



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



2

years B.Sc.  
programme

理學士

(運動科學與健康教育)學位課程  
*Bachelor of Science in Exercise  
Science and Health Education*

體育運動科學系

DEPARTMENT OF SPORTS SCIENCE  
AND PHYSICAL EDUCATION



# 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.

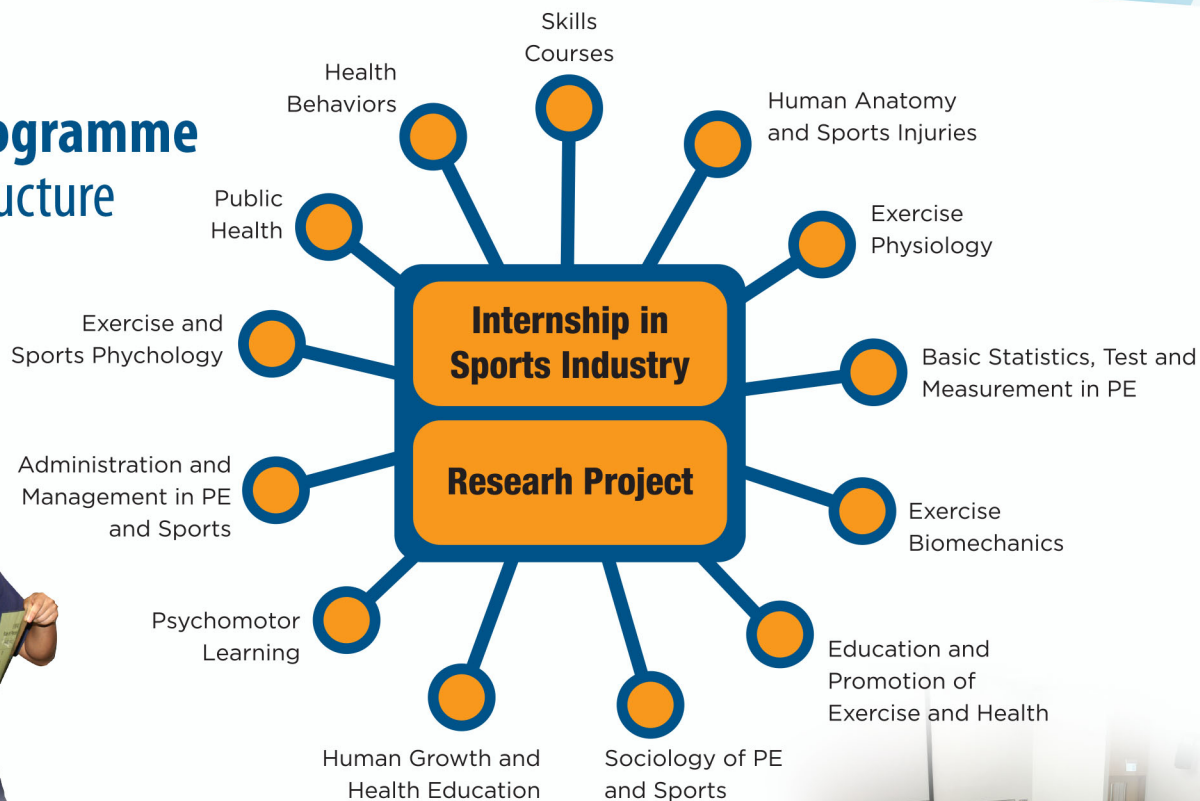


## Internship and Research Project as Catstone Experience

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)

Assistant Sports Programme Officer, The Hong Kong Paralympic Committee & Sports Association for the Physically Disabled

I am grateful to have been an ESHE student. It is one of the best decisions I have ever made. This programme provided me with an unforgettable and fruitful internship experience, which helped me grow and get ready to enter the society. Moreover, the teachers in the ESHE programme gave me different insights to sport and provided me with lots of advice on my academic performance as well as future career path. They inspired me to attain a higher education in the Master of Science Programme in Exercise Science, CUHK. Now I am working as an Assistant Sports Programme Officer in The Hong Kong Paralympic Committee & Sports Association for the Physically Disabled. The ESHE programme provided me with a deeper understanding in the field and helped me to pursue a successful career in sports industry.



### 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 Association

Executives in Fitness and Leisure Industries

Physical Training Officers, Inspectors or  
Officers in Disciplinary Forces

Executives in Fitness and Leisure Industries

## Enquiry

☎ 3943 6089, 3943 6096, 3943 3950

✉ [ug\\_admission\\_sspe@cuhk.edu.hk](mailto:ug_admission_sspe@cuhk.edu.hk)

🌐 <http://www.cuhk.edu.hk/spe>



# Academic Staff

## Teachers

- **Prof. SIT Hui-ping Cindy (薛慧萍)** / Chairperson and Professor  
BA (Hong Kong Baptist University), MPhil, PhD (University of Hong Kong)  
**Research Interest:** Physical activity and sedentary behaviour of children with disabilities or special educational needs (SEN), Adapted physical activity and school-based interventions.
- **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. 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.
- **Dr. CHOW Chi-ngan (周子雁)** / Assistant Lecturer  
BEd (The Education University of Hong Kong), MSc (The Chinese University of Hong Kong),  
PhD (The Education 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:** Physical Education, Application of technology in PE, Family-based Physical Activity, Fundamental Movement Skills, Physical Literacy, Teacher Education and Professional Development.
- **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. 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. WONG Heung-sang Stephen (王香生)** / Professor  
BEd (Hon) (Liverpool University), MSc, PhD (Loughborough University).  
**Research Interest:** Nutritional and metabolic aspects of exercise, Physical activity and sedentary behavior.
- **Prof. YANG Yijian (楊偉健)** / Assistant 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.

