# Syllabus

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Class: graduate</th>
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</thead>
<tbody>
<tr>
<td>Special Topics in Musculoskeletal Injuries</td>
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</table>

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Credit: 3</th>
</tr>
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<tbody>
<tr>
<td>Wei-Hsiu Lin</td>
<td>□Required ✔Elective</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Prerequisite</th>
<th>Course Hours: Tues. 13:20-16:00 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
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</table>

1. **Course Objectives:**
   At the completion of this course the student should be able to
   (1) identify on a human skeleton and/or a living subject the most important bones and bony features for the major joints of the body,
   (2) label the important bones and bony features on a skeletal chart,
   (3) draw and label major muscles on a skeletal chart,
   (4) identify and palpate these muscles on a human subject,
   (5) list and organize the muscles that produce the primary movements for all the major joints of the body,
   and (6) analyze basic movements in terms of muscle actions. Information will also be presented on how to strengthen and stretch most of these muscles.

2. **Course Format and Evaluation:**
   - Lecture and group discussion
   - Presentation 30%
   - Final Exam 40%
   - Assignments 30%

3. **Course Schedule:**
   - Week 1: Introduction
   - Week 2: Anatomy Review
   - Week 3: Foundations of Structural Kinesiology
   - Week 4: Neuromuscular Fundamentals
   - Week 5: Basic Biomechanical Factors and Concepts
   - Week 6: The Shoulder Girdle
   - Week 7: The Shoulder Joint
   - Week 8: The Elbow and Radio-Ulnar Joint
   - Week 9: The Wrist and Hand Joints
   - Week 10: Presentation I
   - Week 11: Presentation II
   - Week 12: The Hip Joint and Pelvic Girdle
   - Week 13: The Knee Joint
   - Week 14: The Ankle and Foot Joints
   - Week 15: The Trunk and Spinal Column
   - Week 16: Presentation III
   - Week 17: Presentation IV
   - Week 18: Final exam
4. Textbooks and Readings
Syllabus

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Special Topics in Gait Analysis</th>
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</thead>
<tbody>
<tr>
<td>Class</td>
<td>graduate</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Wei-hsiu Lin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Credit</td>
<td>3</td>
</tr>
<tr>
<td>Required/Elective</td>
<td>☑Elective</td>
</tr>
</tbody>
</table>

Prerequisite: None

Course Hours: Wed. 13:20-16:20 pm

1. Course Objectives:
   This course attempts to provide students a systematic introduction on this subject, including fundamental terminology, technique, and data interpretation used in gait analysis. At the completion of this course the student should be able to
   1. Understand fundamental aspects of three-dimensional joint kinematics & kinetics of the lower extremities during normal walking.
   2. Have a working knowledge of equipment and techniques used gait analysis.
   3. Be aware of literature sources related to the field of gait analysis.

2. Course Format and Evaluation:
   - Lecture and group discussion
   - Presentation: 30%
   - Final Exam: 40%
   - Assignments: 30%

3. Course Schedule:
   Week 1: Introduction
   Week 2: Fundamentals of Gait Analysis
   Week 3: Gait Analysis: Considerations and Terminology
   Week 4: Normal Gait: Ankle & Foot Complex
   Week 5: Normal Gait: Knee Joint
   Week 6: Normal Gait: Hip Joint
   Week 7: Normal Gait: Control of the whole body center of mass
   Week 8: Presentation I
   Week 9: Presentation II
   Week 10: Motion Analysis Systems
   Week 11: Ground Reaction Forces
   Week 12: Lab I
   Week 13: Lab II
   Week 14: EMG I
   Week 15: EMG II
   Week 16: Presentation III
   Week 17: Presentation IV
   Week 18: Final exam

4. Textbooks and Readings
# Syllabus

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Class</th>
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<tbody>
<tr>
<td>Sports Biomechanics</td>
<td>Sophomore</td>
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<table>
<thead>
<tr>
<th>Instructor</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wei-Hsiu Lin</td>
<td>2</td>
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</tbody>
</table>

- **Required**
- **Elective**

<table>
<thead>
<tr>
<th>Prerequisite</th>
<th>Course Hours</th>
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<tbody>
<tr>
<td>None</td>
<td>Thursday, 10:10-12:00</td>
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</tbody>
</table>

1. **Course Objectives:**
   1. Apply biomechanical principles to human movement situations: performance, training, rehab, injury prevention, etc.
   2. Evaluate movement technique using a movement analysis model.
   3. Evaluate the mechanics of exercises and activities as they affect the human body.
   4. Evaluate external devices used for activities of daily living, exercise and sport.
   5. Apply principles related to internal tissue loading to improving tissue structure and function, and to injury prevention.

