

Shanghai University of Sport
Enrollment Guide
2025 English-Taught Master's Program in
TRADITIONAL CHINESE EXERCISE AND
REHABILITATION HEALTH

Program Introduction

The English-Taught Master's Program in Traditional Chinese Exercise and Rehabilitation Health is established based on the disciplinary advantages of the first-class discipline master's program of Public Health and Preventive Medicine of our School of Exercise and Health and supported by a professional teaching team composed of excellent teachers with overseas educational background, provides students with cross-disciplinary international courses with Chinese characteristics which combine sports health with public health, and aims to cultivate high-level sports talents who are not only competent for teaching basic theories and conducting scientific research, but also able to carry out disease prevention and control at medical centers, disease control centers, health education centers, rehabilitation institutions, and community health centers and show strong competitive edge in the international sports field. The program provides a standard schooling period of 2 years. Students must obtain 22 credits for their graduation. The maximum number of students enrolled under the program is 5.

Deadline for Application

Chinese Government Scholarship: February 28, 2025

University President's Scholarship: April 30, 2025

Eligibility

- Applicants shall be non-Chinese citizens with regular foreign passports, who shall be physically and mentally healthy and aged under 35.
- Applicants shall have the disciplinary background and research capabilities required for their preferred program.
- Applicants applying for the program shall have obtained the bachelor's degree.
- Applicants shall at least satisfy one of the following requirements for language proficiency:
 - 1) Applicants' native language is English;
 - 2) Applicants can provide valid IELTS or TOEFL scores (IELTS scores not lower than overall band 6.5 or TOEFL scores not lower than 80);
 - 3) Applicants shall have obtained a bachelor's degree or above in another country, and such program is taught in English.
- The GPA of the previous period of study shall not be lower than 3.0, or the average score of all subjects shall not be lower than 75 points.
- Applicants shall have no criminal records.

Application Documents

- One copy of the valid passport
- One copy of your graduation or degree certificate (If the original is issued in languages other than Chinese or English, please provide a notarized translated copy in Chinese or English.); if the applicant is a new graduate, please submit one pre-graduate certificate presented by one's school.
- One copy of the academic transcript for the undergraduate period (If the original is issued in languages other than Chinese or English, please provide a notarized translated copy in Chinese or English.)

- One copy of the valid IELTS or TOEFL certificate or originals of any other certificate proving equal language proficiency for students not native speakers of English
- One learning plan or research proposal written in English
- One resume written in English, including educational and working experience, research results, and learning plans
- Recommendation letters in English from two professors or associate professors
- Tutor's Pre-acceptance Letter (if any)
- Previous research results/academic papers (if any)
- One copy of the Foreigner Physical Examination Form
- One video (MP4) with a length of less than 3 minutes to introduce yourself in English
- Certificate of No Criminal Records or Commitment on No Criminal Records
- Statement of Financial Support (Can sign the Statement of Financial Support provided by the university, see the attachment).
- Payment certificate for the registration fee (CNY 500 or USD 80)

Application Process

Step 1: Online application

Log in to "Shanghai University of Sport - International Student Service System" (<http://admission.sus.edu.cn>) to register, fill in the registration form, upload the required documents (in electronic version), and submit their applications.

Step 2: Pay the registration fee

The registration fee is USD 80 or CNY 500 (which will not be refunded once paid.), which shall be paid online or remitted to Shanghai University of Sport:

Account name: Shanghai University of Sport

Account number: 033267-00881002983

Bank of deposit: Xiangyin Sub-branch, Shanghai Branch, Agricultural Bank of China

Address: No. 650, Qingyuan Ring Road, Yangpu District

- *Please state the passport name of the applicant and "registration fee" when making a remittance.*

Scholarship

Once admitted, applicants of the program will receive the Chinese Government Scholarship or President's Scholarship for International Students of Shanghai University of Sport subject to the following funding criteria:

1. Students granted with the scholarship are exempted from the tuition, on-campus accommodation expenses, and comprehensive medical insurance expenses.
2. Students granted with the scholarship will receive living expenses in an amount of CNY 3,000/month.
3. The Excellent Student Scholarship is established to provide one-time reward to students achieving high-level research results during their academic year.
4. Students will receive financial support for round-trip airfare (economy class) incurred for one oral presentation at an international conference.

Note: Chinese Government Scholarship applicants who have been successfully admitted can receive a maximum of three years of full scholarship, while the University President's Scholarship only covers maximum two years.

Review and Acceptance Process

1. Students file applications online.
2. Personnel of the Office of International Students Services preliminarily review application documents for integrity and validity.
3. Colleges organize academic reviews and interviews for applications who have provided complete application documents.
4. The International Student Enrollment Leading Group finalize the list of acceptance
5. Personnel of the Office of International Students Services announce the pre-admission results.

