



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



JS4329
years B.Ed.
programme

教育學士

(健康與體育運動科學)學位課程

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

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.



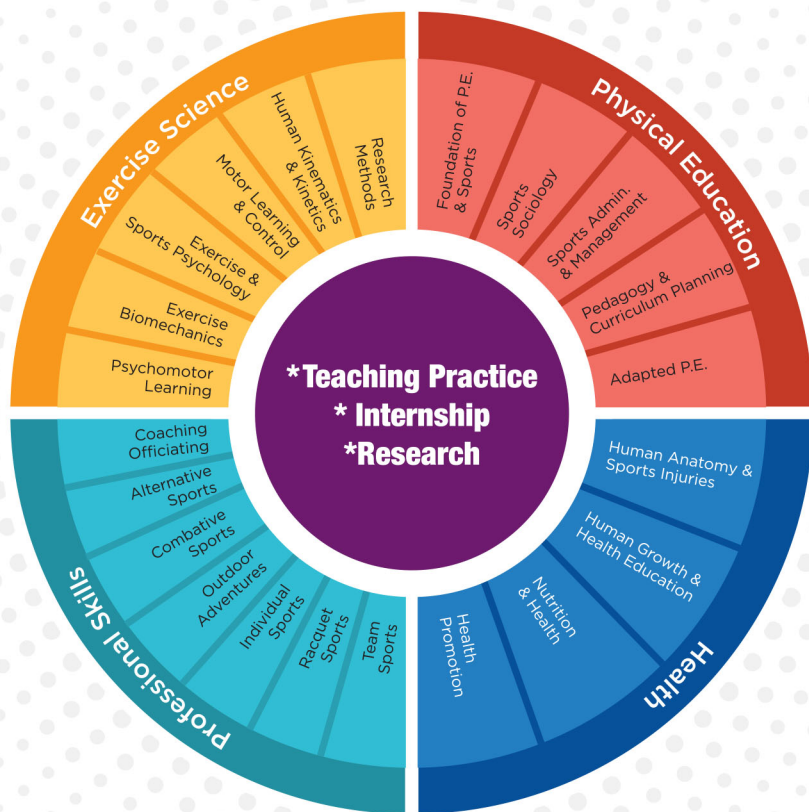
5-year B.Sc. in Physical Education, Exercise Science and Health JS4329

Programme Description

The programme is a five-year full time degree programme, aiming at training physical education teachers, coaches, sports management and health promotion personnel for local academic institutions, government and private organisations. Completion of the programme leads to the award of a Bachelor of Education degree, including a recognition as equivalent to a Postgraduate Diploma in Education, thereby entitling graduates to enter the teaching profession immediately after graduation. There is increasing recognition of the importance of health improvement through sport and physical education. The programme has four core components: health, physical education, exercise science and advanced professional skills, as well as capstone experience such as Teaching Practice, Internship and Research Project.



Programme Structure



Teaching Practice

Teaching practice is an integral part of our undergraduate programme. Students must attain a pass in teaching practice before graduation. Each student-teacher is supervised by a department mentor, and his/her teaching performance will also be simultaneously monitored by a school Teaching Advisor. This arrangement is intended to encourage students to effectively apply their theoretical and professional knowledge within an authentic teaching situation.

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.

Admission Requirements

HKDSE students

Candidates who meet the following admission requirements are eligible to apply for admission to the Programme:

Core Subjects	Level
Chinese Language	3
English Language	3
Mathematics	2
Liberal Studies	2
+	
Any 2 Subjects <small>Note</small>	3

Note: These two subjects may include:

- (i) 2 New Senior Secondary elective subjects; or
- (ii) 1 New Senior Secondary elective subject and Mathematics (Extended Part) Module I or Module II.



Scholarships

University Scholarships

With the generous donations from numerous donors, the University offers a number of scholarships, prizes and academic awards to recognize students who have demonstrated academic excellence and outstanding performance in other areas, such as creativity, community services and leadership.

<http://admission.cuhk.edu.hk/finance.html>

Department Scholarships

In addition to the University scholarships, the Department offers a wide range of scholarships to outstanding students.

