赤峰学院体育教育专业人才培养方案

一、专业代码和名称

040201体育教育

二、专业简介

体育教育专业依据国家基础教育改革发展的需要，在大力推进应用型本科建设的背景下，以学校的办学特色与优势，体育教育专业自1982年开设的基础上，2003年经教育部批准升为本科，为体育教育专业发展提升上了新高度。体育教育专业坚持教育创新，以质量为根本、以育人为宗旨，以发展为主题，创新为动力，以学科建设为龙头，提高教育质量和办学效益，推进本专业可持续发展，从而培养出符合中学需求的高素质体育教师。2014年又增设了体育教育专业（足球方向），体育教育专业（足球方向）还通过参与自治区、赤峰市各级校园足球联赛的裁判及相关服务工作，以及进入中学、青少年足球俱乐部教学实习等多种方式培养学生的创新实践能力，为自治区校园足球发展提供专业人才。

三、培养目标

本专业立足赤峰、服务全区，以习近平新时代中国特色社会主义思想为指导，全面贯彻党的教育方针,落实“立德树人”根本任务，重专业，抓方向，培养能够适应基础教育改革与发展需求，德智体美劳全面发展，拥有良好的师德修养、厚实的学科基础和扎实的专业技能，能胜任中学体育与健康课程，指导课外体育活动、课余训练与竞赛工作，能结合教学实践开展教学研究，具有一定的创新意识、班级管理和自主发展能力，能够胜任内蒙古地区中学和相关教育机构的体育教师。

**根据本专业培养目标定位,对毕业生五年后的职业发展预期描述如下:**

**目标1:师德方面**

具有坚定理想信念和政治立场，忠诚党的教育事业，以立德树人为己任，遵德守范、勤奋务实、爱岗敬业，成为有理想信念、有道德情操、有扎实学识、有仁爱之心的好老师，能够在体育教育实践中，传承中国文化，弘扬中华体育精神。

**目标2:教学方面**

具有扎实的体育教育理论知识，熟练掌握运动技能，具备中学体育教学、课外训练和竞赛组织管理的能力，能够指导课外体育活动、运动训练，并具有一定的科研能力、体育教学创新能力和体育教育服务能力，成为学生体育核心素养和体育精神培育的引导者。

**目标3:育人方面**

根据学生成长规律和身心特点，灵活进行班级组织管理和建设，开展体育学科育人工作，组织和策划各类体育社团活动，指导学生体育训练与竞赛，帮助学生在运动参与过程中享受乐趣、增强体质、锻炼意志、健全人格，充分利用德育原理成为学生身心健康成长的引路人。

**目标4:发展方面**

具备终身的学习能力和专业长远发展的规划，具备创新意识、研究精神，能够跟进国内外发展前沿，适应时代教育和体育发展的根本需求；能够进行多角度实践反思，勇于创新，解决中学体育教学中的问题。具备良好的组织管理与沟通能力，促进学生、家长、社区间的交流合作。

四、毕业要求

**1.师德规范：**领悟并践行社会主义核心价值观，认同习近平新时代中国特色社会主义理论体系，贯彻党的教育方针，遵守教育法律法规及教师职业道德规范，具有依法执教意识，立志成为有理想信念、有道德情操、有扎实学识、有仁爱之心的中学体育老师。

指标点1.1【理想信念】：认同习近平新时代中国特色社会主义思想，学习领会社会主义核心价值观并能自觉践行，增进中国特色社会主义的“四个认同”，加强体育学科教学课程思政。

指标点1.2【职业规范】：遵守相关法律法规，遵守中学教师职业道德规范，具有依法执教意识，熟悉各级体育教育改革的政策，知道中学体育教师的权利和义务。

指标点1.3【立德树人】：以立德树人为己任，立志成为有理想信念、有道德情操、有扎实学识、有仁爱之心的中学体育老师。

**2.教育情怀：**认同中学体育教师工作的价值，具有正确的价值观和高度的责任感，具有坚定的从教信念，具有人文底蕴和科学精神，尊重学生人格，富有仁爱之心，愿做中学生身心健康的促进者和快乐成长的引路人。

指标点2.1【从教意愿】：认同中学体育教育工作对“健康中国”建设的意义和价值，具有为体育教育事业默默奉献的热忱；具有正确的人生观和价值观，具有帮助学生树立健康体育观的意识，愿做中学生身心健康的促进者。

指标点2.2【职业践行】：理解中学体育教师的专业特点，了解中学教育发展的成就与问题以及中学教育的发展方向；尊重学生人格，做到对体育工作既耐心又细心，做学生锤炼品格、学习知识、创新思维、奉献祖国的引路人。

**3.学科素养：**掌握系统的体育教育学科基本理论、技能和方法，理解中学体育学科核心素养内涵，了解体育学科与其他学科的关系，具有学科知识整合能力和学习能力，获得理论联系实际解决体育教学、运动训练及竞赛问题的实践体验。

指标点3.1【学科知识】：能陈述所教体育学科的知识体系、基本思想与方法。运用体育学科的基本知识、基本原理与技能。以学生为中心，把体育学科知识、教育理论与教育实践有机结合，坚持实践、反思、再实践、再反思，不断提高专业能力。

指标点3.2【技能养成】：形成“一专多能”的运动技能储备，具备较好的身体素质，能运用所学体育运动技术、方法和手段，正确示范所学体育运动技术、讲解动作要领、纠正错误动作。

指标点3.3【学科融合】：了解体育科学发展的新成果与新动态，了解体育学科与其他学科、社会实践的联系，初步达到具备运用所学的体育理论知识与技能解决中学体育教学实践中专业问题的能力。

**4.教学能力：**掌握体育教学基本技能，能够依据体育与健康课程标准，结合中学生身心特点，运用学科知识与现代教育技术进行教学设计、实施和评价，在教育见习、实习等实践环节中获得教学体验，具有一定的中学体育教学和研究能力。

指标点4.1【教学技能】：具有过硬的“三字一话”、课件制作和体育教学的基本功，具备组织中学体育与健康课程、课外体育活动、训练和竞赛的能力。

指标点4.2【实践能力】：依据中学体育与健康课程标准，针对中学生身心发展和认知特点，进行教学设计、实施和评价，获得教学体验，具备良好的教学展示能力。

指标点4.3【教研能力】：运用教育教学研究的基本方法，分析研究中学体育教学实践问题，具备一定的中学教学研究能力，恪守科研诚信及科研伦理道德。

**5.班级指导：**树立德育为先理念，了解中学德育工作的原理与方法，掌握班级组织与建设的工作规律和基本方法，获得班主任工作体验。在教育实践中，能够参与班主任管理的辅助工作，参与班级组织的中学课内外体育活动的指导，参与德育和心理健康教育等教育活动的组织与指导。

指标点5.1【德育教育】：树立德育为先理念，了解德育原理与方法，能有意识、有针对性地开展德育工作。

指标点5.2【组织指导】：学会班集体建设、班级教育活动组织、学生发展指导、综合素质评价等班级常规工作要点。利用体育学科知识与技能，组织主题教育、社团活动和心理健康教育等活动，发挥体育学科独特的育人作用。