6. Personnel of the Office of International Students Services send pre-acceptance notices to accepted applicants and prepare formal acceptance documents.

Contact Us

Office of International Students Services, Shanghai University of Sport

Room 115, Building No. 4, Lane 531, Qingyuan Ring Road, Yangpu District, Shanghai, the People's Republic of China

Tel: 0086-21-65507715

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To check more details of the program description, please refer to the annex below.

Annex:

Introduction of the English-Taught Master's Program in Traditional Chinese Exercise and Rehabilitation Health

I. Introduction of the Program and Research Interest

The English-Taught Master's Program in Traditional Chinese Exercise and Rehabilitation Health is established based on the disciplinary advantages of the first-class discipline master program of Public Health and Preventive Medicine of our School of Exercise and Health and supported by a professional teaching team composed of excellent teachers with overseas educational background. This program aligns with China's "integration of sports and medicine" strategy and Shanghai's social development demand, aimed at solving the key issues occurring globally during social development, such as an aging population and the sharp increase in chronic diseases in populations. It will focus on the key aspects in developing public health and preventive medicine, explore and innovate the path to forming our own characteristics

in public health and preventive medicine from the perspective of integrating sports and medicine, and provide cross-disciplinary courses with Chinese characteristics. This program is one of four SUS English-language master degrees which combine sports health with public health and preventive medicine: sports epidemiology and health statistics, sports nutrition and food hygiene, health testing (doping control), and health pedagogy and health promotion. The Traditional Chinese Exercise and Rehabilitation Health program will help students develop a broad and international vision in the sports and exercise rehabilitation field and have the capabilities to innovate and practice, and aim to cultivate high-level sports and exercise talents who are not only competent for teaching basic theories and conducting scientific research, but also able to carry out disease prevention and control at medical centers, disease control centers, health education centers, rehabilitation institutions, and community health centers and show strong competitive edge in the international sports field.

II. Program Requirements and Enrollment Quota

The standard schooling period is 2 years, and the maximum study period (including suspension of study) is 5 years. Students shall obtain 22 credits for their graduation, including 6 credits for compulsory degree courses, 10 credits for compulsory liberal courses, 4 credits for non-degree elective courses, and 2 credits for compulsory practice. The maximum number of students enrolled under the program is 5.

Students enrolled in the program are required to complete a master's thesis. The thesis is a reflection of student's fundamental theory and systematic knowledge of the program, as well as the ability to conduct innovative research independently. The thesis is written and defended in English (the abstract in both English and Chinese). The content of the thesis shall be consistent with the thesis proposal. In principle, the text part shall be no less than 19,000 words, with decent work load.

III. Curriculum & Introduction

(I) Compulsory courses (2 credits/course, 6 credits in total)

1. China Overview (Jia Ting)

This course provides students with a systematic understanding of Chinese culture and society from different perspectives, including geography, population, ethnicity, politics, economy, philosophy, history, art, and international relations, through four different thematic units, including basic Chinese conditions, traditional Chinese culture, contemporary development of China, and international relations of China, helps students obtain the insight into China's history and culture, view China's social development, feel the core values in the Chinese culture, and understand the characteristics of China's social and cultural development at the same time of improving their Chinese proficiency. In addition, this course also guides students to correctly understand the values of the Chinese culture and in time, recognize and evaluate China's national situation in an objective and friendly manner. The course aims to enhance students' identification with the Chinese culture by providing varied cultural experiences and practices to present a true and vivid image of China from multiple perspectives and in multiple dimensions.

2. Chinese I (Zhu Ming)

"Chinese I " is a beginner-level comprehensive Chinese course designed for learners with no prior knowledge of the language. The course uses the textbooks "HSK Standard Course 1" and "HSK Standard Course 2." The course content is based on HSK (Chinese Proficiency Test) levels 1 and 2 and includes instruction and practice in phonetics, vocabulary, grammar, and Chinese characters. The first two lessons focus on phonetics, providing a systematic introduction to Chinese phonetic knowledge, including consonants, vowels, tones, and syllable structures. Starting from the third lesson, each lesson centers around a specific theme and various scenarios for dialogues. Each lesson covers approximately 10 to 20 new words and 3 to 4 grammar points. The topics include personal information, daily life, shopping, dining, hobbies, and more. The course structure includes warm-up activities, lesson texts, explanations of language points, exercises, pronunciation practice, character recognition, and

practical applications. Through this course, learners will gain a preliminary understanding of Chinese phonetics and grammar characteristics, develop basic listening, speaking, reading, and writing skills, and be able to engage in short conversations on familiar topics and carry out simple social interactions.

