

| Joint Teaching Plan (4 Years) Hubei University of Chinese Medicine Wuhan / China and Academy of Physical Education in Katowice / Poland | | | | | | | | | | | | |
|---|--|---|-------------------|-------------|--|----------------------------------|--------------------------------------|---|--------------------------------------|---|------|-----------|
| Course: Sports Rehabilitations CN/ Wellness PL | | | | | CC:Compulsory Course; EC:Elective Course | | | | | | | |
| Semester | No. | Course Name in EN | Course Name in CN | HUCM Credit | AWF Katowice Credit | Allocation of hours | | | | | Type | Taught by |
| | | | | | | In Class Hours | | | | | | |
| | | | | | | Total In Class Hours (per group) | Theory (HUCM teaching/storing hours) | Practices (HUCM teaching/storing hours) | Theory (AWF Katowice teaching hours) | Practices per group (AWF Katowice teaching hours) | | |
| 1 | 1 | Ideology and Morality and Rule of Law | 思想道德与法治 | 3 | 0.0 | 48 | 40 | 8 | / | / | CC | CN |
| | 2 | Foundation and application of information technology | 信息技术基础及应用 | 3 | 2.0 | 48 | 22 | 26 | / | / | CC | CN |
| | 3 | Psychological health education for college students | 大学生心理健康教育 | 2 | 2.5 | 32 | 18 | 14 | / | / | CC | CN |
| | 4 | Military Theory | 军事理论 | 2 | 0.0 | 36 | 24 | 12 | / | / | CC | CN |
| | 5 | College English I | 大学英语1 | 3.5 | 3.5 | 56 | 28 | 28 | / | / | CC | CN |
| | 6 | Academic English I | 学术英语1 | 2.25 | 3.5 | 64 | 48 | 16 | / | / | CC | CN |
| | 7 | Situation and Policy I | 形势与政策1 | 0.5 | 0.0 | 8 | 6 | 2 | / | / | CC | CN |
| | 8 | College Sports I | 体育1 | 2 | 1.5 | 36 | 0 | 36 | / | / | CC | CN |
| | 9 | Sports Anatomy I | 运动解剖学1 | 3.75 | 5.0 | 60 | 49 | 11 | / | / | CC | CN |
| | 10 | General Education Elective Courses (including Four History Education Courses) | 通识教育选修课程(含四史教育课程) | 1 | 7.0 | 16 | 16 | 0 | / | / | EC | CN |
| | 11 | Fine Traditional Chinese Culture | 中华优秀传统文化 | 1 | 0.0 | 16 | 16 | 0 | / | / | EC | CN |
| | 12 | Entrance education and military training | 入学教育与军训 | 2 | 0.0 | | | | 2Weeks | | CC | CN |
| | 13 | Labor education and labor education Practice | 劳动教育与劳动教育实践 | 0.25 | 0.0 | | | | 0.25Weeks | | CC | CN |
| 2 | 14 | Outline of Chinese Modern History | 中国近现代史纲要 | 3 | 0.0 | 48 | 40 | 8 | / | / | CC | CN |
| | 15 | College English II | 大学英语2 | 3.5 | 3.5 | 56 | 28 | 28 | / | / | CC | CN |
| | 16 | Academic English II | 学术英语2 | 2.25 | 3.5 | 64 | 48 | 16 | / | / | CC | CN |
| | 17 | Situation and Policy II | 形势与政策2 | 0.5 | 0.0 | 8 | 6 | 2 | / | / | CC | CN |
| | 18 | College Sports II | 体育2 | 2 | 1.5 | 36 | 0 | 36 | / | / | CC | CN |
| | 19 | College Students' Career and Development Planning | 大学生职业生涯规划 | 2 | 0.0 | 32 | 18 | 14 | / | / | CC | CN |