**6.综合育人：**了解中学学生身心发展和养成教育规律，理解体育育人价值，了解学校文化和综合育人的方法和途径，能够把体育相关知识融入到主题教育和社团活动之中，对学生进行全面的教育和引导。

指标点6.1【育人意识】：熟知中学生身心发展的规律和特点，能明确体育学科在立德树人中的重要作用，具备始终贯彻“立德树人”、“健康第一”指导思想。

指标点6.2【育人能力】：领会体育学科对品德养成、情感交流和价值观塑造的意义和价值，在体育学科教育的综合训练中将民族文化、师德与体育学科知识相结合，并且能够把体育相关知识融入到主题教育和社团活动之中，对学生进行全面的教育和引导。

**7.学会反思：**具有终身学习与发展意识，了解专业发展的前沿动态，能够根据时代和教育发展需求进行学习和职业生涯规划，掌握反思方法和技能，学会创造性的分析和解决中学体育教学问题。

指标点7.1【学习理念】：了解国内外基础教育改革发展趋势，了解国内外基础体育教育改革发展动态，把握教师专业的发展目标和方向，具有自主学习、自我提升的能力。

指标点7.2【反思能力】：掌握反思方法和技能，具有创新意识，具备运用批判性思维方法解决分析体育学习与运动实践中的问题。

**8.沟通合作：**树立学习共同体意识，具有团队协作精神和沟通合作技能，具有体育赛事组织、体育训练和服务社会等合作学习体验，积极主动参加团队活动，理解学习共同体的特点与价值。

指标点8.1【学会沟通】：具有良好的沟通技能，积极参与体育教研活动，勇于承担责任，乐于分享交流实践经验，具备与学生、家长和社区的沟通交流能力。

指标点8.2【学会协作】：理解学习共同体的作用，具有良好的团结协作和社会交往能力，能够有效发挥体育运动的优势，积极主动参加团队活动，协助其他部门保障学校工作的有序开展。

五、学制

标准学制4年，实行3-6年弹性学制；标准学制5年，实行5-7年弹性学制。

六、毕业与学位授予

**1.毕业条件**

学生在修业年限内，修满168学分、体质测试合格、普通话水平达到三级甲等及以上，准予毕业。

**2.学位条件**

学生达到毕业条件且平均学分绩点达到2.0及以上，授予教育学学士学位。

七、课程结构体系及学分比例

**1.体育教育专业课程结构体系及学分比例**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **模块** | **修读方式** | **学分** | **占总学分比例** | **实验实践学分** | **占总学分比例** |
| 通识教育 | 必修 | 40.5 | 24% | 6 | 4% |
| 选修 | 8 | 5% | 0 | 0% |
| 教师教育 | 必修 | 14.5 | 9% | 4.5 | 3% |
| 专业基础 | 必修 | 18 | 11% | 1.2 | 1% |
| 专业核心 | 必修 | 30.5 | 18% | 21.5 | 13% |
| 专业拓展 | 必修 | 16.5 | 10% | 8.75 | 5% |
| 选修 | 17 | 10% | 15 | 9% |
| 创新创业 | 必修 | 5 | 3% | 4 | 2% |
| 实践综合 | 必修 | 18 | 11% | 18 | 11% |
| 合计 | | 168 | 100% | 80.5 | 48%（学时占比55%） |

**2.体育教育专业(足球方向)课程结构体系及学分比例**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **模块** | **修读方式** | **学分** | **占总学分比例** | **实验实践学分** | **占总学分比例** |
| 通识教育 | 必修 | 40.5 | 24% | 6 | 4% |
| 选修 | 8 | 5% | 0 | 0% |
| 教师教育 | 必修 | 14.5 | 9% | 4.5 | 3% |
| 专业基础 | 必修 | 18 | 11% | 1.25 | 1% |
| 专业核心 | 必修 | 27.5 | 16% | 15.75 | 9% |
| 专业拓展 | 必修 | 23.5 | 14% | 21.5 | 13% |
| 选修 | 13 | 8% | 12 | 7% |
| 创新创业 | 必修 | 5 | 3% | 4 | 2% |
| 实践综合 | 必修 | 18 | 11% | 18 | 11% |
| 合计 | | 168 | 100% | 83 | 49%（学时占比56.5%) |

八、学期学分和周课时分配表

**1.体育教育专业学期学分和周课时分配表**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **学期** | 创一 | 一 | 二 | 创二 | 三 | 四 | 创三 | 五 | 六 | 创四 | 七 | 八 |
| **学分** | 3 | 26 | 33 | 3 | 21.5 | 26.25 | 3 | 22.5 | 11 | 3.75 | 7 | 8 |
| **周课时** | 48+3周 | 28.5 | 29.5 | 4周 | 24.5 | 31 | 4周 | 18.5 | 18周 | 56+2周 | 8.5 | 12周 |

**2.体育教育专业 (足球方向)学期学分和周课时分配表**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **学期** | 创一 | 一 | 二 | 创二 | 三 | 四 | 创三 | 五 | 六 | 创四 | 七 | 八 |
| **学分** | 3 | 25.5 | 26.5 | 3 | 26.5 | 28 | 3 | 23.5 | 11 | 4 | 6 | 8 |
| **周课时** | 48+3 周 | 24 | 28 | 4周 | 25.5 | 31.5 | 4周 | 25.25 | 18周 | 50+2 周 | 8 | 12周 |

九、毕业要求与培养目标支撑关系矩阵

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **毕业要求** | **培养目标 1** | **培养目标 2** | **培养目标 3** | **培养目标 4** |
| **1师德规范** | √ |  |  |  |
| **2教育情怀** | √ |  |  |  |
| **3学科素养** |  | √ |  |  |
| **4教学能力** |  | √ |  |  |
| **5班级指导** |  |  | √ |  |
| **6综合育人** |  |  | √ |  |
| **7学会反思** |  |  |  | √ |
| **8沟通合作** |  |  |  | √ |