2. **Course Format and Evaluation:**
   - Oral presentation and group discussion: 30%
   - Midterm Exam: 30%
   - Assignment and Final Exam: 40%

3. **Course Schedule:**
   - Week 1: Introduction of Biomechanics
   - Week 2: Kinematic Concepts for analyzing Human Motion
   - Week 3: Kinetic Concepts for analyzing Human Motion
   - Week 4: Kinetic Concepts for analyzing Human Motion
   - Week 5: The Biomechanics of Human Bone and Articulations
   - Week 6: The Biomechanics of Human Skeletal Muscle
   - Week 7: The Biomechanics of Human Upper Extremity
   - Week 8: The Biomechanics of Human Lower Extremity
   - Week 9: Review
   - Week 10: **Mid-Term Exam**
   - Week 11: Linear Kinematics I
   - Week 12: Linear Kinematics II
   - Week 13: Angular Kinematics I
   - Week 14: Angular Kinematics II
   - Week 15: Equilibrium and Human Movement I
   - Week 16: Equilibrium and Human Movement II
   - Week 17: Review
   - Week 18: **Final Exam**
4. Textbooks and Readings

1. Basic Biomechanics 5th edition/ Susan J. Hall/ Published by McGrawHill, 2006
### Syllabus

<table>
<thead>
<tr>
<th>Course Title : Sports Injury</th>
<th>Class : Junior</th>
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</thead>
<tbody>
<tr>
<td>Instructor : Wei-Hsiu Lin</td>
<td>Credit : 2</td>
</tr>
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</table>

- **Prerequisite** : None
- **Course Hours** : Tuesday. 8:10-9:45 pm
- **Required**
- **Elective**

1. **Course Objectives:**
   
   To help students understand basic sports injury mechanism and common concepts in the first aid of acute injury. Also to develop correct concepts in how to prevent sports injury.

2. **Course Format and Evaluation:**
   
   - Lecture and group discussion
   - Midterm 40%
   - Final 40%
   - Attendance 20%

3. **Course Schedule:**

   - **Week 1:** Introduction to Athletic Training
   - **Week 2:** Protective sports equipment
   - **Week 3:** Training and conditioning techniques
   - **Week 4:** The shoulder complex I
   - **Week 5:** The shoulder complex II
   - **Week 6:** The elbow
   - **Week 7:** The forearm, wrist, hand and fingers
   - **Week 8:** The foot, ankle and lower leg
   - **Week 9:** Mid-term exam
   - **Week 10:** The knee and related structure I
   - **Week 11:** The knee and related structure II
   - **Week 12:** The thigh, hip, groin and pelvis
   - **Week 13:** The spine
   - **Week 14:** The head, face, eyes, ears, nose and throat
   - **Week 15:** The thorax and abdomen
   - **Week 16:** Therapeutic exercise in rehabilitation: an Integration approach
   - **Week 17:** Therapeutic Joint Mobilization
   - **Week 18:** Final exam

4. **Textbooks and Readings**

# Syllabus

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Athletic Training</th>
<th>Class</th>
<th>Senior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor</td>
<td>Wei-Hsiu Lin</td>
<td>Credit</td>
<td>2</td>
</tr>
<tr>
<td>Prerequisite</td>
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<tr>
<td>Prerequisite</td>
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<td>Elective</td>
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<tr>
<td>Course Hours</td>
<td>Thu. 6:30-8:05 pm</td>
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1. **Course Objectives:**
To help students understand basic sports injury knowledge and skills in the first aid of injury and taping. Also to develop correct concepts in how to prevent sports injury.

2. **Course Format and Evaluation:**
   - Lecture, group discussion and practical operation
   - Midterm 30%
   - Final 40%
   - Attendance 30%

3. **Course Schedule:**
   - Week 1: Introduction to Athletic Training
   - Week 2: Protective sports equipment
   - Week 3: Training and conditioning techniques
   - Week 4: The shoulder complex I
   - Week 5: The shoulder complex II
   - Week 6: The elbow
   - Week 7: The forearm, wrist, hand and fingers
   - Week 8: The foot, ankle and lower leg
   - Week 9: Mid-term exam
   - Week 10: The knee and related structure I
   - Week 11: The knee and related structure II
   - Week 12: The thigh, hip, groin and pelvis
   - Week 13: Kinesio taping I
   - Week 14: Kinesio taping II
   - Week 15: Kinesio taping III
   - Week 16: Kinesio taping IV
   - Week 17: Final exam
   - Week 18: Final exam

4. **Textbooks and Readings**
   - 運動貼紮法/ 王百川，台中市：華格那企業
## Syllabus

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Class</th>
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</thead>
<tbody>
<tr>
<td>Athletic Training</td>
<td>Senior</td>
</tr>
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</table>

### Instructor: Wei-Hsiu Lin  
Credit: 2  
☑ Required  
☑ Elective

### Prerequisite: None  
Course Hours: Thu. 8:10-10:00 am

1. **Course Objectives:**
To help student understand basic sports injury knowledge and skills in the first aid of injury and taping. Also to develop correct concepts in how to prevent sports injury.