| | 20 | Caring for life-first aid and self-help skills | 关爱生命·急救与自救技能 | 1 | 1.0 | 16 | 16 | 0 | / | / | EC | CN |
| | 21 | Sociology | 社会学 | 1 | 1.0 | 16 | 16 | 0 | / | / | EC | CN |
| | 22 | Sports Anatomy II | 运动解剖学2 | 3.75 | 6.0 | 60 | 49 | 11 | / | / | CC | CN |
| | 23 | Fundamentals of Traditional Chinese Medicine (TCM, TCM Diagnosis) | 中医基础(中基、中诊) | 3 | 0.0 | 54 | 52 | 2 | / | / | CC | CN |
| | 24 | Labor education and labor education Practice | 劳动教育与劳动教育实践 | 0.25 | 0.0 | | | | 0.25Weeks | | CC | CN |
| | 25 | General physiology | 一般生理学 | 4 | 3.0 | 64 | 24 | / | 14 | 26 | CC | PL |
| | 26 | General Pathology | 普通病理学 | 2 | 1.0 | 32 | 0 | / | 32 | 0 | CC | PL |
| 27 | Preventive Kinesiotherapy | 预防性运动疗法 | 2 | 2.0 | 32 | 0 | / | 18 | 14 | CC | PL | |
| 3 | 28 | Academic English III | 学术英语3 | 2.25 | 3.5 | 64 | 48 | 16 | / | / | CC | CN |
| | 29 | Situation and Policy III | 形势与政策3 | 0.5 | 0.0 | 8 | 6 | 2 | / | / | CC | CN |
| | 30 | College Sports III | 体育3 | 2 | 4.0 | 36 | 0 | 36 | / | / | CC | CN |
| | 31 | Basic principles of Marxism | 马克思主义基本原理 | 3 | 0.0 | 48 | 40 | 8 | / | / | CC | CN |
| | 32 | Introduction to modern clinical medicine | 现代临床医学概论 | 3 | 0.0 | 54 | 38 | 16 | / | / | CC | CN |
| | 33 | Sports nutrition | 运动营养学 | 2.5 | 3.5 | 40 | 28 | 12 | / | / | EC | CN |
| | 34 | Health state of traditional Chinese medicine | 运动康复技术学 | 2 | 0.0 | 36 | 12 | 24 | / | / | EC | CN |
| | 35 | Labor education and labor education Practice | 劳动教育与劳动教育实践 | 0.25 | 0.0 | | | | 0.25Weeks | | CC | CN |
| | 36 | Physiology of exercise and sport | 运动和体育生理学 | 4 | 1.0 | 64 | 38 | / | 0 | 26 | CC | PL |
| | 37 | Biochemistry | 生物化学 | 4 | 1.0 | 64 | 36 | / | 14 | 14 | CC | PL |
| | 38 | Academic English IV | 学术英语4 | 2.25 | 3.5 | 64 | 48 | 16 | / | / | CC | CN |
| | 39 | Situation and Policy IV | 形势与政策4 | 0.5 | 0.0 | 8 | 6 | 2 | / | / | CC | CN |
| | 40 | College Sports IV | 体育4 | 2 | 2.0 | 36 | 0 | 36 | / | / | CC | CN |
| 41 | Introduction to Marx zhouyi's thought and Socialism with Chinese characteristics's | 毛泽东思想和中国特色社会主义理论体系概论 | 3 | 0.0 | 48 | 40 | 8 | / | / | CC | CN | |
| 42 | Introduction to Xi Jinping Thought on Socialism with Chinese Characteristics for a New Era | 习近平新时代中国特色社会主义思想概论 | 3 | 0.0 | 48 | 40 | 8 | / | / | CC | CN | |
| 43 | Traditional sports health preservation | 传统体育养生学 | 2 | 3.0 | 32 | 6 | 26 | / | / | CC | CN | |
| 44 | Rehabilitation function assessment | 康复功能评定学 | 3 | 3.5 | 54 | 22 | 32 | / | / | CC | CN | |
| 45 | Massage manipulation | 推拿手法学 | 3 | 11.0 | 54 | 22 | 32 | / | / | CC | CN | |
| 46 | Acupuncture | 针灸学 | 2 | 0.0 | 36 | 18 | 18 | / | / | EC | CN | |
| 47 | Social Practice | 社会实践 | 3 | 0.0 | | | | 2Weeks | | CC | CN | |