十、课程与毕业要求支撑关系矩阵

**1.体育教育专业课程与毕业要求支撑关系矩阵**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **模块名称** | | **课程名称** | | **毕业要求** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | | | | | | 2 | | | | 3 | | | | | | 4 | | | | | | 5 | | | | 6 | | | | 7 | | | | 8 | | | |
| 1.1 | | 1.2 | | 1.3 | | 2.1 | | 2.2 | | 3.1 | | 3.2 | | 3.3 | | 4.1 | | 4.2 | | 4.3 | | 5.1 | | 5.2 | | 6.1 | | 6.2 | | 7.1 | | 7.2 | | 8.1 | | 8.2 | |
| 通识必修 | | 形势与政策 | | H | | L | | M | |  | |  | |  | |  | |  | |  | |  | |  | | H | |  | |  | |  | |  | |  | |  | |  | |
| 思想道德与法治 | | M | | H | | H | |  | |  | |  | |  | |  | |  | |  | |  | | H | |  | |  | |  | |  | |  | |  | |  | |
| 马克思主义基本原理 | | H | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| 中国近现代史纲要 | | H | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| 铸牢中华民族共同体意识 | | H | |  | | H | | L | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | L | |  | |  | |  | |  | |
| 毛泽东思想和中国特色社会主义理论体系概论 | | H | |  | |  | | L | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| 习近平新时代中国特色社会主义思想概论 | | H | |  | |  | | M | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| 大学英语 | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | M | |  | |  | |  | |  | |  | |  | | H | | L | |
| 入学教育 | |  | | M | |  | |  | | H | |  | |  | |  | |  | |  | |  | |  | | M | | H | |  | | H | |  | |  | |  | |
| 安全教育 | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | H | |  | |  | |  | |  | |
| 军事教育 | | M | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | H | |
| 劳动教育 | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | L | |  | |  | | H | |  | |  | |  | |  | |
| 心理健康教育 | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | H | | H | | L | |  | |  | |  | |  | |
| 计算机应用基础 | |  | |  | |  | |  | |  | |  | |  | |  | | M | |  | | H | |  | |  | |  | |  | |  | |  | |  | |  | |
| 大学语文 | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | L | | H | |  | | M | |  | |
| 通识选修 | | 思想政治理论选修 | |  | |  | |  | | H | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| 自然科学选修 | |  | |  | |  | |  | |  | |  | |  | | H | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| **模块名称** | | **课程名称** | | **毕业要求** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | | | | | | 2 | | | | 3 | | | | | | 4 | | | | | | 5 | | | | 6 | | | | 7 | | | | 8 | | | |
| 1.1 | | 1.2 | | 1.3 | | 2.1 | | 2.2 | | 3.1 | | 3.2 | | 3.3 | | 4.1 | | 4.2 | | 4.3 | | 5.1 | | 5.2 | | 6.1 | | 6.2 | | 7.1 | | 7.2 | | 8.1 | | 8.2 | |
|  | | 人文社科选修 | |  | |  | |  | |  | |  | |  | |  | | H | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| 艺术与审美选修 | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | H | |  | |  | |  | |  | |
| 教师教育 | | 国家通用语言技能训练 | |  | |  | |  | |  | |  | |  | |  | |  | | H | |  | |  | |  | |  | |  | |  | |  | |  | | H | |  | |
| 教师书写技能训练 | |  | |  | |  | |  | |  | |  | | L | |  | | H | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| 心理学 | |  | |  | |  | | H | |  | |  | |  | |  | |  | | M | |  | |  | | M | | H | |  | |  | |  | |  | |  | |
| 教育学 | |  | | M | |  | | H | |  | |  | |  | |  | |  | | M | |  | | H | | M | | H | |  | | H | | L | |  | |  | |
| 现代教育技术 | |  | |  | |  | |  | |  | |  | |  | | L | | H | | M | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| 习近平总书记关于教育的重要论述研究 | | H | | M | |  | | M | | H | |  | |  | |  | |  | |  | |  | |  | |  | | M | | L | |  | |  | |  | |  | |
| 班级管理与育人实践 | |  | | H | |  | |  | | H | |  | |  | |  | |  | |  | |  | | H | | H | |  | | M | |  | |  | |  | |  | |
| 中学体育课程标准与教材教法 | |  | | H | |  | |  | |  | |  | |  | | L | | M | | H | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| 微格教学技能训练 | |  | |  | |  | |  | |  | | L | |  | |  | | M | | H | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| 体育教学设计与技能训练 | |  | |  | |  | |  | | L | |  | |  | |  | | H | |  | | M | |  | |  | |  | |  | |  | |  | | L | |  | |
| 专业基础 | | 运动解剖学 | |  | |  | |  | |  | |  | | H | |  | |  | |  | |  | |  | |  | |  | | M | |  | |  | | L | |  | |  | |
| 运动生理学 | |  | |  | |  | |  | |  | | H | |  | | L | |  | | M | |  | |  | |  | |  | |  | |  | | L | |  | |  | |
| 体育概论 | | L | |  | |  | |  | |  | | M | |  | |  | |  | |  | |  | |  | |  | |  | |  | | H | |  | |  | |  | |
| 体育社会学 | |  | | M | |  | |  | |  | |  | |  | | H | |  | |  | |  | |  | |  | |  | | H | |  | |  | |  | | L | |
| 健康教育学 | |  | |  | |  | |  | | M | |  | |  | | H | |  | |  | |  | |  | |  | | L | |  | |  | |  | |  | |  | |
| 体育科学研究方法 | |  | |  | |  | |  | |  | | M | |  | |  | |  | |  | | H | |  | |  | |  | |  | | M | | H | |  | |  | |
| 体育心理学 | |  | |  | |  | |  | |  | | H | |  | |  | |  | |  | |  | |  | | H | |  | | L | |  | |  | | M | |  | |
|  | | 运动技能学习与控制 | |  | |  | |  | |  | |  | | H | |  | | M | |  | | L | |  | |  | |  | |  | |  | |  | | M | |  | |  | |

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| **模块名称** | **课程名称** | **毕业要求** | | | | | | | | | | | | | | | | | | |
| 1 | | | 2 | | 3 | | | 4 | | | 5 | | 6 | | 7 | | 8 | |
| 1.1 | 1.2 | 1.3 | 2.1 | 2.2 | 3.1 | 3.2 | 3.3 | 4.1 | 4.2 | 4.3 | 5.1 | 5.2 | 6.1 | 6.2 | 7.1 | 7.2 | 8.1 | 8.2 |
| 专业核心 | 体育课程与教学论 |  |  |  |  | H | H |  | M |  |  |  |  |  |  |  | M | L |  |  |
| 学校体育学 |  |  |  |  | M | H |  |  | L | H |  |  |  |  |  | M |  |  |  |
| 田径 |  |  |  |  |  | M | M |  | H |  |  |  | L | L |  |  |  |  |  |
| 体操 |  |  |  |  |  |  | H |  | H |  |  |  |  | M |  | H |  |  |  |
| 篮球 |  |  |  |  |  | M | H |  | M |  |  |  |  |  | H |  |  |  | M |
| 排球 |  |  |  |  |  | M | H |  | M |  |  |  |  |  | H |  |  |  | M |
| 足球 |  |  |  |  |  | M | L |  |  | L |  |  |  |  | H |  |  |  |  |
| 专业拓展 | 专项理论与实践\* |  |  |  |  |  | M | H |  | H |  | M |  |  |  |  |  | L |  | H |
| 运动训练学\* |  |  |  |  |  | H |  |  |  | M |  |  |  |  |  |  | L |  |  |
| 体育保健学\* |  |  |  |  |  | H |  |  |  | M |  |  |  |  |  |  | M |  |  |
| 体育游戏\* |  |  |  |  |  |  |  |  |  | H |  |  | M |  |  |  |  |  | M |
| 体适能评价与健康促进 |  |  |  |  |  | H |  |  |  | M |  |  |  |  |  |  | M |  |  |
| 游泳\* |  |  |  |  |  |  | H |  |  | L |  |  |  | M |  |  | L |  |  |
| 武术\* |  |  |  |  |  | H | M |  | M | L |  |  |  |  | H |  |  |  |  |
| 乒乓球 |  |  |  |  |  |  | M |  |  | M |  |  |  |  | L |  |  |  |  |
| 健美操 |  |  |  |  |  |  | M |  |  | M |  |  |  |  |  |  | L |  |  |
| 羽毛球 |  |  | L |  |  |  | M |  |  | M |  |  |  |  |  |  |  |  |  |
| 运动营养学 |  |  |  |  |  | M |  |  |  |  |  |  |  | L |  |  |  |  |  |
| 轮滑 |  |  |  |  |  |  | M |  |  | M |  |  |  |  |  |  |  |  | L |
| 网球 |  |  |  |  |  |  | M |  |  | M |  |  |  |  |  |  |  |  | L |

