

社会体育指导与管理专业培养方案

一、专业培养目标

本专业面向国家和社会对体育人才的需求，培养德、智、体、美、劳全面发展，具有高度社会责任感和良好职业道德精神，具备现代教育、健康理念、系统掌握体育学和户外运动基本理论、知识和技能，具有国际视野、创新精神、团队意识和实践能力，具备健身指导、社会体育活动策划、组织与管理的能力，能够胜任户外运动教学训练、行业管理、产业经营、教育培训等工作，具备一定的体育科学研究能力的高层次复合型人才。

二、毕业要求

本专业要求学生不仅扎实掌握体育学、教育学、心理学、管理学、产业经济学等基础及专业知识技能，还需深入系统学习户外运动的专业知识。通过系统的学习和实践，学生将掌握户外运动行业管理、产业经营、教学训练、教育培训的基本方法和前沿成果，培养出创新与实践的能力，以适应快速发展的户外运动产业需求。

(1) 深入理解和掌握社会体育指导与管理、户外运动的基本理论知识，以及与之相关的自然科学和人文社会科学知识，形成扎实的学科基础。

(2) 具备出色的组织管理能力，能够高效组织社会体育和户外运动与竞赛活动；同时，具备户外运动项目设计、安全管理、风险管理等基本能力，确保活动安全顺利进行。

(3) 熟练掌握本专业领域相关运动项目的技术与技能，具备强大的实践操作能力。此外，还应具备从事教育教学、教育管理、科学研究与课程开发的能力，为行业发展贡献创新理念与方法。

(4) 深入了解我国户外产业发展的方针、政策与法规，关注产业发展动态，具备洞察市场、从事产业经营管理的基本能力，为产业发展提供有力支持。

(5) 培养敏捷的判断能力和果断处理问题的能力，同时具备从事野外工作所必需的良好心理素质和工作态度。强调团队合作精神、环保和安全意识等专业品质，确保在复杂环境中保持高效与安全。

(6) 熟练掌握计算机操作，具备外语听说读写及资料查阅与写作的基本能力。特别要求学生掌握互联网技术在户外运动行业的应用，提升行业管理、产业经营、教育培训的服务水平。

(7) 在校期间，学生需努力获得2个以上与体育相关的社会工作资质证书，如社会体育指导员、游泳救生员、户外指导员、拓展培训师、教练员裁判员等级证书等，并积极参与学术讲座，至少听取10次以上，以拓宽学术视野，提升专业素养。

三、主干学科

体育学、管理学、社会学。

四、学制与学位

学制四年。学生修满规定的最低毕业学分，达到毕业要求后，授予教育学学士学位。

五、核心课程

社会体育导论、体育管理学、山地户外运动、野外生存、登山运动、攀岩运动、定向运动、拓展训练。

主要实践性教学环节：军事训练、户外综合实习(山地、野外生存)、登山运动训练、攀岩运动训练、水上运动训练、毕业实习、毕业论文(设计)。

Undergraduate Program in Social Sports Guidance and Management

1. Program Training Objectives

This program addresses the national and societal need for sports professionals by cultivating individuals who are well-rounded in moral integrity, intellectual ability, physical fitness, aesthetic appreciation, and labor skills. Graduates will develop a strong sense of social responsibility and professional ethics, possess modern educational and health concepts, and have a comprehensive understanding of the basic theories, knowledge, and skills in sports science and outdoor activities. They will have an international perspective, innovative spirit, teamwork skills, and practical abilities, be capable of fitness instruction, planning, organizing, and managing social sports activities, and be competent in teaching and training outdoor sports, industry management, business operations, and educational training. Additionally, graduates will exhibit research capabilities in sports science and be versatile professionals with specialized expertise in multiple areas.

2. Graduation Requirements

This program aims to cultivate well-rounded professionals who not only possess a solid foundation in sports science, education, psychology, management, industrial economics, but also acquire in-depth knowledge of outdoor sports. Through systematic learning and practice, students will master the basic methods and cutting-edge achievements in outdoor sports industry management, business operations, teaching and training, and education. The program is designed to develop students' innovative and practical abilities to meet the rapidly growing demands of the outdoor sports industry.