| 48 | Professional probation | 专业见习 | 3 | 0.0 | | | | 0Weeks | | CC | CN | |
| 49 | Labor education and labor education Practice | 劳动教育与劳动教育实践 | 0.25 | 0.0 | | | | 0.25Weeks | | CC | CN | |
| 50 | Medical biology | 医学生物学 | 3 | 2.0 | 54 | 28 | / | 26 | 0 | CC | PL | |
| 51 | Pharmacology in wellness | 健康药理学 | 3 | 1.0 | 54 | 40 | / | 14 | 0 | CC | PL | |
| 52 | Prevention and programming in wellness | 健康的周期化和计划编制 | 4.5 | 3.0 | 72 | 0 | / | 20 | 52 | CC | PL | |
| 5 | 53 | Clinical rehabilitation | 临床康复学 | 3 | 2.5 | 54 | 30 | 24 | / | / | CC | CN |
| | 54 | Physiatry | 理疗学 | 2 | 9.0 | 36 | 16 | 20 | / | / | CC | CN |
| | 55 | Experimental methods and techniques of sports human science | 运动人体科学实验方法与技术 | 3.5 | 8.5 | 56 | 8 | 48 | / | / | EC | CN |
| | 56 | Labor education and labor education Practice | 劳动教育与劳动教育实践 | 0.25 | 0.0 | | | | 0.25Weeks | | CC | CN |
| | 57 | Management and marketing of wellness services | 保健服务的管理和营销 | 3 | 2.0 | 54 | 28 | / | 0 | 26 | CC | PL |
| | 58 | Special methods in wellness care | 健康护理的特殊方法 | 4 | 3.0 | 64 | 0 | / | 12 | 52 | CC | PL |
| | 59 | Functional diagnostics in wellness care | 健康护理的功能性诊断 | 2 | 1.0 | 32 | 18 | / | 0 | 14 | CC | PL |
| 6 | 60 | Employment and Entrepreneurship Guidance for College Students | 大学生就业与创业指导 | 2 | 0.0 | 32 | 18 | 14 | / | / | CC | CN |
| | 61 | Traditional Chinese medicine rehabilitation | 中医康复学 | 2 | 0.0 | 32 | 30 | 2 | / | / | CC | CN |
| | 62 | Rehabilitation psychology | 康复心理学 | 2 | 4.5 | 32 | 28 | 4 | / | / | CC | CN |
| | 63 | Sports injury and rehabilitation | 运动损伤与康复学 | 4.5 | 4.0 | 72 | 48 | 24 | / | / | CC | CN |
| | 64 | Basics of law for wellness care | 健康护理法律基础 | 2.5 | 3.0 | 40 | 26 | / | 0 | 14 | CC | PL |
| | 65 | Psychological measures in wellness care | 循：健康护理的教学措施 | 3 | 2.0 | 54 | 28 | / | 0 | 26 | CC | PL |
| | 66 | Introduction to the motor function | 运动功能介绍 | 3 | 2.0 | 54 | 28 | / | 0 | 26 | CC | PL |
| | 67 | Labor education and labor education Practice | 劳动教育与劳动教育实践 | 0.25 | 0.0 | | | | 0.25Weeks | | CC | CN |
| 7 | 68 | Nutrition for recovery | 恢复营养 | 3 | 1.0 | 48 | 22 | / | 0 | 26 | CC | PL |
| | 69 | Ethics in wellness | 健康伦理 | 3 | 1.0 | 48 | 34 | / | 14 | 0 | CC | PL |
| | 70 | Sport training | 运动训练 | 3.5 | 2.0 | 56 | 16 | / | 14 | 26 | CC | PL |
| 71 | Labor education and labor education Practice | 劳动教育与劳动教育实践 | 0.25 | 0.0 | | | | 0.25Weeks | | CC | CN | |
| 72 | Labor education and labor education Practice | 劳动教育与劳动教育实践 | 0.25 | 0.0 | | | | 0.25Weeks | | CC | CN | |
| 8 | 73 | Graduation practice | 毕业实习 | 15 | 41.0 | | | | 20Weeks | | CC | CN |
| | 74 | Dissertation | 毕业论文 | 5 | 2.0 | | | | 5Weeks | | CC | CN |
| | | | | | 100 | | | | | | | |