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| **模块名称** | **课程名称** | **毕业要求** | | | | | | | | | | | | | | | | | | |
| 1 | | | 2 | | 3 | | | 4 | | | 5 | | 6 | | 7 | | 8 | |
| 1.1 | 1.2 | 1.3 | 2.1 | 2.2 | 3.1 | 3.2 | 3.3 | 4.1 | 4.2 | 4.3 | 5.1 | 5.2 | 6.1 | 6.2 | 7.1 | 7.2 | 8.1 | 8.2 |
|  | 跳绳 |  |  |  |  |  | M |  |  | M |  |  |  |  |  |  |  |  |  |  |
| 新兴学科 |  |  |  |  |  |  |  | M |  |  |  |  |  |  | L |  |  |  |  |
| 体能训练理论与方法 |  |  |  |  |  | M |  |  |  | M |  |  |  |  |  |  |  |  |  |
| 运动竞赛组织设计 |  |  |  |  |  |  |  |  |  | M |  |  | M |  |  |  |  |  | M |
| 裁判工作实践训练 |  |  |  |  |  |  |  |  |  | M |  |  | M |  |  |  |  | L |  |
| 创新创业 | 创新思维课程 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | H | M |  |
| 创业基础理论 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | L | H |  |  |
| 就业课程 |  |  |  | H |  |  |  |  |  |  |  |  |  |  |  |  | H |  |  |
| 创新创业项目 |  |  |  |  |  | L |  |  |  |  |  |  |  |  |  |  | M | H | H |
| 实践综合 | 毕业论文 |  |  |  | H |  |  |  |  |  |  | H |  |  |  |  | H | M | L |  |
| 教育见习 |  | M | M | M |  |  |  |  |  |  |  |  |  | M |  |  |  |  |  |
| 教育实习 |  |  | M | H | L |  |  | M |  | H | H | H | H |  | M |  | H | M | H |
| 教育研习 |  |  | L | M |  |  |  |  |  |  | H |  | M |  |  |  | H | H | H |
| 第二课堂 |  |  |  |  |  |  |  |  |  |  |  | M | H |  | M |  |  | H | H |

**2.体育教育专业(足球方向)课程与毕业要求支撑关系矩阵**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **模块名称** | **课程名称** | **毕业要求** | | | | | | | | | | | | | | | | | | |
| 1 | | | 2 | | 3 | | | 4 | | | 5 | | 6 | | 7 | | 8 | |
| 1.1 | 1.2 | 1.3 | 2.1 | 2.2 | 3.1 | 3.2 | 3.3 | 4.1 | 4.2 | 4.3 | 5.1 | 5.2 | 6.1 | 6.2 | 7.1 | 7.2 | 8.1 | 8.2 |
| 通识必修 | 形势与政策 | H | L | M |  |  |  |  |  |  |  |  | H |  |  |  |  |  |  |  |
| 思想道德与法治 | M | H | H |  |  |  |  |  |  |  |  | H |  |  |  |  |  |  |  |
| 马克思主义基本原理 | H |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 中国近现代史纲要 | H |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 铸牢中华民族共同体意识 | H |  | H | L |  |  |  |  |  |  |  |  |  |  | L |  |  |  |  |
| 毛泽东思想和中国特色社会主义理论体系概论 | H |  |  | L |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 习近平新时代中国特色社会主义思想概论 | H |  |  | M |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 大学英语 |  |  |  |  |  |  |  |  |  |  | M |  |  |  |  |  |  | H | L |
| 入学教育 |  | M |  |  | H |  |  |  |  |  |  | M |  | H |  | H |  |  |  |
| 安全教育 |  |  |  |  |  |  |  |  |  |  |  |  |  |  | H |  |  |  |  |
| 军事教育 | M |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | H |
| 劳动教育 |  |  |  |  |  |  |  |  |  |  |  | L |  |  | H |  |  |  |  |
| 心理健康教育 |  |  |  |  |  |  |  |  |  |  |  |  | H | H | L |  |  |  |  |
| 计算机应用基础 |  |  |  |  |  |  |  |  | M |  | H |  |  |  |  |  |  |  |  |
| 大学语文 |  |  |  |  |  |  |  |  |  |  |  |  |  |  | L | H |  | M |  |
| 通识选修 | 思想政治理论选修 |  |  |  | H |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 自然科学选修 |  |  |  |  |  |  |  | H |  |  |  |  |  |  |  |  |  |  |  |
| 人文社科选修 |  |  |  |  |  |  |  | H |  |  |  |  |  |  |  |  |  |  |  |
| 艺术与审美选修 |  |  |  |  |  |  |  |  |  |  |  |  |  |  | H |  |  |  |  |

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| **模块名称** | **课程名称** | **毕业要求** | | | | | | | | | | | | | | | | | | |
| 1 | | | 2 | | 3 | | | 4 | | | 5 | | 6 | | 7 | | 8 | |
| 1.1 | 1.2 | 1.3 | 2.1 | 2.2 | 3.1 | 3.2 | 3.3 | 4.1 | 4.2 | 4.3 | 5.1 | 5.2 | 6.1 | 6.2 | 7.1 | 7.2 | 8.1 | 8.2 |
| 教师教育 | 国家通用语言技能训练 |  |  |  |  |  |  |  |  | H |  |  |  |  |  |  |  |  | H |  |
| 教师书写技能训练 |  |  |  |  |  |  | L |  | H |  |  |  |  |  |  |  |  |  |  |
| 心理学 |  |  |  | H |  |  |  |  |  | M |  |  | M | H |  |  |  |  |  |
| 教育学 |  | M |  | H |  |  |  |  |  | M |  | H | M | H |  | H | L |  |  |
| 习近平总书记关于教育的重要论述研究 | H | M |  | M | H |  |  |  |  |  |  |  |  | M | L |  |  |  |  |
| 现代教育技术 |  |  |  |  |  |  |  | L | H | M |  |  |  |  |  |  |  |  |  |
| 班级管理与育人实践 |  | H |  |  | H |  |  |  |  |  |  | H | H |  | M |  |  |  |  |
| 中学体育课程标准与教材教法 |  |  |  |  | H |  |  | L | M | H |  |  |  |  |  |  |  |  |  |
| 微格教学技能训练 |  |  |  |  |  | L |  |  | M | H |  |  |  |  |  |  |  |  |  |
| 体育教学设计与技能训练（足球方向） |  |  |  |  | L |  |  |  | H |  | M |  |  |  |  |  |  | L |  |
| 专业基础 | 运动解剖学 |  |  |  |  |  | H |  |  |  |  |  |  |  | M |  |  | L |  |  |
| 运动生理学 |  |  |  |  |  | H |  | L |  | M |  |  |  |  |  |  | L |  |  |
| 体育心理学 |  |  |  |  |  | H |  |  |  |  |  |  | H |  | L |  |  | M |  |
| 体育概论 | L |  |  |  |  | M |  |  |  |  |  |  |  |  |  | H |  |  |  |
| 体育科学研究方法 |  |  |  |  |  | M |  |  |  |  | H |  |  |  |  | M | H |  |  |
| 健康教育学 |  |  |  |  | M |  |  | H |  |  |  |  |  | L |  |  |  |  |  |
| 体育社会学 |  | M |  |  |  |  |  | H |  |  |  |  |  |  | H |  |  |  | L |
| 专业核心 | 学校体育学 |  |  |  |  | M | H |  |  | L | H |  |  |  |  |  | M |  |  |  |
| 体育课程与教学论 |  |  |  |  | H | H |  | M |  |  |  |  |  |  |  | M | L |  |  |
| 运动技能学习与控制 |  |  |  |  |  | H |  | M |  | L |  |  |  |  |  |  | M |  |  |

