Wei Chen	Yi Chung	
Position	Assistant Professor	Assistant Professor	
Education	Ph.D., National Yang-Ming University (Taiwan)	Ph.D., National Defense Medical Center (Taiwan)	
E-mail	chienwei@ntunhs.edu.tw	chungyi@ntunhs.edu.tw	
Research Interest	Exercise Physiology Exercise Endocrinology	Rehabilitation Science Health Technology	
Personal Website	https://cwchen.webnode.tw	https://sites.google.com/gap.kmu.edu.tw/missy/index	



Office of Academic 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



1	親仁樓 Benevolence Building	10	籃球場 Basketball Court
2	停車場 Parking Lot	11	體育館 Gymnasium
3	機車停車棚 Motorcycle Parking Lot	12	明倫館 Ming Lun Hall
4	行政大樓 Administration Building	13	學生宿舍 - 蕙質樓 Students' Dormitory - Hui Chih Hall
5	教學大樓 Teaching Building	14	學生宿舍 - 蘭心樓 Students' Dormitory-Lan Hsin Hall
6	科技大樓 Science & Technology Building	15	學生宿舍 - 爾雅樓 Students' Dormitory-Erh Ya Hall
7	圖書館 Library	16	游泳池 Swimming Pool
8	學思樓 Pondering Bulding	17	樂育樓 Inspiration Building
9	田徑場 Track and Field Stadium	18	餐廳 Dining Hall

Campus Facilities and Recourses

Library

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



The Computer Center

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



Specific Classrooms and Labs



Swimming Pool

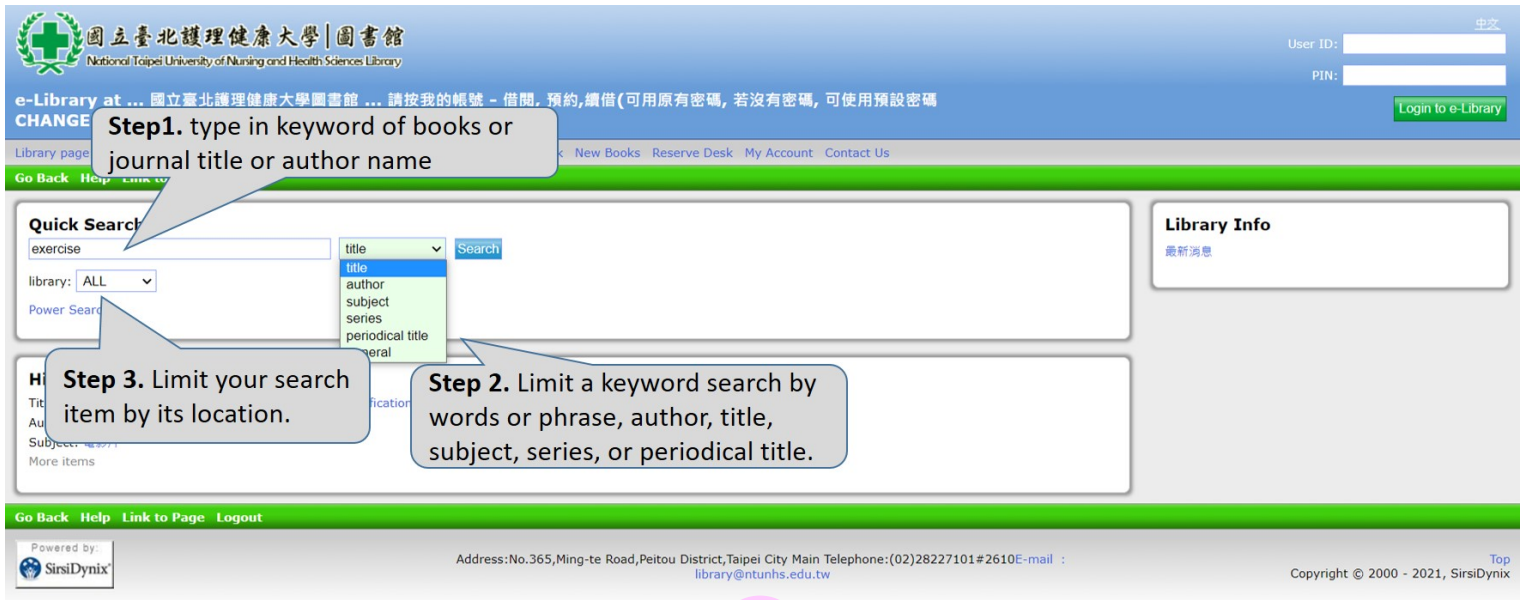
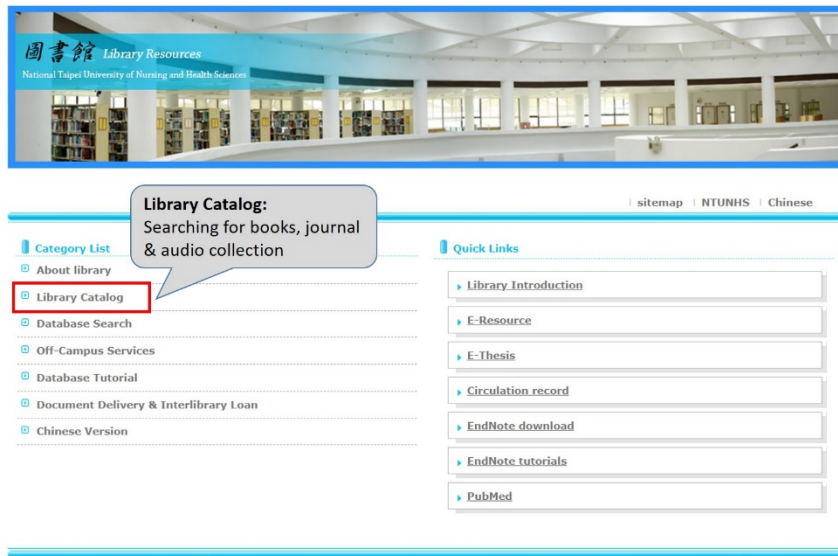