(1) Acquire a thorough understanding and mastery of the basic theoretical knowledge of social sports guidance and management, outdoor sports, and related natural and social sciences, forming a solid academic foundation.

(2) Develop excellent organizational and management skills to efficiently organize social sports and outdoor sports and competitions. Gain basic abilities in outdoor sports project design, safety management, and risk management to ensure the safe and smooth execution of activities.

(3) Proficiently master the techniques and skills related to sports projects in the field. Develop strong practical operation abilities and the capacity for education, teaching, educational management, scientific research, and curriculum development to contribute innovative ideas and methods to industry development.

(4) Gain an in-depth understanding of the policies, regulations, and development trends of the outdoor industry in China. Develop basic abilities in market insight and business management to provide strong support for industry development.

(5) Cultivate quick judgment and decisive problem-solving skills, along with good psychological quality and work attitude necessary for fieldwork. Emphasize professional qualities such as teamwork, environmental protection, and safety awareness to maintain efficiency and safety in complex environments.

(6) Master computer operations and possess basic abilities in listening, speaking, reading, writing in a foreign language, and researching and writing materials. Students are particularly required to master the application of internet technology in the outdoor sports industry to enhance service levels in industry management, business operations, and education.

(7) During their studies, students should strive to obtain at least two sports-related social work qualifications, such as Social Sports Instructor, Swimming Lifeguard, Outdoor Training Instructor, Rock Climbing Coach, etc. They should also actively participate in academic lectures, attending at least ten lectures to broaden their academic horizons and enhance their professional qualities.

3. Major Disciplines

Sports Science, Management, Sociology.

4. Length of Schooling and Degree

The program duration is four years. Students who complete the required minimum graduation credits and meet the graduation requirements will be awarded a Bachelor of Education degree.

5. Core Courses

Introduction to Social Sports, Sports Management, Mountain Outdoor Activities, Wilderness Survival, Mountaineering, Rock Climbing, Orienteering, and Outdoor Training.

The main practical teaching components include: military training, outdoor comprehensive internships (mountain and wilderness survival), mountaineering training, rock climbing training, aquatic sports training, graduation internship, and graduation thesis (or project).

六、最低毕业总学分要求及学分分配 (Minimum Required Credits and Distribution)

| 课程模块 Course module | 课程类别 Course Classification | 学时数 Hours | 学分 Credits | 学期Semester | | | | | | | | | | | |
|-----------------------------------|--|--------------|---------------|------------|----|-----|----|----|-----|----|----|-----|---|---|--|
| | | | | 1 | 2 | 1 夏 | 3 | 4 | 2 夏 | 5 | 6 | 3 夏 | 7 | 8 | |
| 通识教育 Liberal Education | 通识教育必修课程 Required Courses of General Education | 506 | 31 | 9 | 6 | | 10 | 8 | | 6 | 3 | | | | |
| | 通识教育选修课程 Selective Courses of General Education | 192 | 12 | | | | | | | | | | | | |
| 专业教育 Professional Education | 学科基础课程 Disciplinary Fundamental Courses | 304 | 17 | 15 | 12 | | 14 | 10 | | | | | | | |
| | 专业核心课程 Specialized Fundamental Courses | 496 | 23 | | | | | | | 16 | 10 | | 2 | | |
| | 专业拓展课程 Specialized Development | 624 | 40 | 11 | 8 | 7 | 7 | 8 | | | | | | | |
| 实践教育 Practical Education | 课程实践 Course Practice | 29周 176学时 | 29 | 2 | 1 | 1 | 1 | 0 | 2 | 2 | 8 | 4 | | 6 | |
| | 课外实践 Extracurricular practice | | 6 | | | | | | | | | | | | |
| 必修课总学分 Required course credits | | | | 100 | | | | | | | | | | | |
| 选修课总学分 Elective course credits | | | | 58 | | | | | | | | | | | |
| 最低毕业总学分 Total Credits | | | | 158 | | | | | | | | | | | |