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| **模块名称** | **课程名称** | **毕业要求** | | | | | | | | | | | | | | | | | | |
| 1 | | | 2 | | 3 | | | 4 | | | 5 | | 6 | | 7 | | 8 | |
| 1.1 | 1.2 | 1.3 | 2.1 | 2.2 | 3.1 | 3.2 | 3.3 | 4.1 | 4.2 | 4.3 | 5.1 | 5.2 | 6.1 | 6.2 | 7.1 | 7.2 | 8.1 | 8.2 |
| 专业核心 | 足球理论 |  |  |  | M |  | H |  |  | H | H |  |  |  | M |  |  |  |  |  |
| 田径 |  |  |  |  |  | M | M |  | H |  |  |  | L | L |  |  |  |  |  |
| 体操 |  |  |  |  |  |  | H |  | H |  |  |  |  | M |  |  |  |  |  |
| 篮球 |  |  |  |  |  | M | H |  | M |  |  |  |  |  | H |  |  |  | M |
| 排球 |  |  |  |  |  | M | H |  | M |  |  |  |  |  | H |  |  |  | M |
| 武术 |  |  |  |  |  | H | M |  | M | L |  |  |  |  | H |  |  |  |  |
| 运动训练学 |  |  |  |  |  | H |  |  |  | M |  |  |  |  |  |  | L |  |  |
| 专业拓展 | 足球实践\* |  |  |  |  |  | M | H |  | M |  |  |  |  | M |  |  |  |  |  |
| 体适能评价与健康促进\* |  |  |  |  |  | H |  |  |  | M |  |  |  |  |  |  | M |  |  |
| 体育保健学\* |  |  |  |  |  | H |  |  |  | M |  |  |  |  |  |  | M |  |  |
| 体育游戏\* |  |  |  |  |  |  |  |  |  | H |  |  | M |  |  |  |  |  | M |
| 健美操 |  |  |  |  |  |  | M |  |  | M |  |  |  |  |  |  | L |  |  |
| 运动营养学 |  |  |  |  |  | M |  |  |  |  |  |  |  | L |  |  |  |  |  |
| 游泳与救护 |  |  |  |  |  |  | M |  |  | L |  |  |  | M |  |  | L |  |  |
| 乒乓球 |  |  |  |  |  |  | M |  |  | M |  |  |  |  | L |  |  |  |  |
| 羽毛球 |  |  | L |  |  |  | M |  |  | M |  |  |  |  |  |  |  |  |  |
| 网球 |  |  |  |  |  |  | M |  |  | M |  |  |  |  |  |  |  |  | L |
| 新兴学科 |  |  |  |  |  |  |  | M |  |  |  |  |  |  | L |  |  |  |  |
| 运动竞赛组织设计（足球方向） |  |  |  |  |  |  |  |  |  | M |  |  | M |  |  |  |  |  | M |
| 足球裁判工作实践训练（足球方向） |  |  |  |  |  |  |  |  |  | M |  |  | M |  |  |  |  | L |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **模块名称** | **课程名称** | **毕业要求** | | | | | | | | | | | | | | | | | | |
| 1 | | | 2 | | 3 | | | 4 | | | 5 | | 6 | | 7 | | 8 | |
| 1.1 | 1.2 | 1.3 | 2.1 | 2.2 | 3.1 | 3.2 | 3.3 | 4.1 | 4.2 | 4.3 | 5.1 | 5.2 | 6.1 | 6.2 | 7.1 | 7.2 | 8.1 | 8.2 |
| 创新创业 | 创新思维课程 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | H | M |  |
| 创业基础理论 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | L | H |  |  |
| 就业课程 |  |  |  | H |  |  |  |  |  |  |  |  |  |  |  |  | H |  |  |
| 创新创业项目 |  |  |  |  |  | L |  |  |  |  |  |  |  |  |  |  | M | H | H |
| 实践综合 | 毕业论文 |  |  |  | H |  |  |  |  |  |  | H |  |  |  |  | H | M | L |  |
| 教育见习 |  | M | M | M |  |  |  |  |  |  |  |  |  | M |  |  |  |  |  |
| 教育实习 |  |  | M | H | L |  |  | M |  | H | H | H | H |  | M |  | H | M | H |
| 教育研习 |  |  | L | M |  |  |  |  |  |  | H |  | M |  |  |  | H | H | H |
| 第二课堂 |  |  |  |  |  |  |  |  |  |  |  | M | H |  | M |  |  | H | H |