Fitness Center



Searching for Books from Library

Key in the website of NUTNHS, www.ntunhs.edu.tw/bin/home.php, in the URL block, and click the “English”. Next, click the “Library Resources”



國立臺北護理健康大學圖書館
National Taipei University of Nursing and Health Science Library

e-Library at ... 國立臺北護理健康大學圖書館 ... 請按我的帳號 - 登出, 預約, 續借(可用原有密碼, 若沒有密碼, 可使用預設密碼 CHANGE ME)

Library page Search/Home Find It Fast! Cross-campus Loan service New arrival book New books Reserve Desk My Account Contact Us

Go Back Help New Search Previous Next Change Display Kept Link to Page Logout

record 10 of 75 for search title ""exercise physiology"" [Change Display](#)

Continue search in
Google

You Found Titles in Categories

- Animal Culture
- Gynecology, Obstetrics
- History: America and United States
- Internal Medicine
- Natural History, Biology
- Pediatrics
- Physiology
- Recreation, Leisure
- Surgery
- Therapeutics, Pharmacology
- Visual Arts (General)

Library Info
最新動態

Item Details

Keep
Number of title holds: 0
Find more by this author
Find more on these topics
Nearby items on shelf

Item Information

Title: Exercise physiology for health, fitness, and performance
Author: Popeman, Sharon A.,
Publisher: Wolters Kluwer,
Pub date: c2017.
Pages: xix, 771 p. :
ISBN: 9781496323187
Item info: 1 copy available at 總館.

Call Number: WE103 P732e 2017

Location: Location 3F Stacks

- Call Number tells you the book's location on the shelves.
- The Location tells you whether the book is in Peitou(Shipai) Library or Wanhua(Ximen) Library.

Searching for Electronic Resources from Library

Database Search: Searching for electronic resources

圖書館 Library Resources
National Taipei University of Nursing and Health Science

sitemap | NTUNHS | Chinese

Category List

- About library
- Library Catalog
- Database Search**
- Off-Campus Services
- Database Tutorial
- Document Delivery & Interlibrary Loan
- Chinese Version

Database Search:
Searching for electronic resources

Quick Links

- Library Introduction
- E-Resource
- E-Thesis
- Circulation record
- EndNote download
- EndNote tutorials
- PubMed



國立臺北護理健康大學 電子資源查詢
National Taipei University of Nursing and Health Science E-Resources Sys