664 七、课程设置(Curriculum)

1、通识教育必修课程 (Required Courses of General Education): 522 学时(506 Hours), 31 学分(31 Credits)

| 课程代码 Course Code | 课程名称 Course Name | 总学时 Hours | 学分 Credits | 讲课学时 Lecture | 实验学时 Experiment | 线上学时 Online | 考核方式 Assessment | 开课学期 Semester | 备注 Notes |
|---------------------|--|--------------|---------------|-----------------|--------------------|----------------|--------------------|------------------|-------------|
| GR181009 | 思想道德与法治 Ideological Morality and Rule of Law | 48 | 3 | 40 | 8 | | 考试 Exam | 1 | |
| GR181008 | 中国近现代史纲要 Essentials of Modern Chinese History | 48 | 3 | 40 | 8 | | 考试 Exam | 2 | |
| GR182014 | 马克思主义基本原理 Fundamental Principles of Marxism | 48 | 3 | 40 | 8 | | 考试 Exam | 3 | |
| GR182024 | 毛泽东思想和中国特色社会主义理论体系概论 Introduction to Mao Zedong Thoughts and Theoretical System of the Chinese Characteristic Socialism | 32 | 3 | 32 | 0 | | 考试 Exam | 4 | |
| GR182022 | 习近平新时代中国特色社会主义思想概论 Introduction to Xi Jinping Thoughts on Socialism with Chinese Characteristics in the New Era | 48 | 3 | 48 | | | 考试 Exam | 5 | |
| GR181013 | 形势与政策(1) Situation and Policy(1) | 4 | 0.25 | 4 | | | 考查 Term Paper | 1 | |
| GR181014 | 形势与政策(2) Situation and Policy(2) | 4 | 0.25 | 4 | | | 考查 Term Paper | 2 | |
| GR181015 | 形势与政策(3) Situation and Policy(3) | 4 | 0.25 | 4 | | | 考查 Term Paper | 3 | |
| GR181016 | 形势与政策(4) Situation and Policy(4) | 4 | 0.25 | 4 | | | 考查 Term Paper | 4 | |
| GR181017 | 形势与政策(5) Situation and Policy(5) | 4 | 0.25 | 4 | | | 考查 Term Paper | 5 | |

| 课程代码 Course Code | 课程名称 Course Name | 总学时 Hours | 学分 Credits | 讲课学时 Lecture | 实验学时 Experiment | 线上学时 Online | 考核方式 Assessment | 开课学期 Semester | 备注 Notes |
|---------------------|---|--------------|---------------|-----------------|--------------------|----------------|--------------------|------------------|-------------|
| GR181018 | 形势与政策(6) Situation and Policy(6) | 4 | 0.25 | 4 | | | 考查 Term Paper | 6 | |
| GR181019 | 形势与政策(7) Situation and Policy(7) | 4 | 0.25 | 4 | | | 考查 Term Paper | 7 | |
| GR181020 | 形势与政策(8) Situation and Policy(8) | 4 | 0.25 | 4 | | | 考查 Term Paper | 8 | |
| GR301004 | 大学生职业生涯规划与就业指导 (1) Career Planning and Employment Guidance for University Students (1) | 20 | 1 | 16 | 4 | | 考试 Exam | 2 | |
| GR303005 | 大学生职业生涯规划与就业指导 (2) Career Planning and Employment Guidance for University Students (2) | 18 | 1 | 12 | 6 | | 考试 Exam | 6 | |
| GR301005 | 大学生心理素质教育 (1) Mental Health (1) | 16 | 1 | 16 | | | 考查 Term Paper | 1 | |
| GR303005 | 大学生心理素质教育 (2) Mental Health (2) | 16 | 1 | 16 | | | 考查 Term Paper | 5 | |
| GR302008 | 军事理论 Military Theory | 36 | 1 | 36 | | | 考试 Exam | 1 | |
| GR081071 | 大学英语 (1) College English(1) | 64 | 4 | 64 | | | 考试 Exam | 1 | |
| GR081072 | 大学英语 (2) College English(2) | 32 | 2 | 32 | | | 考试 Exam | 2 | |

