

# 國立中興大學管理學院休閒健身房使用管理辦法

## National Chung Hsing University College of Management

### Regulations for the Use and Management of the Leisure Fitness Room

105年8月31日本院105學年度第1學期第1次系所主管會議訂定  
(Established at the 1st Meeting of Department/Institute Heads of the College of Management in the 1st semester of the 105th academic year on August 31, 2016.)

- 一、國立中興大學管理學院（以下簡稱「本院」）為管理維護本院休閒健身房，並增進教職員工身心健康，特訂定本管理辦法。

To manage and maintain the College of Management's Leisure Fitness Room (hereinafter referred to as "the Fitness Room") at National Chung Hsing University (hereinafter referred to as "the University"), and to promote the physical and mental health of faculty and staff, these Regulations are hereby established.

- 二、本辦法所稱休閒健身房設於社管大樓501室（以下簡稱健身房）。

The Leisure Fitness Room referenced in these Regulations is located in Room 501 of the Social Sciences and Management Building.

- 三、健身房由本院運動與健康管理研究所負責各項休閒器材及場地之管理與維護，相關維修與保養費用由院辦經費支應。

The Fitness Room shall be managed by the Graduate Institute of Sports and Health Management of the College, which is responsible for the management and maintenance of all leisure equipment and the facility. Related repair and maintenance costs shall be covered by the College's budget.

- 四、凡國立中興大學社管大樓內所屬單位教職員工皆可憑證進入使用，教師如有教學需求，經向管理單位申請，得帶領學生入場。

All faculty and staff of units within the Social Sciences and Management Building at National Chung Hsing University may access and use the Fitness Room upon presentation of valid identification. Faculty members may bring students into the Fitness Room for teaching purposes after applying to the responsible managing unit.

五、場內設施及運動器材為本院之財物，使用時應遵守規範並愛惜使用，若不當使用造成損壞應照價賠償。如不遵守本辦法規定者，或竊取本場所所屬之物品，或蓄意破壞各項器材設備者，除照價賠償外，並將報請有關單位議處，並停權一年。

The facilities and exercise equipment in the Fitness Room are the property of the College. Users shall adhere to these Regulations and use the equipment with care. Users shall be liable for the cost of repair or replacement for any damage caused by improper use. Those who fail to comply with these Regulations, steal property belonging to the Fitness Room, or intentionally damage any equipment or facilities shall, in addition to compensating for the damage, be reported to the relevant authorities for disciplinary action and be suspended from using the Fitness Room for one year.

六、使用器材設備時，如因個人之疏忽或違反各項規定而造成傷害，使用者應自行負責。

Users shall be solely responsible for any injuries resulting from their own negligence or violation of these Regulations when using the equipment and facilities.

七、休閒健身房使用注意事項另訂並公告於健身房。

Additional guidelines for the use of the Leisure Fitness Room will be separately established and posted in the Fitness Room.

八、本辦法經本院系所主管會議通過後實施，修正時亦同。

These Regulations shall take effect following approval by the Meeting of Department/Institute Heads of the College. The same procedure shall apply to any amendments.