



## 2018 Shanghai Summer School

### Chinese Martial Arts Program

**Duration: 28 days, July 5-August 1, 2018**

**Application Deadline: May 1, 2018**

**Tuition fee: CNY5, 000**

**Accommodation: CNY2, 800 (Students Dormitory)**

**Meals: CNY2200 (Three meals a day for 28 days)**

#### Contact Information

ZHANG Sen (Ms.)

Recruitment and International Short-term Program Developer

School of International Education

Shanghai University of Sport (SUS)

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of the universities to be constructed into the world-class discipline in Sport Science.

Currently, SUS has more than 4000 full-time undergraduate students on campus, 1500 postgraduate students, and nearly 600 adult students for continuing study. Over sixty-five years of construction and development, SUS has established complete educational system covering bachelor, master and doctoral programs.

#### 1. Shanghai University of Sport

Shanghai University of Sport (SUS), founded in 1952, is the first university of its kind in New China and one of the earliest sport universities in our country to grant master's (1981) and doctoral degrees (1986). Recently, the Ministry of Education (MOE), the Ministry of Finance (MOF) and the National Development and Reform Commission (NRDC) have jointly announced the list of universities and disciplines to be constructed into world-class universities and world-class disciplines ("Double First-Class Initiative"). SUS has been selected as one

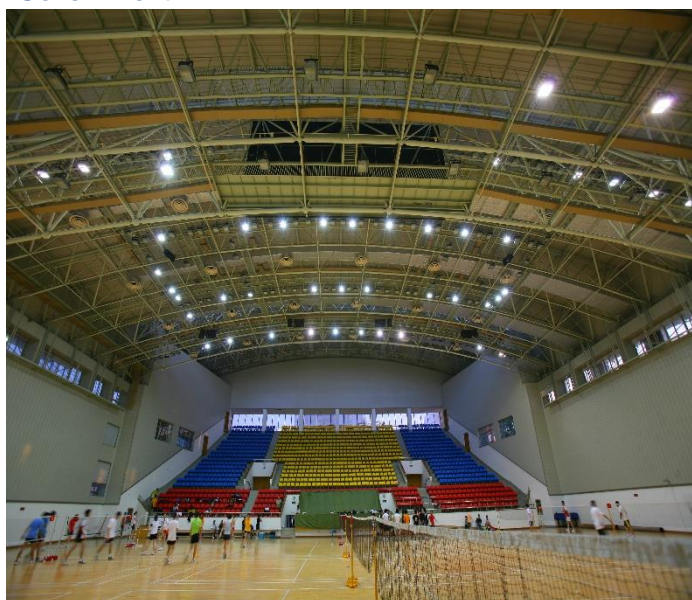


SUS currently offers doctoral programs for first-level discipline of Sport Science, academic master programs of Sport Science, Psychology, Medical Technology (Rehabilitation Oriented) and Journalism as well as professional master programs of Sport, Art, Journalism and Public Administration.

SUS adheres to the guiding principle of “attaching equal importance to characteristics and quality as well as mutually reinforcing discipline construction and talent cultivation”, and takes initiatives to act to the development of times as well as to the national (regional) development strategies. We have accumulated advantages in physical education and sports training, health rehabilitation, sport journalism, sports industry economy, sports public administration and art (sports-oriented). At present, we have built 6 key laboratories (base) at the provincial and ministerial level, including the MOE key laboratory of sports and fitness technology, the key research base of sports social science, key laboratory of diagnosis and analysis of techniques and tactics and the key laboratory of development and guarantee of human athletic performance. With approval from the State Council, the second national doping control laboratory is under construction by the General Administration of Sport and Shanghai Municipal Government.



As one of the pilot institutions with the independent recruitment qualification for the Chinese Government Scholarship, SUS has established cooperative relationship with more than 80 universities and institutions in 30 countries and regions with more than 1000 overseas students on campus from more than 60 countries including the United States, France, Germany, Japan and Korea. We have established the China Table Tennis College Europe, the IHF Handball Academy and the Special Training Certification Center of the International Association of Athletics Federations (IAAF). Currently, China Table Tennis College has been named the highest college-level training base of the International Table Tennis Federation (ITTF).