中文 | Help | Library | Logoff

Databases | E-Journals | E-Books | Discovery | My Library

User: Guest

Browse Search

[Resources search] Resources Title | All resources | exact search | - search - | Advance

Database Promotion

Web of Science (WOS)
文獻相似度檢測服務資料庫
MEDLINE Complete

Hot Rankings

Hit	Collection	Recommendation
view hits		title
3721 hits	Airitilibrary華醫線上圖書館 (CEPS思博網)	
1812 hits	PubMed	
430 hits	CINAHL Plus with Full Text	
329 hits	EBSCOHost 系統	
327 hits	Web of Science (WOS)	
290 hits	The Cochrane Library	

Keyword Search can be helpful if you're looking for specific items but are unsure, for example, of the complete name of a database/ ebook title/ journal title.

Quick Guide

1. **My Resource List** : Empower users to manage personal frequently used e-resources.
2. **Search History** : Empower users to save search strategy.

The Instruction for Using NTUNHS Wireless Internet

1. First, turn on your wireless, and select the NTUNHS.
2. Then, open the browser. Key in the website of Network Authentication of NTUNHS, <https://nmsweb.ntunhs.edu.tw//register/index.php>, in the URL block.
3. The system will lead you to the Log-in page automatically. Please enter your student mail box ID and password.
4. Please enter your student mail box (account) and password.
5. Registration is complete, please close all browsers and wait 5-10 minutes before using internet.

國立臺北護理健康大學 認證系統

學號/校閱員Email帳號(Account)	<input type="text"/>
myNTUNHS校園系統密碼(password)	<input type="password"/>
	<input type="button" value="登入"/>



1. 宿舍網路使用與連接若有問題，請至學生ePortfolio/功能總覽/宿網資訊/維修登記進行報修。

2. 一般教室資訊講桌使用與連接若有問題，請洽分機2314或2135。

3. 教室及會議室：帳號密碼僅認證用，僅當次有效，並不會註冊資料。

說明：因此處屬開放空間，故採每次均需認證才能上網，並不是多次註冊，通過身分認證後約二十秒且認證小視窗不關閉的狀況下即可上網。

4. 校園網路使用與連接若有問題，請於上班時間0800 - 1700電洽電腦中心網路組(分機2220或2225)。

5. 跨校漫遊：請選擇TANetRoaming，ntunhs僅供本校教職員與師生使用。

6. 查詢電腦MAC說明

Dictionary

Hello	你好	Nǐ hǎo
Thank you	謝謝	Xiè Xiè
You are welcome	不客氣	Bù kè qì
Goodbye	再見	zài jiàn
I don't understand	我不懂	Wǒ bù dǒng
I'm sorry I cannot speak Chinese	我不會中文	wǒ bú huì zhōng wén
Excuse me, where is...?	...在哪裡？	...zài nǎ lǐ
How much does it cost?	多少錢？	Duō shǎo Qián?
What is this?	這是什麼？	zhè shì shén mē
Do you have...?	有沒有...？	yǒu méi yǒu
I want to go to...?	我想去...？	wǒ xiǎng qù
I want to buy ...	我想要買...？	Wǒ xiǎng yào mǎi
Yes	是	Shì
No	不是	Bú shì

I want to buy ... 我想要買... Wǒ xiǎng yào mǎi

Beef	牛肉	niú ròu	Water	水	shuǐ
Pork	豬肉	zhū ròu	Rice	飯	fàn
Chicken	雞肉	jī ròu	Noodles	麵	miàn
Fish	魚肉	yú ròu	Bread	麵包	miàn bāo
Goat	羊肉	yáng ròu	Fruit	水果	shuǐ guǒ

I want to go to...? 我想去...? wǒ xiǎng qù

Restroom/Toilet	廁所	cè suǒ
Restaurant	餐廳	cān tīng
Hospital	醫院	yī yuàn
MRT station	捷運站	jié yùn zhàn

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.