3. Chinese II (Zhu Ming)

"Chinese II " is an introductory Chinese language course. The course uses the textbook "HSK Standard Course 3." "Chinese II " is suitable for learners who have completed 64 credit hours and have a grasp of approximately 450 Chinese vocabulary words. The course consists of 20 lessons, with each lesson divided into four segments. Each lesson includes 12-25 new words and 2-3 language points. Each lesson is structured with warm-up, text, exercises, characters, application, and idiomatic expressions, with a cultural section introduced every 5 lessons. Topics cover experiences in travel, course situations, cultural activities, holiday customs, professions, and more. Through this course, learners will acquire general listening, speaking, reading, and writing abilities, enabling them to engage in brief communication on basic daily life, study, and work topics and complete routine social interactions. The course also includes simulated exercises in preparation for the HSK Level 3 exam to help learners become familiar with HSK question types and simultaneously enhance their Chinese language skills and exam performance.

(II) Compulsory liberal courses (2 credits/course, 10 credits in total)

1. Research Methods and Statistics (Li Fuzhong, Xu Bingxiang)

Starting from the concept of science, this course provides a clear definition of science, scientific research, scientific research methods, scientific research procedures, statistical basics, concepts, and methods used in this course, and, on such basis, introduces the characteristics of and general procedures for scientific research, and the preparation to be done when participating in scientific research. This course allows students to preliminarily understand the concept of research, master the basic research

methods and statistical and analytical skills, and improve their capabilities to analyze and independently solve problems.

2. Chinese Exercise Prescription: Theory and Practice (Zhu Dong)

This course helps students master the basic theory of exercise prescription with Chinese characteristics as well as the principles and methods of the system and understand the application of Chinese exercise prescription in national fitness, rehabilitation exercise, and disease prevention and control. This course allows students to be competent for teaching physical education and health classes at middle/high schools, carrying out on-campus health education, and providing public health and rehabilitation services. This course allows students to preliminarily master the basic theory and practical skills for exercise prescription and serve on-campus physical education and public health management.

3. Traditional Chinese Exercise: Health and Rehabilitation (Zhang Tan)

This course studies and reveals the basic laws of traditional Chinese health care and clarifies the basic principles and methods of traditional health care. This course will provide students with the basic knowledge, basic theory, and basic skills of traditional exercise and health care, and train students with the ability to engage in traditional health care teaching, guidance fitness and health care, and scientific research.

4. Chinese Diet and Nutrition (Zhou Yuhan)

Based on nutrition and with Chinese diet as the core, this course provides an in-depth explanation of Chinese diet culture and nutrition from different perspectives such as basic concepts and cultural connotations, describes the relationship between Chinese diet and nutrition in multiple dimensions, and fully integrates the important front-end role of Chinese food culture in health promotion, and provides an in-depth explanation of the future development and multiple potential possibilities of Chinese diet. This course will be provided by combining teachers' lectures and students'

research to guide students to obtain a deep insight into the development of and professional knowledge about Chinese diet and nutrition.

5. Professional Internship (All Teachers in the Course)

By combining theoretical and practical teaching formats, this experience will help students learn how to practice health promotion education based on traditional Chinese exercises on campus and in communities, develop the ability of self-practice, self-care as well as teaching and problem solving, and improve students' vocational skills and employment competitiveness.

(III) Non-degree elective courses (2 credits/course. Select any 2 courses, 4 credits in total)

1. Tai Chi (Zhu Dong)

Tai Chi is a traditional Chinese exercise for both body and mind health. This course combines the traditional eastern wisdom of health care and teaches easy-to-learn Tai Chi routines and traditional Chinese fitness methods to allow students to master the characteristics of Tai Chi movements and basic movement laws and achieve the ability to perform Tai Chi routines and fitness methods independently and skillfully.

2. Basic Skills of Table Tennis (Feng Zhe)

Table tennis is not only the "national sport" of China, but also a popular sport across the world. Playing table tennis can improve body agility and coordination, enhance cardiovascular function, achieve physical fitness and brain health, which is suitable for both young and old. This course is an elective course provided to international students which consists of 32 credit hours. The aim is to allow students to master the basic theory on table tennis, the basic skills, and the rules of table tennis competitions. The course is based on practical exercises and is taught in English.

3. Fitness Qigong – The Eight Brocade (Zhang Yunya)

By combining theory and practice, help students master the technical movements, characteristics, and practice essentials of Fitness Qigong – The Eight Brocade; understand the historical origin of Fitness Qigong – The Eight Brocade and its cultural connotation and health value, develop students' ability of self-practice and self-care, and improve students' knowledge and understanding of traditional Chinese exercises for health care.