So far, we have won 5 Olympic gold medals, 1 Olympic silver medal, 5 Olympic bronze medals, 28 World Championships gold medals, 39 Gold medals at the Asian Games and the Asian Championships; we have 3 students breaking the world records for 3 times and 2 students breaking the Asian records for 12 times. Besides, we have also won 18 gold medals at the National Games on behalf of Shanghai.

Taking a future perspective, SUS aims to stand as a characteristic application-oriented research university, respond to the strategy of invigorating China through higher education and sport, practice the educational principle of “developing both physically and mentally with enhancement both in liberal arts and science, and with the mutual enhancement of morality and techniques to order to cultivate all-round talents for the society”, take reform and innovation as the impetus and quality



improvement as the core, so as to deepen the connotation construction and make great efforts to establish a world-class sport university.

## 2. Program Overview

Shanghai Summer School (3S), launched by Shanghai Municipal Education Commission, serves as one of the windows for international cooperation and exchanges in terms of education in Shanghai. It aims at setting up a platform for exchanges in education and humanities between Shanghai and the rest of the world with different languages and cultures as well as attracting more excellent foreign students to study in Shanghai, learn Chinese language and even experience Chinese Culture.

Shanghai Summer School: Chinese Martial Arts Program is initiated by Shanghai University of Sport and it usually lasts for four weeks from July to August every year.

### Program Modules

**Chinese Martial Arts Program** provides a vibrant academic and cultural experience for participants. SUS faculty and staff members and students will collaboratively contribute to the program. The program is structured with the following components:



- ✚ Martial arts courses (theoretical classes and workshops)
- ✚ Chinese language courses
- ✚ Chinese cultural enrichment activities
- ✚ Excursions and local visits

#### Martial arts courses

Different styles of Chinese Martial arts courses are set up, such as Taiji Quan, Shaolin Quan, Shaolin Stick (Shaolin gun), Mulan Jian, etc., as well as lectures about Chinese Wushu History and Culture.



#### Chinese language courses

To offer basic Chinese language courses, to help participants to know basic Chinese language.

#### Chinese cultural enrichment activities

Chinese cultural enrichment activities are an important way for participants to better understand Chinese culture.



Throughout the program, participants will engage in the following activities:

- ✚ Chinese Calligraphy;
- ✚ Chinese Tea Ceremony;
- ✚ Paper-cut;
- ✚ Chinese-knot making;
- ✚ Acrobatics Show
- ✚ Chinese traditional folk sports experiencing, etc.



### Excursions and local visits

With local visits, participant will have chance to visit some museums, such as Chinese Wushu Museum, Chinese Medicine Museum, Shanghai Drama Museum, etc, as well as tourist spots, such as the Bund, Yuyuan Garden, Chenghuang Temple, Nanjing Road, etc. By offering students Chinese traditional sports and arts, and language classes, we hope overseas' people, especially the sports lovers, will know more about China and Chinese traditional culture.

## 3. Program Administration

### Housing Arrangements:

Participants will be housed in double-rooms at overseas students' apartment on campus. Rooms are newly furnished and have a private bathroom and laundry facilities. Classrooms and training field for the program are located on campus so participants will be able to walk from their residence to their classes and workshops.



### Logistics:

**Transportation:** Transportation to and from the airport will be pre-arranged and participants will be met at the airport upon arrival into Shanghai. For local transportation around campus and the city, participants will have access to the public transportation system. For local transportation to programmed events, a bus will be chartered by SUS.

**Registration for Temporary Residence in Shanghai:** Every non-Chinese student is required to register with-in 24 hours upon their arrival in Shanghai at the counter in Room 106 on the ground floor of International Students Apartment. Drop in with your original passport.

### Staffing

This program is coordinated by faculty and admin members from School of International Education. We will respond to your demand as soon as we could and International Students Office is open to you for any inquiries.

## 4. Application Qualifications

- \*Non-Chinese citizenship
- \*Physically and mentally healthy
- \*Aged under 60

## 5. Application materials:

1. One passport copy (personal information page )
2. Enrolment certificate or document that proves your student status(in Chinese or English language)
3. Application form for SUS International Summer School Program

## **6. How to Apply**

1. Submit all your application materials to Ms. ZHANG Sen at [sammy8613@126.com](mailto:sammy8613@126.com)
2. A result email on your application will be sent to you within 2 weeks upon receiving your application.

