



香港中文大學
The Chinese University of Hong Kong
Faculty of Education

體育運動科學系

DEPARTMENT OF SPORTS SCIENCE
AND PHYSICAL EDUCATION



2
years B.Sc.
programme



**Bachelor of Science in Exercise Science
and Health Education**

理學士 (運動科學與健康教育)學位課程

PROMOTING AND DEVELOPING THE HEALTH AND WELL BEING OF PEOPLE

Mission

The mission of the Department of Sports Science and Physical Education is to provide excellent research and teaching in Sports Science and Physical Education in order to promote and develop the health and well being of people.



2-year B.Sc. in Exercise Science and Health Education

Programme Description

The B.Sc. Programme in Exercise Science and Health Education aims to provide an excellent learning experience to students who aspire to pursue a career in exercise, sport and allied health sciences. The Programme is characterised by two closely linked areas. The Exercise science component explores the complex nature of human movement and examines the manner by which the body reacts to acute and chronic physical activity pursuits, such as general fitness regimes, lifestyle physical activities, and elite sport. The Health Education component examines the efficacy of a variety of prescribed physical activities, as well as theories and strategies for health promotion.

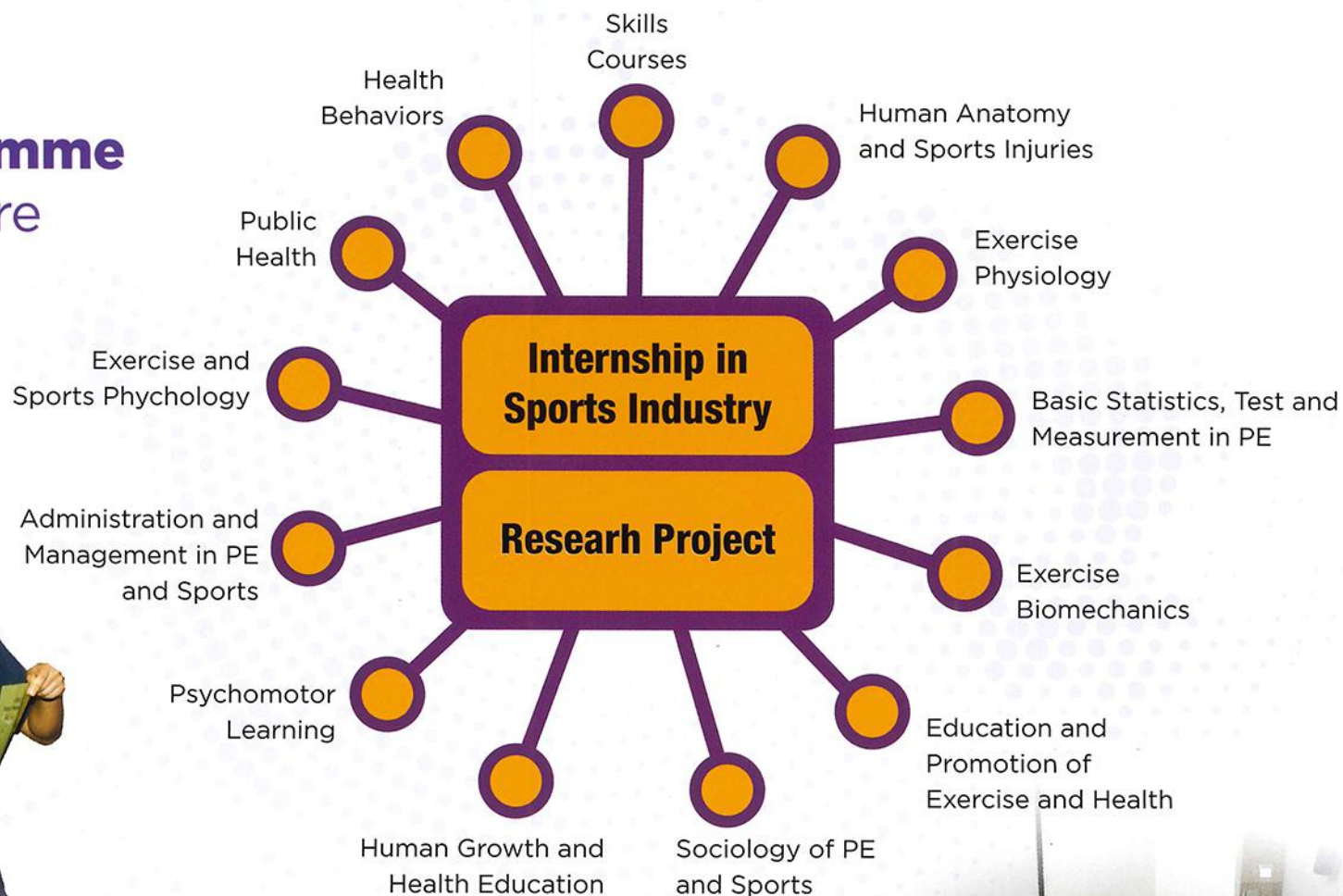
The courses are designed to assist individuals and communities in achieving a better understanding of health issues, and thereby preventing and changing unhealthy lifestyle and behaviours linked to chronic disease, disability, and poor quality of life. This B.Sc. Programme will prepare students for professional practice in exercise science, behavioural science, and health-related careers.

