

Physical Education

(1) Required Courses

The required programme emphasizes the development of personality and health through team work and fair play as well as the acquisition of basic motor skills and attitude towards physical activities. The basis of assessment for each course will be students' achievement in basic sports knowledge, basic skills, attendance and learning attitude. Courses with three different course codes are being offered with men's, women's and co-ed classes. Courses with two different course codes are being offered with men's and women's classes. All courses with one course code are co-ed classes, unless otherwise specified.

All full-time students are required to take one unit of Physical Education in the first and second terms respectively during their first year of attendance, except for Exercise Science and Health Education Majors, and Physical Education, Exercise Science and Health Majors. The total number of units earned in required Physical Education should not exceed 2. Nevertheless, students admitted to first-year-first-degree (FYFD) places with Advanced Standing (AS) and Associate Degree/Higher Diploma Holders admitted to senior-year places are only required to complete one unit of Physical Education course in either the first or the second term. The total number of units earned in required Physical Education should not exceed 1. Extra course(s) will be removed after the close of course registration and add/drop period. Students can only take one required PE course in each semester, but they may take one required PE course and one elective PE course at the same time. A required PE course can only be taken once.

Course List

<i>Course Code</i>	<i>Course Title</i>	<i>Unit(s)</i>
PHED1010	Special Physical Education (I)	1
PHED1011	Track and Field (Men)	1
PHED1012	Track and Field (Women)	1
PHED1015	Swimming (Men)	1
PHED1016	Swimming (Women)	1
PHED1020	Swimming	1
PHED1017	Physical Conditioning (Men)	1
PHED1018	Physical Conditioning (Women)	1
PHED1220	Physical Conditioning	1
PHED1021	Basketball (Men)	1
PHED1022	Basketball (Women)	1
PHED1023	Volleyball (Men)	1
PHED1024	Volleyball (Women)	1
PHED1025	Softball (Men)	1
PHED1026	Softball (Women)	1
PHED1027	Team Handball (Men)	1
PHED1028	Team Handball (Women)	1
PHED1029	Soccer (Men)	1
PHED1038	Soccer (Women)	1
PHED1030	Special Physical Education (II)	1
PHED1031	Tennis (Men)	1
PHED1032	Tennis (Women)	1
PHED1170	Tennis	1
PHED1033	Squash (Men)	1
PHED1034	Squash (Women)	1
PHED1040	Woodball	1
PHED1041	Badminton (Men)	1
PHED1042	Badminton (Women)	1
PHED1180	Badminton	1
PHED1043	Table Tennis (Men)	1
PHED1044	Table Tennis (Women)	1
PHED1140	Table Tennis	1
PHED1045	Yoga (Men)	1
PHED1046	Yoga (Women)	1
PHED1150	Yoga	1
PHED1122	Taekwondo	1
PHED1130	Modern Dance	1
PHED1210	Tai Chi	1

Students with disabled conditions or special health problems may take a special programme, Special P.E., designed to meet their individual needs, and are admitted to either Alternative I or II according to the recommendations of the Physical Education Unit and a physician of the University Health Service.

Alternative I:

(a) Reading and written assignments on one of the following topics:

- Comparative Physical Education
- Foundation of Physical Education
- History of Physical Education
- Physical Conditioning
- Principle of Physical Education
- Psychology of Sport
- Sociology of Sport

(b) Written test at the end of each term

Alternative II:

(a) and (b) as in Alternative I; plus

(c) Light exercises under close supervision of a lecturer, such as physical conditioning, strengthening exercises, table tennis, lawn bowling, woodball, badminton, archery, swimming, jogging, etc., depending on the physical capabilities of the student.

(2) Elective Courses

This elective programme is opened to all students who are interested in physical education and keen to acquire more skills. Students may take an elective course in either or both of the terms. 1 unit can be earned upon completion of an elective PE course, which lasts for one term. The number of elective courses offered each year depends on the availability of teaching staff. Each student can only take one elective course in a term and no student can take the same course twice.

Course List

<i>Course Code</i>	<i>Course Title</i>	<i>Unit(s)</i>
PHED1050	Soccer (Men)	1
PHED1060	Table Tennis	1
PHED1063	Squash (Men)	1
PHED1064	Squash (Women)	1
PHED1065	Yoga (Men)	1
PHED1066	Yoga (Women)	1
PHED1160	Yoga	1
PHED1070	Archery	1
PHED1071	Tennis (Men)	1
PHED1072	Tennis (Women)	1
PHED1270	Tennis	1
PHED1073	Badminton (Men)	1
PHED1074	Badminton (Women)	1
PHED1280	Badminton	1
PHED1100	Woodball	1
PHED1110	Tai Chi	1
PHED1120	Taekwondo	1
PHED2021	Intermediate Basketball (Men)	1
PHED2022	Intermediate Basketball (Women)	1
PHED2060	Intermediate Table Tennis	1