| 课程代码 Course Code | 课程名称 Course Name | 总学时 Hours | 学分 Credits | 讲课学时 Lecture | 实验学时 Experiment | 线上学时 Online | 考核方式 Assessment | 开课学期 Semester | 备注 Notes |
|---------------------|---|--------------|---------------|-----------------|--------------------|----------------|--------------------|------------------|-------------|
| GR041001 | 大学计算机 College Computer | 32 | 2 | 16 | 16 | | 考试 Exam | 1 | |
| GR301024 | 劳动教育与双创实践(1)Labor Education and Innovation and Entrepreneurship Practice(1) | 16 | 1 | 16 | | | 考查 Term Paper | 2 | |
| GR303025 | 劳动教育与双创实践(2)Labor Education and Innovation and Entrepreneurship Practice(2) | 16 | 1 | 16 | | | 考查 Term Paper | 6 | |
| 总计 Total | | 522 | 31 | 456 | 66 | | | | |

2、通识教育选修 (Selective Courses of General Education): 192 学时(192Hours), 12 学分(12 Credits)

| 序号 No. | 课程类别 Courses Classification | 课程名称 Courses Name | 学分 Credits | 考核方式 Assessment | 开课学期 Semester | 备注 Notes |
|-----------|--|----------------------|---------------|--------------------|------------------|-------------|
| 1 | 人文社科类 (含在线课程) Humanities and Social Sciences Courses (Inc. Online courses) | 见附件 1 | | 考查 Term Paper | 2-8 | |
| 2 | 自然科学类 (含在线课程) Natural Science Courses (Inc. Online Courses) | 见附件2 | | 考查 Term Paper | 2-8 | |

| | | | | | | |
|-------------|--|------|----|------------------|-----|----------------------------------|
| 3 | 自然文化类 Natural Culture Courses | 见附件3 | 7 | 考查 Term Paper | 2-8 | 4个类别中选修7个学分，其中，《大学生安全教育》（1学分）必选。 |
| 4 | 体育与健康类 Sports and Health Courses | 见附件4 | | 考查 Term Paper | 5-8 | |
| 5 | 创新创业教育类（含在线课程） Innovation and Entrepreneurship Courses (Inc. Online Courses) | 见附件5 | 3 | 考查 Term Paper | 2-8 | 选修3个学分，其中《新生研讨课》（1学分）必选。 |
| 6 | 审美与艺术类 Aesthetics and Art Courses | 见附件6 | 2 | 考查 Term Paper | 2-4 | |
| 总计 Total | | | 12 | | | |

3、学科基础课程 (Disciplinary Fundamental Courses): 272 学时 (272 Hours), 17 学分(17 Credits)

| 课程代码 Course Code | 课程名称 Course Name | 总学时 Hours | 学分 Credits | 讲课学时 Lecture | 实验学时 Experiment | 线上学时 Online | 考核方式 Assessment | 开课学期 Semester | 备注 Notes |
|---------------------|-------------------------------------|--------------|---------------|-----------------|--------------------|----------------|--------------------|------------------|-------------|
| DR141066 | 运动解剖学 / Sports Anatomy | 48 | 3 | 36 | 12 | | 考试 Exam | 2 | |
| DR142067 | 运动生理学 / Exercise Physiology | 48 | 3 | 36 | 12 | | 考试 Exam | 3 | |
| DR141060 | 体育概论 / Introduction of Sports | 16 | 1 | 16 | | | 考试 Exam | 1 | |
| DR142068 | 体育社会学 / Sports Sociology | 32 | 2 | 32 | | | 考试 Exam | 3 | |
| DR142069 | 健康教育学 / Health Education | 32 | 2 | 32 | | | 考试 Exam | 4 | |
| DR143070 | 体育科研方法 / Sports Research Methods | 32 | 2 | 32 | | | 考试 Exam | 6 | |
| DR183071 | 户外运动心理学 / Outdoor Sports Psychology | 32 | 2 | 32 | | | 考试 Exam | 5 | |
| DR141061 | 户外运动基础技能 / Outdoor Basic Skills | 32 | 2 | 2 | 30 | | 考试 Exam | 1 | |
| 总计 Total | | 272 | 17 | 218 | 54 | | | | |