十一、教学进度表

**1.体育教育专业教学进度表**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 模块 名称 | 课程编号 | 课程名称 | 修读方式 | 学分 | | 学时或周数 | | 考 核 类 型 | 各学期课程安排 | | | | | | | | | | | | 应修  学分 |
| 理论 | 实践 | 理论 | 实践 | 创1  16周 | 一  16周 | 二  16周 | 创2  16周 | 三  16周 | 四  16周 | 创3  16周 | 五  16周 | 六16周 | 创4  16周 | 七  16周 | 八16周 |
| 通识 必修 | 22000TB001 | 形势与政策 | 必修 | 2 | 0 | 32 | 0 | 查 |  | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ | 40.5 |
| 22000TB002 | 思想道德与法治 | 必修 | 3 | 0 | 48 | 0 | 查 |  | √ |  |  |  |  |  |  |  |  |  |  |
| 22000TB003 | 马克思主义基本原理 | 必修 | 3 | 0 | 48 | 0 | 考 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22000TB004 | 中国近现代史纲要 | 必修 | 2 | 1 | 32 | 1周 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  |
| 22000TB005 | 铸牢中华民族共同体意识 | 必修 | 2 | 0 | 32 | 0 | 查 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22000TB006 | 毛泽东思想和中国特色社会主义理论体系概论 | 必修 | 2 | 1 | 32 | 1周 | 考 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22000TB007 | 习近平新时代中国特色社会主义思想概论 | 必修 | 3 | 0 | 48 | 0 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22002TB008 | 大学英语 B( Ⅰ) | 必修 | 4 | 0 | 64 | 0 | 考 |  | √ |  |  |  |  |  |  |  |  |  |  |
| 22002TB009 | 大学英语 B(Ⅱ) | 必修 | 4 | 0 | 64 | 0 | 考 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22000TB014 | 入学教育 | 必修 | 0.5 | 0 | 8 | 0 | 查 | √ |  |  |  |  |  |  |  |  |  |  |  |
| 22000TB015 | 安全教育 | 必修 | 1 | 0 | 16 | 0 | 查 |  | √ |  |  |  |  |  |  |  |  |  |  |
| 22000TB016 | 军事教育 | 必修 | 2 | 2 | 32 | 3 周 | 考 | √ | √ |  |  |  |  |  |  |  |  |  |  |
| 22000TB017 | 劳动教育 | 必修 | 1 | 1 | 16 | 32 | 查 |  | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ |
| 22000TB018 | 心理健康教育 | 必修 | 2 | 0 | 32 | 0 | 查 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22000TB019 | 计算机应用基础 | 必修 | 1 | 1 | 16 | 32 | 考 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22000TB020 | 大学语文 | 必修 | 2 | 0 | 32 | 0 | 查 |  |  |  |  |  | √ |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 通识 选修 | 22000TX001 | 思想政治理论选修 | 选修 | 2 | 0 | 32 | 0 | 查 |  | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ | 8 |
| 22000TX002 | 自然科学选修 | 选修 | 2 | 0 | 32 | 0 | 查 |  | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ |
| 22000TX003 | 人文社科选修 | 选修 | 2 | 0 | 32 | 0 | 查 |  | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ |
| 22000TX004 | 艺术与审美选修 | 选修 | 2 | 0 | 32 | 0 | 查 |  | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ |
| 教师 教育 | 22000JJ001 | 国家通用语言技能训练 | 必修 | 0.5 | 0.5 | 8 | 16 | 查 |  | √ |  |  |  |  |  |  |  |  |  |  | 14.5 |
| 22000JJ002 | 教师书写技能训练 | 必修 | 0.5 | 0.5 | 8 | 16 | 查 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22000JJ003 | 心理学 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  |
| 22000JJ004 | 教育学 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22000JJ005 | 现代教育技术 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22000JJ006 | 班级管理与育人实践 | 必修 | 0 | 1 | 0 | 32 | 查 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22000JJ007 | 习近平总书记关于教育的重要论述研究 | 必修 | 1 | 0 | 16 | 0 | 查 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22460JJ001 | 中学体育课程标准  与教材教法 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22460JJ002 | 微格教学技能训练 | 必修 | 0 | 1 | 0 | 32 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22460ZX012 | 体育教学设计与技能训练 | 选修 | 0 | 1.5 | 0 | 2 周 | 查 |  |  |  |  |  |  |  |  |  | √ |  |  |
| 专业 基础 | 22460ZJ001 | 运动解剖学 | 必修 | 3.5 | 0.5 | 56 | 8 | 考 |  | √ |  |  |  |  |  |  |  |  |  |  | 18 |
| 22460ZJ002 | 运动生理学 | 必修 | 3.3 | 0.7 | 52 | 12 | 考 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22460ZJ003 | 体育概论 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  |
| 22460ZJ004 | 体育社会学 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22460ZJ005 | 健康教育学 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  |  |  |  |  |  | √ |  |
| 22460ZJ006 | 体育科学研究方法 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22460ZJ007 | 体育心理学 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 专业核心 | 22460ZH001 | 运动技能学习与控制 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  | √ |  |  |  |  |  |  | 30.5 |
| 22460ZH002 | 体育课程与教学论 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22460ZH003 | 学校体育学 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22460ZH005 | 田 径 Ⅰ | 必修 | 0.5 | 3 | 8 | 48 | 查 |  | √ |  |  |  |  |  |  |  |  |  |  |
| 22460ZH004 | 田 径Ⅱ | 必修 | 0.5 | 3 | 8 | 48 | 考 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22460ZH007 | 体 操 Ⅰ | 必修 | 0 | 2 | 0 | 32 | 查 |  | √ |  |  |  |  |  |  |  |  |  |  |
| 22460ZH006 | 体 操Ⅱ | 必修 | 0.5 | 3 | 8 | 48 | 考 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22460ZH008 | 篮 球 | 必修 | 0.5 | 3.5 | 8 | 56 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  |
| 22460ZH009 | 排 球 | 必修 | 0.5 | 3.5 | 8 | 56 | 考 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22460ZH010 | 足 球 | 必修 | 0.5 | 3.5 | 8 | 56 | 考 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 专业拓展 | 22460ZB052 | 专项理论与实践1-体操 | 必修 | 0 | 0.75 | 0 | 18 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  | 6 |
| 22460ZB053 | 专项理论与实践2-排球 | 必修 | 0 | 0.75 | 0 | 18 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  |
| 22460ZB054 | 专项理论与实践3-足球 | 必修 | 0 | 0.75 | 0 | 18 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  |
| 22460ZB055 | 专项理论与实践4-武术 | 必修 | 0 | 0.75 | 0 | 18 | 考 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22460ZB056 | 专项理论与实践5-篮球 | 必修 | 0 | 0.75 | 0 | 18 | 考 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22460ZB057 | 专项理论与实践6-羽毛球 | 必修 | 0 | 0.75 | 0 | 18 | 考 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22460ZB058 | 专项理论与实践7-乒乓球 | 必修 | 0 | 0.75 | 0 | 18 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22460ZB059 | 专项理论与实践8-运动康复 | 必修 | 0 | 0.75 | 0 | 12 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22460ZB040 | 运动训练学 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  | √ |  |  |  |  |  |  | 10.5 |
| 22460ZB041 | 体育保健学 | 必修 | 1.25 | 0.75 | 20 | 12 | 考 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22460ZB044 | 体育游戏 | 必修 | 0 | 1 | 0 | 24 | 查 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22460ZB046 | 体适能评价与健康促进 | 必修 | 1 | 0 | 16 | 0 | 考 |  |  |  |  |  |  |  |  |  |  | √ |  |
| 22460ZB047 | 游 泳 | 必修 | 0 | 1.75 | 0 | 42 | 查 |  |  |  |  |  |  |  |  |  | √ |  |  |
| 22460ZB048 | 武 术 | 必修 | 0.5 | 2.25 | 8 | 54 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 专业拓展 | 22460ZX001 | 乒乓球 | 选修 | 0 | 1.75 | 0 | 42 | 查 |  |  |  |  | √ |  |  |  |  |  |  |  | 17 |
| 22460ZX002 | 健美操 | 选修 | 0 | 1.75 | 0 | 42 | 查 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22460ZX003 | 羽毛球 | 选修 | 0 | 1.75 | 0 | 42 | 查 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22460ZX004 | 运动营养学 | 选修 | 1 | 0 | 16 | 0 | 查 |  |  |  |  |  |  |  |  |  |  | √ |  |
| 22460ZX005 | 轮滑 | 选修 | 0 | 1.75 | 0 | 42 | 查 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22460ZX006 | 网球 | 选修 | 0 | 1.75 | 0 | 42 | 查 |  | √ |  |  |  |  |  |  |  |  |  |  |
| 22460ZX007 | 跳绳 | 选修 | 0 | 1.75 | 0 | 42 | 查 |  | √ |  |  |  |  |  |  |  |  |  |  |
| 22460ZX008 | 新兴学科 | 选修 | 0 | 1.5 | 0 | 36 | 查 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22460ZX009 | 体能训练理论与方法 | 选修 | 1 | 0 | 16 | 0 | 查 |  |  |  |  |  |  |  |  |  |  | √ |  |
| 22460ZX010 | 运动竞赛组织设计 | 选修 | 0 | 1.5 | 0 | 2周 | 查 |  |  |  | √ |  |  |  |  |  |  |  |  |
| 22460ZX011 | 裁判工作实践训练 | 选修 | 0 | 1.5 | 0 | 2 周 | 查 |  |  |  |  |  |  | √ |  |  |  |  |  |
| 创新 创业 | 22000CC001 | 创新思维课程 | 必修 | 0 | 1 | 0 | 1 周 | 查 |  |  |  | √ |  |  |  |  |  |  |  |  | 5 |
| 22000CC002 | 创业基础理论 | 必修 | 0 | 1 | 0 | 1 周 | 查 |  |  |  |  |  |  | √ |  |  |  |  |  |
| 22000CC003 | 就业课程 | 必修 | 1 | 0 | 16 | 0 | 查 | √ |  |  |  |  |  |  |  |  | √ |  |  |
| 22460CC004 | 创新创业项目 | 必修 | 0 | 2 | 0 | 4 周 | 查 |  | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 实践 综合 | 22460SZ001 | 毕业论文 | 必修 | 0 | 6 | 0 | 12 周 | 查 |  |  |  |  |  |  |  |  |  |  |  | √ | 18 |
| 22460SZ002 | 教育见习 | 必修 | 0 | 1 | 0 | 2 周 | 查 |  |  |  | √ |  |  | √ |  |  |  |  |  |
| 22460SZ003 | 教育实习 | 必修 | 0 | 8 | 0 | 16 周 | 查 |  |  |  |  |  |  |  |  | √ |  |  |  |
| 22460SZ004 | 教育研习 | 必修 | 0 | 1 | 0 | 2 周 | 查 |  |  |  |  |  |  |  |  | √ |  |  |  |
| 22460SZT01 | 第二课堂 | 必修 | 0 | 2 |  |  | 查 |  | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ |
| 合计 |  |  |  | 87.5 | 50.5 | 1400 | 1052+ 49 周 |  |  |  |  |  |  |  |  |  |  |  |  |  | 168 |

