



中国 北京

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VIII. Contact Us

首都体育学院国际教育学院

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伍
特色课程介绍

V. Introduction of Feature Programs (15-20 lessons per week)

1、汉语课程

国际教育学院内设有对外汉语教学的专门机构，为希望了解中国文化、学习中国语言以及准备攻读学位的学生提供专门的汉语培训，教师均具有对外汉语教师资格证书，并具有丰富的对外汉语教学经验。学校设有汉语教学多媒体教室。为使每个学生能增加会话的机会，在较短的时间内掌握日常汉语以及学习专业课时所需的汉语能力，根据学生不同程度的汉语水平采取小班上课，也可以根据学生需要进行一对一的教学。

课程包括汉字、精读、口语、听力、阅读、写作、中国概况等，着重训练和提高学生运用汉语进行听说读写的能力。设有初级汉语班、中级汉语班和高级汉语班（授课语言为汉语）。学生入学后进行汉语水平测试，根据考试成绩分班，每班15人左右。此外，学校还会组织学生参加课外活动，如参观名胜古迹、参加比赛等。学生圆满完成学习任务，成绩合格将会授予首都体育学院结业证书。

1. Chinese Language Program

A special agency for Teaching Chinese as a Foreign Language is set up in School of International Education in CUPES. It provides specialized training for international students who want to learn Chinese culture and speak Chinese language as well as for those preparing for their bachelor's, master's or doctoral degree. All of the teachers here are qualified for teaching Chinese to international students and have bountiful teaching experiences. There are multimedia classrooms especially for Chinese language teaching. To ensure that every student has the opportunity to practice so that in a short period of time they can acquire sufficient language competence for their field of studies in China, small classes of different levels are provided. To meet with students' special needs, one-to-one teaching is provided as well.

Courses include Chinese Character, Intensive Reading, Spoken Chinese, Listening Comprehension, Reading Comprehension, Writing and Overview of China and the like, with the goal of training and improving students' ability of using Chinese language. Elementary classes, intermediate classes and advanced classes about 15 students for each are set up. Students need to take a Chinese language test for placement of the class. In addition, many activities are organized for international students, such as visiting places of interest and participating in competitions. The course-completion certificates of CUPES will be granted to those who have finished study and got qualified grades.

2、武术课程

为了让外国留学生了解中国武术的发展和概况，掌握武术动作技巧，根据学习期限的不同，首都体育学院为留学生开设了武术普通进修班、短期随时插班以及假期团组项目。武术教师大都获得过中国国家最高级武术比赛的冠军称号，具有丰富的教学经验和比赛经历。教学时重视基本功练习，由易到难。

课程设置包括拳术、器械、太极、散打以及武术综合理论等。学习结束后成绩合格者颁发结业证书，并根据情况对学生的中国武术水平进行级别评定。

2. Martial Arts Program

According to the period of study, General Visiting Program, Any Time Training Program and Holiday Group Program are set up for international students to learn about Chinese martial arts as well as to master martial arts techniques. Most of martial arts teachers are championship winners in Chinese senior martial arts competitions, experienced in both teaching and competitions. The teaching activities emphasize on the basic skills and practice, while classes are organized from simple to complex. Courses contain Chinese Boxing, Weapon Exercises, Tai Chi, Sanda and Martial Arts Comprehensive Theory, etc. At the end of the study, CUPES will issue certificates to students and grade the students' martial arts levels.

3、中医运动养生课程

本课程授课教师为首都体育学院运动科学与健康学院体育保健康复教研室茹凯教授，少林易筋洗髓内功八段锦、易筋经传人。茹凯教授的课程将在中医气功理论和现代系统整体科学思想指导下，结合运动科学实践（内功训练、运动损伤预防保健、运动疲劳恢复、运动推拿和针灸应用），介绍经典传统的运动养生方法，指导和带领大家实践演练、放松身体、舒畅心情、康复疾病，体验和享受综合运动养生的美妙，理解中华养生文化的精髓。

主要课程内容：《易筋经》与筋经经络养生
“八段锦”与中医导引养生
“五禽戏”与中医藏象养生
运动推拿和针灸应用等

3. TCM Sports Health Care Program

The instructor of this program is Ru Kai, an assistant professor of Sports Rehabilitation Department of School of Kinesiology and Health of CUPES and the successor of Xisui Neigong, Baduanjin, and Yijinjing of Shaolin. With the guidance of scientific thought of Chinese Qigong theory and modern system and combined with the practice of sports science (Internal Qigong training, TCM health care of sport-related injuries, recovery of exercise-induced fatigue, TCM massage and acupuncture for exercise), this program is to introduce the classical and traditional method of sports health care and guide the learners to do practice, relax the body, lift the mood, get rid of diseases as well as to experience and enjoy the wonderfulness of sports health care and understand the essence of Chinese health culture.

The main courses are as follows:

- 1). "Yijinjing" and health care with tendons and meridians
- 2). "Baduanjin" and TCM Daoyin for life and health cultivation
- 3). "Wuqinxi" and health care for TCM internal organs
- 4). TCM massage and acupuncture for exercise, etc.