4、专业核心课程 (Specialized Core Courses): 352 学时 (352 Hours), 23 学分(23 Credits)

| 课程代码 Course Code | 课程名称 Course Name | 总学时 Hours | 学分 Credits | 讲课学时 Lecture | 实验学时 Experiment | 线上学时 Online | 考核方式 Assessment | 开课学期 Semester | 备注 Notes |
|---------------------|---|--------------|---------------|-----------------|--------------------|----------------|--------------------|------------------|-------------|
| SR141062 | 社会体育导论 / Introduction to Outdoor Sports | 16 | 1 | 16 | | | 考试 Exam | 1 | |
| SR073072 | 体育市场营销/ Outdoor Sports Marketing | 32 | 2 | 32 | | | 考试 Exam | 6 | |
| SR143073 | 健身理论与指导 / Physical Fitness Principles and Methods | 32 | 2 | 16 | 16 | | 考试 Exam | 5 | |
| SR142074 | 山地户外运动 / Mountain Campaign | 32 | 2 | 6 | 26 | | 考试 Exam | 4 | |
| SR142075 | 野外生存 / Wild Survival | 32 | 2 | 6 | 26 | | 考试 Exam | 3 | |
| SR141076 | 攀岩 (一) / Rock Climbing (I) | 32 | 2 | 6 | 26 | | 考试 Exam | 2 | |
| SR142077 | 攀岩 (二) / Rock Climbing (II) | 32 | 2 | 6 | 26 | | 考试 Exam | 3 | |
| SR142078 | 定向 (一) / Orienteering (I) | 32 | 2 | 6 | 26 | | 考试 Exam | 3 | |
| SR142079 | 定向 (二) / Orienteering (II) | 32 | 2 | 6 | 26 | | 考试 Exam | 4 | |
| SR141063 | 拓展训练 (一) / Outward Bound (I) | 32 | 2 | 6 | 26 | | 考试 Exam | 1 | |
| SR141080 | 拓展训练 (二) / Outward Bound (II) | 32 | 2 | 6 | 26 | | 考试 Exam | 2 | |
| SR073081 | 体育管理概论/ Introduction to Sports Management | 32 | 2 | 32 | | | 考试 Exam | 5 | |
| 总计 Total | | 368 | 23 | 144 | 224 | | | | |

5、专业拓展课程(Specialized Development Courses): 640 学时(640Hours), 40 学分 (40Credits)

