



## Interdisciplinary Baccalaureate Degree Program (IBDP)

### Deepening Traditions, Innovating the Future - Martial Arts and Sports Injury Rehabilitation (Specialization in Martial Arts and Sports Injury Rehabilitation)

Students will explore traditional martial arts and combat sports centered around the concept of 'Qi', learning the art of guiding health cultivation, and mastering techniques in sports injury prevention and rehabilitation massage. The curriculum encompasses practical skills ranging from sports injury assessment to treatment, from taping methods to physical conditioning practices. By integrating a learning pathway that combines Chinese tradition with modern science, students lay the foundation to become experts in sports protection and wellness, preparing them for the professional field upon graduation or further pursuit of national professional certifications.

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## Wellness Perspective - Exercise and Health Promotion (Specialization in Exercise and Health Promotion)

Our specialization area focuses on cultivating holistic health, combining academic knowledge with practical skills such as Rolling Balls sports, muscle strength and conditioning training, and adaptive physical education. Students will acquire the professional knowledge and skills required in the global exercise and health promotion industry through a diverse learning environment. We encourage students to expand their expertise through supplementary courses, such as aerobic coaching and personal trainer, preparing them for diverse career paths related to exercise and health.





## Smart Technology and Exercise Guidance — Mastering Future Trends (Specialization in Smart Services for Exercise Guidance)

This specialization area focuses on innovative integration of smart technology with exercise guidance, covering sports data monitoring and analysis, as well as techniques for designing sports programs. Students will engage in practices related to street dance, dance, and Long-Term Care 2.0, enhancing their abilities in guiding exercise for the elderly through learning multimedia design planning and production. Graduates will possess professional knowledge and skills adapted to the field of smart health services, offering innovative health solutions for society."