Internship and Research Project as Catstone Experience

To help students to broaden their horizons and achieve an all-round development, a variety of experiential learning opportunities such as internship and research project are provided.



Programme Structure



Admission Requirements

Applicants are eligible to apply for admission if they

- 1 have successfully completed a local course of study leading to the qualification of associate degree / higher diploma in sports-related discipline or equivalent, and
- 2 have attained an acceptable level of proficiency in the English and Chinese languages. For details, please refer to the Office of Admissions and Financial Aid at <http://www.cuhk.edu.hk/adm>

Shortlisted candidates are invited to attend an interview.



Sharing from Students



So Ting Yuet, Cally

B.Sc. in Exercise Science and Health Education (2018 Graduate)

Representative, Hong Kong Water Polo Team

It has been my honour to be a SSPE student and to share my experiences and feelings gained throughout these past two years. Studying in such a well-known department in the area of sports science and physical education is one of the best decisions I have ever made. I received a lot of support and advice from the professors and lecturers, which have helped me to realize my career path. Moreover, SSPE has provided diversified educational programs for us, such as the Internship program, I have gained fruitful and valuable experiences during my period of study at CUHK. Meanwhile, this program provided an excellent preparation, to allow me to pursue my Masters in Exercise Science. I am very grateful to be a member of this big family.



Wong Sheung Yee

B.Sc. in Exercise Science and Health Education (2019 Graduate)

Representative, Hong Kong Rowing Team

It is my pleasure to share my thoughts and experiences of being a SSPE student. In addition to my studies at SSPE, I am also a Hong Kong Rowing Team member. Therefore, it was always a great challenge for me to balance academic demands and sports achievement. In the past two years, I have been so grateful for all the support and assistance offered by the professors and teachers, which has enabled me to maintain my studies under the intense training. Besides, I would like to thank department for offering me flexibility in my studies, which allows me to chase my dream without worrying. Moreover, SSPE has applied multi-disciplinary approach for students to study different kinds of sport sciences, such as sport biomechanics, sport psychology, sport nutrition, etc, which has enhanced my knowledge in sport science and thus provided more choices and opportunities for my future career.

I am so grateful to be a part of the SSPE family. I believe the past two years has provided me with some of my most precious memories in my lifetime.



Yip Long Yin

B.Sc. in Exercise Science and Health Education (2018 Graduate)

Time flew for the 2 years that I spent in SSPE. It might not be a long journey, but it certainly was a fruitful and rewarding one. From Human Anatomy to practical sport skills, Sport Psychology to Sociology, courses of the ESHE programme have provided me with a comprehensive view and rich understanding of the sports field. The teaching and guidance from professors convinced me that sport is more than an interest, it can be a profession with unlimited boundaries to explore. This offered me great encouragement further pursue my studies in this discipline. Don't hesitate to study in sport. It may not be the most common choice, but it can be the best one as long as it suits you. The SSPE family shared my love towards sports and helped me achieve my academic and career goals. With the applicable skill sets and specialized knowledge that you will gain from the ESHE programme, you may also find yourself on a very bright path to start your career in the sports industry.