**2.体育教育专业(足球方向)教学进度表**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 模块名称 | 课程编号 | 课程名称 | 修读方式 | 学分 | | 学时或周数 | | 考 核 类 型 | 各学期课程安排 | | | | | | | | | | | | 应修学分 |
| 理 论 | 实 践 | 理 论 | 实 践 | 创1  16周 | 一  16周 | 二  16周 | 创2  16周 | 三  16周 | 四  16周 | 创3  16周 | 五  16周 | 六16周 | 创4  16周 | 七  16周 | 八16周 |
| 通识必修 | 22000TB001 | 形势与政策 | 必修 | 2 | 0 | 32 | 0 | 查 |  | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ | 40.5 |
| 22000TB002 | 思想道德与法治 | 必修 | 3 | 0 | 48 | 0 | 查 |  | √ |  |  |  |  |  |  |  |  |  |  |
| 22000TB003 | 马克思主义基本原理 | 必修 | 3 | 0 | 48 | 0 | 考 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22000TB004 | 中国近现代史纲要 | 必修 | 2 | 1 | 32 | 1周 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  |
| 22000TB005 | 铸牢中华民族共同体意识 | 必修 | 2 | 0 | 32 | 0 | 查 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22000TB006 | 毛泽东思想和中国特色社会主义 理论体系概论 | 必修 | 2 | 1 | 32 | 1周 | 考 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22000TB007 | 习近平新时代中国特色社会主义 思想概论 | 必修 | 3 | 0 | 48 | 0 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22002TB008 | 大学英语B( Ⅰ) | 必修 | 4 | 0 | 64 | 0 | 考 |  | √ |  |  |  |  |  |  |  |  |  |  |
| 22002TB009 | 大学英语B(Ⅱ) | 必修 | 4 | 0 | 64 | 0 | 考 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22000TB014 | 入学教育 | 必修 | 0.5 | 0 | 8 | 0 | 查 | √ |  |  |  |  |  |  |  |  |  |  |  |
| 22000TB015 | 安全教育 | 必修 | 1 | 0 | 16 | 0 | 查 |  | √ |  |  |  |  |  |  |  |  |  |  |
| 22000TB016 | 军事教育 | 必修 | 2 | 2 | 32 | 3周 | 考 | √ | √ |  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 通识必修 | 22000TB017 | 劳动教育 | 必修 | 1 | 1 | 16 | 32 | 查 |  | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ |  |
| 22000TB018 | 心理健康教育 | 必修 | 2 | 0 | 32 | 0 | 查 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22000TB019 | 计算机应用基础 | 必修 | 1 | 1 | 16 | 32 | 考 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22000TB020 | 大学语文 | 必修 | 2 | 0 | 32 | 0 | 查 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 通识选修 | 22000TX001 | 思想政治理论选修 | 选修 | 2 | 0 | 32 | 0 | 查 |  | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ | 8 |
| 22000TX002 | 自然科学选修 | 选修 | 2 | 0 | 32 | 0 | 查 |  | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ |
| 22000TX003 | 人文社科选修 | 选修 | 2 | 0 | 32 | 0 | 查 |  | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ |
| 22000TX004 | 艺术与审美选修 | 选修 | 2 | 0 | 32 | 0 | 查 |  | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ |
| 教师教育 | 22000JJ001 | 国家通用语言技能训练 | 必修 | 0.5 | 0.5 | 8 | 16 | 查 |  | √ |  |  |  |  |  |  |  |  |  |  | 14.5 |
| 22000JJ002 | 教师书写技能训练 | 必修 | 0.5 | 0.5 | 8 | 16 | 查 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22000JJ003 | 心理学 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  |
| 22000JJ004 | 教育学 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22000JJ005 | 现代教育技术 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22000JJ006 | 班级管理与育人实践 | 必修 | 0 | 1 | 0 | 32 | 查 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22000JJ007 | 习近平总书记关于教育的重要论述研 究 | 必修 | 1 | 0 | 0 | 16 | 查 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22461JJ001 | 中学体育课程标准与教材教法 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22461JJ002 | 微格教学技能训练 | 必修 | 0 | 1 | 0 | 32 | 查 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22461ZX011 | 体育教学设计与技能训练  （足球方向） | 选修 | 0 | 1.5 | 0 | 2周 | 查 |  |  |  |  |  |  |  |  |  | √ |  |  |
| 专业基础 | 22461ZJ001 | 运动解剖学 | 必修 | 3.5 | 0.5 | 56 | 8 | 考 |  | √ |  |  |  |  |  |  |  |  |  |  | 18 |
| 22461ZJ002 | 运动生理学 | 必修 | 3.25 | 0.75 | 52 | 12 | 考 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22461ZJ003 | 体育心理学 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  |