| 课程代码 Course Code | 课程名称 Course Name | 总学时 Hours | 学分 Credits | 讲课学时 Lecture | 实验学时 Experiment | 线上学时 Online | 考核方式 Assessment | 开课学期 Semester | 备注 Notes | |
|---------------------|---|--------------|---------------|-----------------|--------------------|----------------|--------------------|------------------|-------------|--|
| SS141065 | 田径 / Track and Field | 32 | 2 | 2 | 30 | | 考试 Exam | 1 | | |
| SS141082 | 足球 / Football | 32 | 2 | 2 | 30 | | 考试 Exam | 2 | | |
| SS142083 | 篮球 / Basketball | 32 | 2 | 2 | 30 | | 考试 Exam | 3 | | |
| SS142084 | 游泳与救护 / Swimming and Rescue | 32 | 2 | 2 | 30 | | 考试 Exam | 4 | | |
| SS143085 | 跆拳道 / Taekwondo | 32 | 2 | 2 | 30 | | 考试 Exam | 5 | | |
| SS143086 | 营地教育/ Camp Education | 48 | 3 | 16 | 32 | | 考试 Exam | 6 | | |
| SS143087 | 户外救援 / Outdoor Rescue | 32 | 2 | 2 | 30 | | 考试 Exam | 5 | | |
| SS141064 | 户外运动伤害防护与急救/Outdoor Sports Injury Prevention and First Aid | 48 | 3 | 16 | 32 | | 考试 Exam | 1 | | |
| SS141088 | 户外运动组织与管理/ Organization and Management of Outdoor Sports | 48 | 3 | 32 | 16 | | 考试 Exam | 2 | | |
| SR013026 | 旅游地学导论/Introduction to Tourism Earth Science | 32 | 2 | 16 | 16 | | 考试 Exam | 3 | | |
| SR013109 | 自然地理学 / Physical Geography | 32 | 2 | 16 | 16 | | 考试 Exam | 4 | | |
| SR013027 | 生态环境学 / Eco-environmental Science | 32 | 2 | 16 | 16 | | 考试 Exam | 5 | | |
| SS073089 | 体育经济与产业概论 /Introduction to Sport Economics and Sport Industry | 48 | 3 | 32 | 16 | | 考试 Exam | 6 | | |
| SS142090 | 体育赛事组织与管理 / Sports Event Management | 32 | 2 | 32 | | | 考试 Exam | 4 | | |

| | | | | | | | | | | |
|-------------|--|-----|----|-----|-----|--|------------|---|--|--|
| SS142091 | 体育游戏的设计与组织 / Design and Organization of Sports Games | 32 | 2 | 6 | 26 | | 考试 Exam | 3 | | |
| SS141092 | 运动训练学/ Theory of Sports Training | 32 | 2 | 32 | | | 考试 Exam | 2 | | |
| SS142093 | 体育课程与教学论/Physical Education Curriculum and Teaching Theory | 32 | 2 | 32 | | | 考试 Exam | 4 | | |
| SS143094 | 体育统计学/Sports Statistics | 32 | 2 | 32 | | | 考试 Exam | 5 | | |
| 总计 Total | | 640 | 40 | 280 | 360 | | | | | |

6、课程实践 (Course Practice): 29 周+176 学时(29 weeks and 176 hours), 30 学分(30 Credits)

| 课程代码 Course Code | 课程名称 Course Name | 周数 (学时) Week(hour) | 学分 Credits | 考核方式 Assessment | 开课学期 Semester | 备注 Notes |
|---------------------|--|-----------------------|---------------|--------------------|------------------|-------------|
| PR311003 | 军事技能训练/Military Theory and Practice | 1周 | 1 | 考查 Term Paper | 1 | |
| PR141095 | 户外综合实习 (山地、野外生存) /Outdoor Comprehensive Practice | 1周 | 1 | 考查 Term Paper | 2 | |
| PR142096 | 登山运动训练/Mountain sports Training | 1周 | 1 | 考查 Term Paper | 3 | |
| PR142097 | 攀岩运动训练/Rock Climbing Training | 1周 | 1 | 考查 Term Paper | 4 | |
| PR143098 | 水上运动训练/Water Sports Training | 1周 | 1 | 考查 Term Paper | 5 | |
| PR144099 | 毕业实习/Practice for Graduate | 16周 | 16 | 考查 Term Paper | 7 | |
| PR144100 | 毕业论文 (设计) /Graduation Thesis (Design) | 8周 | 8 | 考查 Term Paper | 8 | |
| 总计 Total | | 29周 | 29 | | | |

7、课外实践 (Extracurricular practice): 6 学分 (6 Credits)

包括主题教育活动、社会实践、志愿服务、勤工助学、学科竞赛、文体活动、创新创业活动、劳动实践等，其学分的认定按照教务处相关规定执行。

Extracurricular practice include Theme Education, Social Practice, Volunteer Service, Work-study Program, Discipline Competition, Cultural and Sports Activities, Innovative and Entrepreneurial Activities, Labor Practice and so on. The recognition of the credits for extracurricular practice shall be implemented according to the regulations of Academic Affairs Office