## **7. How to pay**

1. Tuition fee is supposed to be paid within 10 business days since the day our offer is sent to you. Otherwise, your place would be cancelled. Please email your transfer e-receipt to Ms. ZHANG Sen at [sammy8613@126.com](mailto:sammy8613@126.com) once you make a payment.

2. **Payment can be made in either CN Yuan or US Dollar.**

### **Information of CN Yuan Account:**

#### **Customer's Bank in China**

Agricultural Bank of China

Shanghai Branch

SWIFT: ABOCCNBJ090

**Customer's A/C NO.** 033267-00881002983

**Customer's Name:** SHANGHAI UNIVERSITY OF SPORT

**Customer's Address:** NO.650 Qing Yuan Huan Rd., 200438, Shanghai, China

户名: 上海体育学院,

账号: 033267-00881002983,

农业银行上海分行五角场支行营业部,

地址: 杨浦区清源环路 650 号

美元账户 Information of US Dollar Account:

#### **Customer's Bank in China**

ACCOUNT of US Dollars

Agricultural Bank of China

Shanghai Branch

SWIFT: ABOCCNBJ090

**Customer's A/C NO.** 09421014040005359

**Customer's Name** SHANGHAI UNIVERSITY OF SPORT

**Customer's Address** NO.650 Qing Yuan Huan Rd., 200438, Shanghai, China

## 8. 2018 Martial Arts Program Temporary Agenda:

2018 年上海暑期学校（武术项目）

2018 Shanghai Summer School (Wushu)

日程表

Schedule

日期 Date	星期 Day	上午 Morning 8:30--11:30	下午 Afternoon 13:30--16:30
7月5日	三 WED	报到 Register	
7月6日	四 THU	开幕典礼+实践活动: 参观武术博物馆 Opening Ceremony+ Visiting Chinese Martial Art Museum	参观学校 Campus Tour
7月7日	五 FRI	讲座: 中国武术历史与文化 Lecture: Wushu History and Culture	专项课程 Wushu Course
7月8日	六 SAT	自由活动 Free Activity	
7月9日	日 SUN	自由活动 Free Activity	
7月10日	一 MON	中国民族传统体育体验: 射艺 Chinese Traditional Sport: Chinese Archery	专项课程 Wushu Course
7月11日	二 TUE	专项课程 Wushu Course	专项课程 Wushu Course
7月12日	三 WED	专项课程 Wushu Course	实践活动: 书法课 Chinese Culture Introduction: Calligraphy
7月13日	四 THU	专项课程 Wushu Course	“学说中国话” Learning Chinese
7月14日	五 FRI	实践活动: 上海一日游 Field Trip: one-day tour in Shanghai	
7月15日	六 SAT	自由活动 Free Day	
7月16日	日 SUN	自由活动 Free Day	
7月17日	一 MON	讲座: 中国武术历史与文化 Lecture: Wushu History and Culture	专项课程 Wushu Course
7月18日	二 TUE	专项课程 Wushu Course	中国文化体验课: 茶道课 Chinese Culture Introduction: Tea Ceremony
7月19日	三 WED	实践活动: 书画课 Chinese Culture Introduction: Chinese painting (9:00-10:30)	专项课程 Wushu Course
7月20日	四 THU	专项课程 Wushu Course	晚上: 观看杂技表演 (Evening: Acrobatics Show)
7月21日	五 FRI	专项课程 Wushu Course	REST (调整)
7月22日	六 SAT	自由活动 Free Day	
7月23日	日 SUN	自由活动 Free Day	
7月24日	一 MON	讲座: 中国武术历史与文化 Lecture: Wushu History and Culture	专项课程 Wushu Course
7月25日	二 TUE	专项课程 Wushu Course	“学说中国话” Learning Chinese
7月26日	三 WED	专项课程 Wushu Course	调整 Rest
7月27日	四 THU	专项课程 Wushu Course	与武术专业学生交流 Communication with Wushu Major Students
7月28日	五 FRI	专项课程 Wushu Course	中国饮食文化体验 Chinese Food Culture Experience
7月29日	六 SAT	自由活动 Free Activity	
7月30日	日 SUN	自由活动 Free Activity	
7月31日	一 MON	Closing ceremony 毕业典礼+欢送午宴 Luncheon	
8月1日	二 TUE	启程返回 Return	

注: 日程安排可根据实际情况进行调整。

Note: All courses are subject to change upon unexpected circumstances.

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