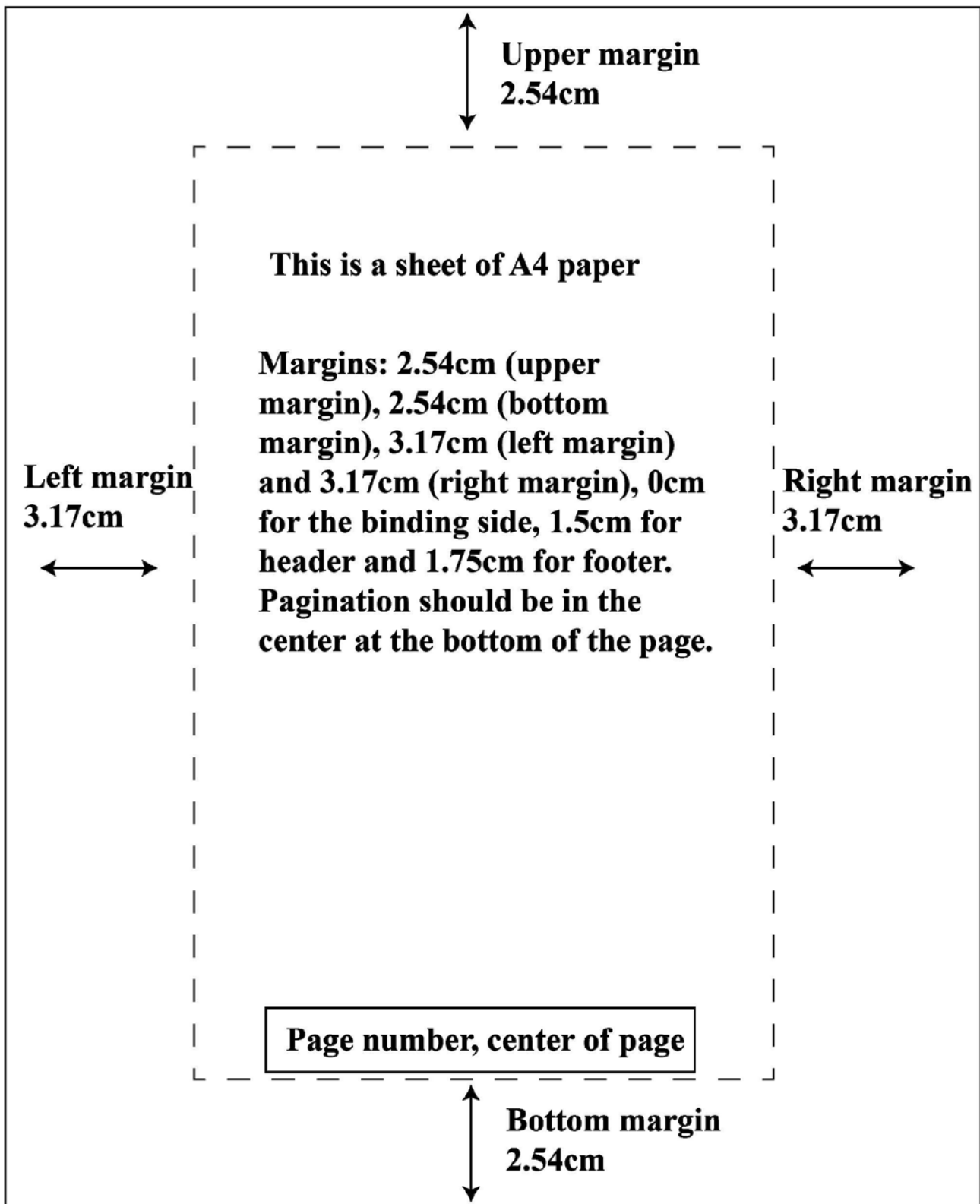
III. Print setting and cover page

- (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.





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.

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

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

Chapter V Conclusion and Suggestions

 Section I : Conclusion..... 128

 Section II : □□□□ 133

References

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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 VII: Sample List of Illustration/Figure

The word "Contents" should be in Times New Roman 16 point, bold, align center, 1.5 space

Contents

Fig 2-1 □□□□□□□□□□□□□□□□21

Fig 2-2 □□□□□□□□□□□□□□..... 43

Fig 2-3 □□□□□□□□□□□□..... 47

Fig 2-4 □□□□□□□□□□□□□□..... 50

Fig 2-5 □□□□□□□□□□□□□□□□..... 55

Fig 2-6 □□□□□□□□□□□□□□..... 62

Fig 3-1 □□□□□□□□□□□□□□□□..... 78

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

Appendix VIII: Sample of Spine