陆
食宿设施

VI. Accommodation Services

1、住宿：

学校专门为留学生提供在校留学生公寓住宿。所有公寓宿舍都配备宽带网端口和无线Wi-Fi、空调、电话、电视、书桌、衣柜、独立卫生间等。有单人间和双人间两种。同时，留学生公寓每层还配备公共厨房、公共洗衣设备和留学生活动室。留学生宿舍每天由服务员定时打扫卫生，定期换洗床单被罩等。另外，留学生也可以在校外住宿，入境后24小时内需在居住地的管理部门办理入住登记手续。

1. Lodging

There is the International Student Residence Hall especially for international students, with internet access, an air conditioning, a telephone, a TV, a desk, a closet, a private bathroom in all rooms. Single rooms and double rooms are provided, with a communal kitchen, laundry facilities and an activity room. Besides, the rooms are cleaned every day and the sheet and quilt cover are changed for new regularly. In addition, international students can also live off campus, but must go to the local police station to register within 24 hours after arrival.

2、餐饮：学校设有学生食堂和穆斯林餐厅，供学生自由选择。

2. Eating

A student canteen and an Islamic (Muslim) restaurant are set inside CUPES to meet with students' different needs.



柒
学生活动

VII. Extracurricular Activities

国际教育学院每年为留学生组织各种体育活动和“中国文化体验”活动，比如参观古城、体验民俗文化、学做中国菜、学习民族民间舞等。此外，各院系也组织各种活动，邀请留学生参加。学校的各个体育场和体育馆，留学生也都可以使用。留学生还可以参加学校的各个运动队、武术表演队以及学校的各个社团等等。

School of International Education organizes a variety of sports games and experience-Chinese-culture activities for international students every year, such as visits to ancient cities, experience of the folk culture, learning to cook Chinese food, learning ethnic dance and so on. In addition, different departments also invite international students to participate in various activities. All the stadiums and gymnasiums are open to international students, too. Besides, they can also join school sports teams, martial arts performance teams as well as different school clubs.

首都体育学院
CAPITAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS

CUPES

provides you with
first-class academic courses
and high-quality services!





院系与专业介绍

II. College and Admission Guide

- 1、本科（四年中文授课）：
 管理与传播学院：新闻学专业、公共事业管理专业、体育经济与管理专业
 运动科学与健康学院：运动人体科学专业、运动康复专业
 体育教育训练学院：体育教育专业、运动训练专业
 休闲与社会体育学院：休闲体育专业、社会体育指导与管理专业
 武术与表演学院：武术与民族传统体育专业、舞蹈表演专业



1. Bachelor Program (4 years in Chinese)
 School of Sport Management and Communication: Journalism, Public Administration, Sports Economics and Management
 School of Kinesiology and Health: Human Kinesiology, Sports Rehabilitation
 School of Physical Education and Coaching Science: Physical Education, Sports Training
 School of Recreation and Community Sport: Leisure Sports, Guidance and Management of Social Sports
 School of Dance and Martial Arts: Martial Arts and Traditional Chinese Sports, Dance Performance

- 2、学术型硕士（三年中文授课）：
 研究生部：体育人文社会学专业、运动人体科学专业、体育教育训练学专业、民族传统体育学专业、应用心理学专业、运动康复学专业
 2. Master Program (3 years in Chinese) :
 Graduate School: Humane and Sociological Science of Sports, Human Kinesiology, Physical Education and Sports Coaching, Traditional Chinese Sports, Applied Psychology, Sports Rehabilitation

- 3、专业学位硕士（两年中文授课、英文授课）：
 研究生部：体育专业、新闻与传播专业
 3. Master Program (2 years in Chinese or English)
 Graduate School: Sports Science, Journalism and Communication

- 4、博士（三年中文授课）：
 研究生部：体育学
 4. Ph. D Program (3 years in Chinese)
 Graduate School: Science of Physical Education

- 5、非学历教育：
 汉语、武术、中医运动养生等
 5. Non-degree Program
 Chinese Language, Martial Arts, TCM Sports Health Care Program, etc.

费用标准

III. Study Costs

学生类型	收费类型	类别	费用标准
各类	报名费	硕士	500元/人
		博士	600元/人
		其它	400元/人
	住宿费	单间	120元/人/天
		双人间	60元/人/天
学历生	学费	本科	22000元/人/年
		硕士	28000元/人/年
		博士	38000元/人/年
非学历生 (汉语、武术、各类体育运动项目、中医运动养生、HSK考试辅导等)	学费	一学期	9500元/人
		二个月及以下	3500元/人/月
		三个月	8000元/人
备注	1.所有学生均需缴纳医疗保险, 160元-800元/人不等。 2.申请X签证留学生体检费400-600元/人。 3.签证费、教材费等均由学生自负。 4.非学历生项目5人以上成班, 不足人数授课按上述标准上浮50%-100%收费。		

Student category	Cost name	Cost type	Cost standard
All categories	Registration fee	Master	RMB 500/person
		Ph.D.	RMB 600/person
		Others	RMB 400/person
	Accommodation fee	Single room	RMB 120/person/day
		Double room	RMB 60/person/day
Degree students	Tuition fee	Bachelor	RMB 22000/person/year
		Master	RMB 28000/person/year
		Ph.D.	RMB 38000/person/year
Non-degree students (Chinese language, martial arts, sports, TCM sports health care, HSK tutoring, etc.)	Tuition fee	One term	RMB 9500/person
		Two months or less	RMB 3500/person/month
		Three months	RMB 8000/person
Notes	1.All students need to pay for medical insurance, from RMB160-800. 2.The physical examination fee for international students applying for X visa costs RMB 400-600/person. 3. Visa fee and textbook fee are at students' own expense. 4.5 students or more are necessary to form a class for non-degree programs; if not, cost will be increased by 50%-100%.		