Career Development / Prospects

Administrators in
Government Subvented
/ National Sports
Associations

Executives in Fitness
and Leisure Industries

Supervisors / Officers
in Private and
Commercial Sectors

Physical Training
Officers, Inspectors or
Officers in
Disciplinary Forces

Enquiry

☎ 3943 6089, 3943 6096, 3943 3950

✉ ug_admission_sspe@cuhk.edu.hk

🌐 <http://www.cuhk.edu.hk/spe>



Academic Staff



Teachers

- **Prof. WONG Heung-sang Stephen (王香生)** / Chair and Professor
BEd (Hon) (Liverpool University), MSc, PhD (Loughborough University).
Research Interest: Nutritional and metabolic aspects of exercise, Physical activity and sedentary behavior.
- **Dr. CHAN Ka-wai Jacky (陳嘉威)** / Lecturer
BEd, MEd, PhD (The Chinese University of Hong Kong).
Research Interest: Measurement and evaluation of fitness and physical activity, Exercise prescription for general and special population, Pedagogy of PE, Sports skills.
- **Dr. CHAN Wan-ka Daniel (陳運家)** / Senior Lecturer
BEd (Taiwan Normal University), MEd, PhD (University of Manchester).
Research Interest: Physical Education Curriculum, Assessment in PE and sport, Portfolio learning approach, Student attitudes towards physical activities, Sports climbing.
- **Dr. CHEUNG Sin-ting Juanita (張善婷)** / Senior Lecturer
BEd (Hong Kong Institute of Education), MA (The Chinese University of Hong Kong), MSc (The Hong Kong Baptist University), PhD (The Chinese University of Hong Kong)
Research Interest: Teacher Education, Physical Education, Motivation in Physical Activity, Physical Activity and Health.
- **Ms. CHOW Chi-ngan (周子雁)** / Assistant Lecturer
BEd (The Education University of Hong Kong), MSc (The Chinese University of Hong Kong)
Research Interest: Physical Education, Exercise Motivation, Health and Sports Performance.
- **Prof. HA Sau-ching Amy (夏秀禎)** / Professor
BA (Fu-jen Catholic University), MPE (Springfield College), PhD (Walden University).
Research Interest: Exercise Science, Physical Education, Physical Literacy, Teacher Education and Professional Development, Family-based Physical Activity, Fundamental Movement Skills.
- **Prof. HUI Sai-chuen Stanley (許世全)** / Professor
Advanced Certificate in P.E. (Grantham College of Education), BPE, MSc (Springfield College), EdD (University of Houston).
Research Interest: Health and Fitness, Testing and Measurement Techniques in Fitness, Exercise and Sports, Exercise Prescription and Promotion, Children and Elderly Fitness, Physical Activity and Health.
- **Dr. John O'REILLY (何禮樂)** / Lecturer
BA Accounting (Waterford Institute of Technology),
BSc Sports Science and Health (Dublin City University),
MSc, PhD (The Chinese University of Hong Kong).
Research Interest: Nutritional and metabolic aspects of exercise, Applied physiology of soccer, Fluid replacement and exercise performance, Physical activity and health promotion, Development of E-Learning Strategies.
- **Prof. SIT Hui-ping Cindy (薛慧萍)** / Professor
BA (Hong Kong Baptist University), MPhil, PhD (University of Hong Kong)
Research Interest: Participation motivation for exercise and sport, Physical activity and sedentary behavior of children with disabilities, Adapted physical activity and fundamental movement skills.
- **Prof. SUM Kim-wai Raymond (沈劍威)** / Associate Professor
BEd (Taiwan Normal University), MPE (Springfield College), EdD (University of Leicester).
Research Interest: Physical Literacy, Professionalization of PE teachers and their learning communities, Elite athletes' career and their lives.
- **Prof. YANG Yijian (楊懌健)** / Associate Professor
B.Sc. (Sun Yat-Sen University of Medical Sciences, China), M.Sc. (Lakehead University, Canada),
Ph.D. (Simon Fraser University, Canada), Postdoctoral Fellowship (University of British Columbia, Canada).
Research Interest: Fall and Injury Prevention in Seniors, Mobility and Balance, Physical Activity in Aging, Sports Biomechanics.

Professor (by Courtesy)

- **Prof. WONG Chi-sang (黃至生)** / Professor
The Jockey Club School of Public Health and Primary Care,
The Chinese University of Hong Kong

Adjunct Professor

- **Prof. LONSDALE Chris** / Professor
Australian Catholic University, Australia
- **Prof. LUBANS David** / Professor
The University of Newcastle, Callaghan, Australia

Adjunct Associate Professor

- **Dr. LEAHY Trisha (李翠莎)** / Chief Executive
Hong Kong Sports Institute

Adjunct Assistant Professor

- **Prof. ALI Ajmol** / Associate Professor
Massey University

Professional Consultant (Honorary)

- **Mr. CHU Fook-wing Charles (朱福榮)**
Sports Management
- **Ms. FUNG Man-yi Wendy (馮敏兒)** / Principal
Ka Ling School of the Precious Blood
- **Mr. LAI Yiu-keung (黎耀強)** / Director of Sports Development
Lam Tai Fai College
- **Mr. NG Ching-kong (黃清江)** / Principal
Steward Pooi Kei Primary School
- **Dr. SO Chi-hung (蘇志雄)** / Director, Elite Training Science and Technology
Hong Kong Sports Institute
- **Dr. WONG Allison (黃嘉儀)** / Executive Director
Hong Kong Sports Association for Persons with Intellectual Disability
- **Mr. WONG Ah-ngok (黃亞鏗)** / Chief Executive
South China Athletic Association
- **Mr. WONG Shun-ki (黃順琪)** / Principal
Christian Alliance S C Chan Memorial College
- **Mr. WONG Wing-sum (黃永森)** / Executive Director
Physical Fitness Association of Hong Kong, China