2. **Course Format and Evaluation:**
- Lecture, group discussion and practical operation  
- Midterm 30%  
- Final 40%  
- Attendance 30%

3. **Course Schedule:**
Week 1: Introduction to Athletic Training  
Week 2: Protective sports equipment  
Week 3: Training and conditioning techniques  
Week 4: The shoulder complex I  
Week 5: The shoulder complex II  
Week 6: The elbow  
Week 7: The forearm, wrist, hand and fingers  
Week 8: The foot, ankle and lower leg  
Week 9: Mid-term exam  
Week 10: The knee and related structure I  
Week 11: The knee and related structure II  
Week 12: The thigh, hip, groin and pelvis  
Week 13: Kinesio taping I  
Week 14: Kinesio taping II  
Week 15: Kinesio taping III  
Week 16: Kinesio taping IV  
Week 17: Final exam  
Week 18: Final exam

4. **Textbooks and Readings**
運動貼紮法/ 王百川, 台中市：華格那企業
**Syllabus**

<table>
<thead>
<tr>
<th><strong>Course Title</strong></th>
<th><strong>Class</strong></th>
<th><strong>Credit</strong></th>
<th><strong>Required</strong></th>
<th><strong>Elective</strong></th>
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<tbody>
<tr>
<td>Sports Injury</td>
<td>Junior</td>
<td>2</td>
<td>☑</td>
<td>☐</td>
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</tbody>
</table>

**Instructor:** Wei-Hsiu Lin  

**Prerequisite:** None  

**Course Hours:** Wed. 10:10-12:00 am

1. **Course Objectives:**  
To help student understand basic sports injury mechanism and common concepts in the first aid of acute injury. Also to develop correct concepts in how to prevent sports injury.

2. **Course Format and Evaluation:**  
- Lecture and group discussion  
- Midterm 40%  
- Final 40%  
- Attendance 20%

3. **Course Schedule:**  
- Week 1: Introduction to Athletic Training  
- Week 2: Protective sports equipment  
- Week 3: Training and conditioning techniques  
- Week 4: The shoulder complex I  
- Week 5: The shoulder complex II  
- Week 6: The elbow  
- Week 7: The forearm, wrist, hand and fingers  
- Week 8: The foot, ankle and lower leg  
- Week 9: Mid-term exam  
- Week 10: The knee and related structure I  
- Week 11: The knee and related structure II  
- Week 12: The thigh, hip, groin and pelvis  
- Week 13: The spine  
- Week 14: The head, face, eyes, ears, nose and throat  
- Week 15: The thorax and abdomen  
- Week 16: Therapeutic exercise in rehabilitation: an Integration approach  
- Week 17: Therapeutic Joint Mobilization  
- Week 18: Final exam

4. **Textbooks and Readings**  
# Syllabus

<table>
<thead>
<tr>
<th>Course Title: Physical Education</th>
<th>Class: Under graduate</th>
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<tbody>
<tr>
<td>Instructor: Wei-Hsiu Lin</td>
<td>Credit: 2</td>
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<tr>
<td></td>
<td>☑ Required</td>
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<tr>
<td></td>
<td>☐ Elective</td>
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<tr>
<td>Prerequisite: None</td>
<td>Course Hours: Tuesday, 5:20-7:15 pm</td>
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## 1. Course Objectives:

This course helps students to strengthen, lengthen, and sculpt muscles with the full range of yoga and Pilates exercises. It improves the posture, muscle tone, core strength, and flexibility.

## 2. Course Format and Evaluation:

- Midterm Exam: 30%
- Final Exam: 40%
- Assignment and attendance: 30%

## 3. Course Schedule:

- Week 1: Introduction
- Week 2: History of Pilates and yoga
- Week 3: Enhancing the mind and body
- Week 4: Alignment, posture, and movement
- Week 5: Powerful Pilates and yoga practice
- Week 6: Mat work
- Week 7: Mat work
- Week 8: Mat work
- Week 9: Review
- Week 10: **Mid-Term Exam**
- Week 11: Exercise routines I
- Week 12: Exercise routines II
- Week 13: Exercise routines III
- Week 14: Exercise routines IV
- Week 15: Exercise routines V
- Week 16: Exercise routines VI
- Week 17: Review
- Week 18: **Final Exam**

## 4. Textbooks and Readings