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| 专业基础 | 22461ZJ004 | 体育概论 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  |  |
| 22461ZJ005 | 体育科学研究方法 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22461ZJ006 | 健康教育学 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  |  |  |  |  |  | √ |  |
| 22461ZJ007 | 体育社会学 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 专业核心 | 22461ZH001 | 学校体育学 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  | 27.5 |
| 22461ZH002 | 体育课程与教学论 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22461ZH003 | 运动技能学习与控制 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22461ZH004 | 足球理论 | 必修 | 1.5 | 0 | 24 | 0 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  |
| 22461ZH005 | 田径Ⅰ | 必修 | 0.5 | 2 | 8 | 32 | 查 |  | √ |  |  |  |  |  |  |  |  |  |  |
| 22461ZH007 | 田径Ⅱ | 必修 | 0.5 | 2 | 8 | 32 | 考 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22461ZH008 | 体操 Ⅰ | 必修 | 0.25 | 1.75 | 4 | 28 | 查 |  | √ |  |  |  |  |  |  |  |  |  |  |
| 22461ZH009 | 体操Ⅱ | 必修 | 0.25 | 1.75 | 4 | 28 | 考 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22461ZH010 | 篮球 | 必修 | 0.25 | 2.75 | 4 | 44 | 考 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22461ZH011 | 排球 | 必修 | 0.25 | 2.75 | 4 | 44 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  |
| 22461ZH012 | 武术 | 必修 | 0.25 | 2.75 | 4 | 44 | 考 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22461ZH013 | 运动训练学 | 必修 | 2 | 0 | 32 | 0 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  |
| 专业拓展 | 22461ZB001 | 足球实践 Ⅰ | 必修 | 0 | 4 | 0 | 96 | 查 |  | √ |  |  |  |  |  |  |  |  |  |  | 36.5 |
| 22461ZB002 | 足球实践Ⅱ | 必修 | 0 | 4 | 0 | 96 | 查 |  |  | √ |  |  |  |  |  |  |  |  |  |
| 22461ZB003 | 足球实践Ⅲ | 必修 | 0 | 4 | 0 | 96 | 查 |  |  |  |  | √ |  |  |  |  |  |  |  |

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| 专业拓展 | 22461ZB004 | 足球实践Ⅳ | 必修 | 0 | 4 | 0 | 96 | 查 |  |  |  |  |  | √ |  |  |  |  |  |  |  |
| 22461ZB005 | 足球实践Ⅴ | 必修 | 0 | 4 | 0 | 96 | 查 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22461ZB006 | 体适能评价与健康促进 | 必修 | 1 | 0 | 16 | 0 | 查 |  |  |  |  |  |  |  |  |  |  | √ |  |
| 22461ZB008 | 体育保健学 | 必修 | 1 | 0.5 | 16 | 12 | 考 |  |  |  |  | √ |  |  |  |  |  |  |  |
| 22461ZB009 | 体育游戏 | 必修 | 0 | 1 | 0 | 24 | 查 |  |  |  |  | √ |  |  |  |  |  |  |  |
| 22461ZX001 | 健美操 | 选修 | 0 | 1 | 0 | 24 | 查 |  |  |  |  | √ |  |  |  |  |  |  |  |
| 22461ZX003 | 运动营养学 | 选修 | 1 | 0 | 16 | 0 | 查 |  |  |  |  |  |  |  |  |  |  | √ |  |
| 22461ZX004 | 游泳与救护 | 选修 | 0 | 2 | 0 | 48 | 查 |  |  |  |  |  |  |  |  |  | √ |  |  |
| 22461ZX005 | 乒乓球 | 选修 | 0 | 1.5 | 0 | 36 | 查 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22461ZX006 | 羽毛球 | 选修 | 0 | 1.5 | 0 | 36 | 查 |  |  |  |  |  | √ |  |  |  |  |  |  |
| 22461ZX007 | 网球 | 选修 | 0 | 1.5 | 0 | 36 | 查 |  |  |  |  | √ |  |  |  |  |  |  |  |
| 22461ZX008 | 新兴学科 | 选修 | 0 | 1.5 | 0 | 36 | 查 |  |  |  |  |  |  |  | √ |  |  |  |  |
| 22461ZX009 | 运动竞赛组织设计（足球方向） | 选修 | 0 | 1.5 | 0 | 2周 | 查 |  |  |  | √ |  |  |  |  |  |  |  |  |
| 22461ZX010 | 足球裁判工作实践训练（足球方向） | 选修 | 0 | 1.5 | 0 | 2周 | 查 |  |  |  |  |  |  | √ |  |  |  |  |  |
| 创新创业 | 22000CC001 | 创新思维课程 | 必修 | 0 | 1 | 0 | 1周 | 查 |  |  |  | √ |  |  |  |  |  |  |  |  | 5 |
| 22000CC002 | 创业基础理论 | 必修 | 0 | 1 | 0 | 1周 | 查 |  |  |  |  |  |  | √ |  |  |  |  |  |

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| 创新创业 | 22000CC003 | 就业课程 | 必修 | 1 | 0 | 16 | 0 | 查 | √ |  |  |  |  |  |  |  |  | √ |  |  |  |
| 22461CC004 | 创新创业项目 | 必修 | 0 | 2 | 0 | 4 周 | 查 |  | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 实践综合 | 22461SZ001 | 毕业论文 | 必修 | 0 | 6 | 0 | 12周 | 查 |  |  |  |  |  |  |  |  |  |  |  | √ | 18 |
| 22461SZ002 | 教育见习 | 必修 | 0 | 1 | 0 | 2 周 | 查 |  |  |  | √ |  |  | √ |  |  |  |  |  |
| 22461SZ003 | 教育实习 | 必修 | 0 | 8 | 0 | 16周 | 查 |  |  |  |  |  |  |  |  | √ |  |  |  |
| 22461SZ004 | 教育研习 | 必修 | 0 | 1 | 0 | 2 周 | 查 |  |  |  |  |  |  |  |  | √ |  |  |  |
| 22461SZT01 | 第二课堂 | 必修 | 0 | 2 |  |  | 查 |  | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ |
| 合计 | | |  | 85 | 83 | 1360 | 1144+49周 |  |  |  |  |  |  |  |  |  |  |  |  |  | 168 |

十二、本版培养方案自2022级本科生开始执行