4. Traditional Chinese Cultural Practices (Jia Ting)

Based on a brief introduction to traditional Chinese thoughts, languages, and writings, the course will guide students to discover the characteristics of calligraphy, paper cutting, Kunqu (Chinese theater and opera, and tea ceremony in different types of cultural practice classes. The aim is for students to appreciate the unique aesthetics of folk paper-cutting, the rich cultural connotation and elegant artistic taste of Kunqu, and to experience the subtleties of tea ceremony techniques. Innovating the traditional one-dimensional class mode, this course allows students to experience the charm of traditional Chinese culture "in zero distance" in forms of experience, production, and communication.

5. Physical Activity, Fitness, and Health (Barbara Ainsworth, Tian Haili)

This course draws on multiple disciplines and covers a variety of topics related to physical activity and health. This course explores the basic concepts, measurement principles, and research methods used to study physical activity and sedentary behavior based on definitions of physical activity and sedentary behavior and current data so that students can understand and describe the relationship between these behaviors and health and relevant evidence. With this course, students will be able to think critically about current physical activity and sedentary behavior and evaluate current policy initiatives.

6. Physical and Mental Exercise: History, Science, and Application (Zhu Weimo)

This course is designed to develop students' understanding of the history, science and application of recognizing evidence-based mind-body exercises that enhance inner energy, balance yin and yang, develop physical flexibility and promote efficient health. This course equips students with practical skills for self-care and how to apply them in personal life, with family members, and in their communities.

7. Behavior Change Psychology (Wang Haiquan)

This course helps students learn how to understand and change behaviors that promote physical and mental health. This course examines the historical background and current scientific advances in behavioral science. It includes basic behavioral principles, evidence-based behavior change methods theory and practice. This course prepares students to systematically apply behavior change theories and methods to design, implement, and evaluate interventions.

8. Self-directed Learning Courses (All Teachers in the Course)

This course gives students the opportunity to work on their own on and off campus or to participate in research projects under the supervision of a faculty member.

(IV) Compulsory practice (2 credits)

Academic exchange: Students shall make an oral report or a poster presentation at an international academic conference in or outside China.

IV. Tutor Team

Barbara Ainsworth (program leader), doctor, Professor Emerita in the College of Health Solutions, Arizona State University, former president of the American College of Sports Medicine (ACSM) and the National Academy of Kinesiology, currently International Dean of the School of Exercise and Health, Shanghai University of Sport, professor, and doctoral tutor. Research interests: physical activity assessment, and physical activity and health. She has published more than 300 international

high-level articles, chaired multiple international projects, and published several monographs. Representative achievement: Adult Compendium of Physical Activities(Compendium) This representative achievement is recognized widely. The Compendium provides a classification of the energy consumption of humans' physical activities.

Li Fuzhong, doctor of University of Oregon, distinguished professor and doctoral tutor of the School of Exercise and Health, Shanghai University of Sport. He is a senior researcher at the Oregon Research Institute. Research interests: traditional sports and health promotion research, physical activity epidemiology, cognitive and neurological disorders, and motor rehabilitation in the elderly. He has published more than 100 papers in SCI journals such as *New England Journal of Medicine* and has received 14 National Institutes of Health (NIH) and Centers for Disease Control and Prevention (CDC) grants; he is an associate editor and reviewer for the *International Journal of Sports Medicine* and the *Journal of Sport and Health Science*, and an expert reviewer for National Science Foundation (NSF), NIH, CDC, and Hong Kong Research Grants Council (RGC) grants.

Tian Haili, doctor in Sports Human Science of Northwest University, South Africa, postdoctoral fellowship of Shanghai University of Sport. She is an associate professor and master tutor of Shanghai University of Sport. Research interests: exercise health promotion, air quality and exercise health interaction study. She has published more than 10 papers in the past 3 years. She is in charge of the Humanities and Social Sciences Fund of the Ministry of Education and the General Postdoctoral Fund; participated in many projects such as the Key Research and Development Project of the Ministry of Science and Technology, the Natural Science Foundation, the Major Research Program Incubation Project, and the International Cooperation Project; has written one monograph.

Liu Longhua, doctor of Virginia Tech; postdoctoral fellow of Columbia University. Associate professor and master tutor of Shanghai University of Sport. Research

interests: research on the molecular mechanisms of chronic diseases such as obesity, diabetes and atherosclerosis, and drug development. He has published 16 academic articles or monographs (including 13 SCI papers), young member of the Metabolic Biology Branch of the Chinese Biophysical Society, member of the Sports Nutrition Branch of the Chinese Nutrition Society, reviewer for *Frontiers in Physiology*, and reviewer for international journals such as *Acta Pharmaceutica Sinica B*, *Cellular & Molecular Biology*, and *Journal of Cellular and Molecular Medicine*.

V. Graduation and Degree Awarding

1. Obtain the HSK3 certificate of the Chinese Proficiency Test.
2. Obtain all required credits.
3. Complete the thesis and pass the defense.