奖学金

IV. Scholarships

- 1、中国政府奖学金
 申请人须向本国留学生派遣部门提交申请并取得推荐资格, 申请时间一般为1月初至4月初。确定符合申请资格后, 登录“国家留学基金委来华留学网上报名系统”(http://www.csc.edu.cn/laihua或http://www.campuschina.org), 点击“网上报名学生入口”图标进入, 网上填写并在线提交申请信息, 打印《中国政府奖学金申请表》。在规定时间内将申请表连同其他材料一式两份提交至本国留学生派遣部门。申请中国政府专项奖学金——高校自主招生项目的留学生将材料直接寄到我校。
 详情查询请登录 http://sie-lb.cupes.edu.cn.

1. Chinese Government Scholarship
 Applicants shall apply to the dispatching authorities for overseas study of their home country for CGS opportunity between early January and early April every year. Eligible applicants should complete the online application procedure at CSC Online Application System for International Students (Visit http://www.csc.edu.cn/laihua or http://www.campuschina.org and click "Application Online" to log in), submit online the completed Application Form for Chinese Government Scholarship and print a hard copy. Application documents should be mailed in duplicate (two copies) to the dispatching authorities of the home country before the deadline except that application documents for Chinese Government Scholarship-Chinese University Program should be sent directly to CUPES. Details can be found on http://sie-lb.cupes.edu.cn.

- 2、北京市外国留学生奖学金
 新入学学生或在校学生均可申请。申请人在提交入学申请表的同时, 填写《首都体育学院北京市外国留学生奖学金申请表》, 并在每年4月或10月底以前连同相关材料一起寄到我校。我校根据申请人的情况及报名人数本着择优录取的原则确定获奖名单。
 详情查询请登录http://sie-lb.cupes.edu.cn

2. Beijing Government Scholarship
 Both new students and students at school are eligible to apply. Students need to send Application Form for Beijing Government Scholarship together with other documents prescribed on the form to CUPES before the end of April or October each year. Scholarship winners will be selected according to the study results and the number of candidates in line with the principle of the best. For details, students can visit http://sie-lb.cupes.edu.cn.



- 3、首都体育学院外国留学生奖学金
 此项奖学金由首都体育学院专项经费资助, 只针对在校表现优秀者进行奖励和资助。在校内每年根据通知提交《首都体育学院外国留学生奖学金申请表》及在校期间成绩单(研究生需提供研究成果)。我校根据申请人的情况及报名人数本着择优录取的原则确定获奖名单。
 详情查询请登录http://sie-lb.cupes.edu.cn

3. CUPES Scholarship for International Students
 This scholarship is supported by CUPES special fund and is to give rewards to outstanding international students at school. Applicants need to submit Application Form for CUPES Scholarship and transcripts. Research reports are needed for postgraduates. Scholarship winners will be selected according to the study results and the number of candidates in line with the principle of the best. For details, students can visit http://sie-lb.cupes.edu.cn.



CUPES provides you with first-class academic courses and high-quality services!

国际学院

I. University Overview

首都体育学院创建于1956年, 是北京市唯一一所市属体育高校。学校地理位置优越, 校园环境优雅。现有11个本科专业、8个硕士专业和1个博士专业。学校与国外30多所大学和研究机构签订了合作办学协议, 互派学生及访问学者, 并多次组织、承办国际、国内大型体育比赛和重要活动。学校设有“国家汉办孔子学院总部汉语国际推广武术培训与研究基地”、“北京华文教育基地”, 传播和推广中华传统文化。学校科研实力雄厚, 同时拥有一支高水平的师资队伍。在办学层次、教学质量和场馆设施等综合办学实力方面已跻身于全国同类体育院校前列。

Founded in 1956, Capital University of Physical Education and Sports (hereinafter called CUPES) is the sole university focusing on sports science under Beijing Municipal Government. Its prime location and elegant campus environment make it special. The school has 11 undergraduate majors, 8 majors for master's degree and 1 major for doctoral degree. Currently, it has established international cooperation relationships and exchanged students and visiting scholars with more than 30 universities and research institutes from abroad. Besides, it has hosted and undertook big national and international sports events and important conferences several times. The school has set up Martial Arts Training and Research Center and Chinese Language Education Center of Beijing, in order for the promotion of Chinese traditional culture to the world. CUPES has a strong foundation of research as well as a teaching staff with high level of scholarship. It is among the top of similar institutions in China in the areas of the educational level, teaching quality and facilities, etc.