<http://www.cuhk.edu.hk/spe>

Academic Exchange

University Student Exchange

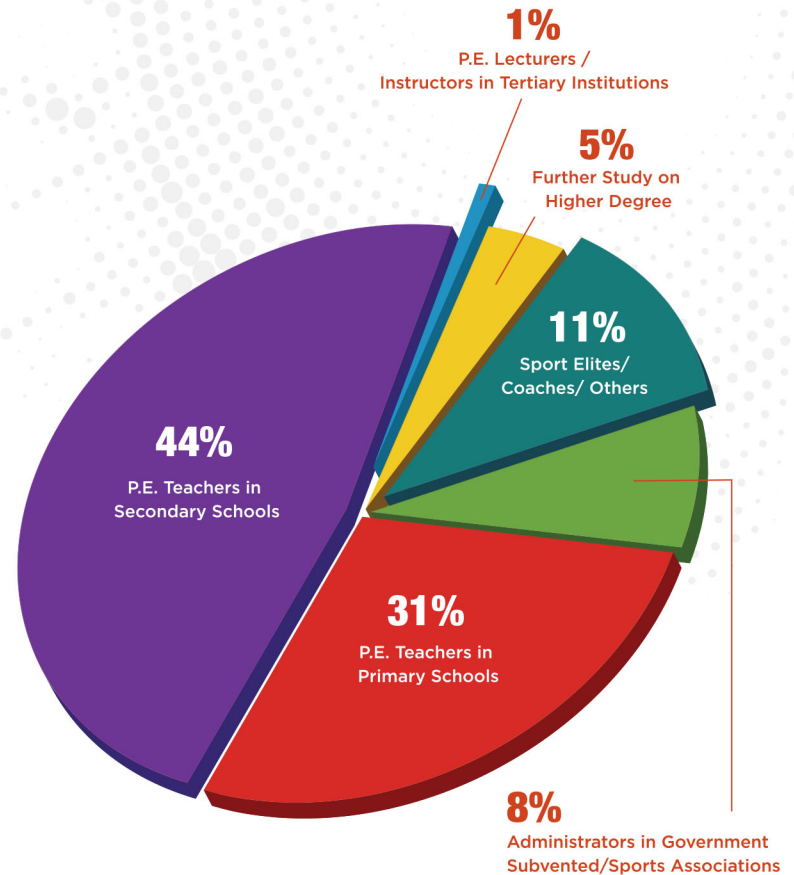
All full-time undergraduate students can apply to go on exchange. Specific requirements of admission vary according to the exchange programme. For details, please visit the Office of Academic Links at <http://www.cuhk.edu.hk/oal/>

Department Academic Exchange

Our department also offers academic exchange in:

- Beijing Normal University, China
- Beijing Sport University, China
- Certification and Workshop Programme with the American College of Sports Medicine, USA; and the Physical Fitness Association of Hong Kong, China.

Career Development / Prospects



Employment Statistics Since 1996

- Physical Education teachers in primary / secondary schools
- Physical Education lecturers / instructors in tertiary institutions
- Administrators in government subvented / national sports associations
- Physical training officers or inspectors
- Executives in fitness and leisure industries
- Supervisors / officers in private and commercial sectors
- Further study on higher degree in physical education, exercise science and health



Words from Students

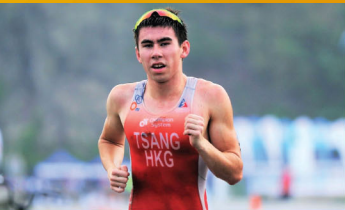


Wong Chung Wan | B.Ed. in Physical Education, Exercise Science and Health (Year-5 student)
Admitted through Sports Scholarship Scheme

This is my final year of study at CUHK. I am so grateful to be part of the SSPE family. The PESHN programme is providing a diverse curriculum in the area of health, physical education, exercise science and professional skills. We are given numerous opportunities to experience various sports skills and have an understanding of the theory underpinning sports, from a fundamental level, to the development of sports in society, which provide a great platform for us to be well-prepared professionals within the sports industry. I enjoy spending every moment with my classmates. We have built a lot of precious and unforgettable moments and we overcome ups and downs together. Throughout the time spent in the SSPE department at CUHK, I always feel the support and care and I am so proud to be part of it.

Mak Tsz Yan Gianne | B.Ed. in Physical Education, Exercise Science and Health (Year-4 student)
Admitted through Sports Scholarship Scheme

I am really blessed to be part of the SSPE family. The department provides us with a wide range of programs, which have broadened my knowledge and enhanced my determination to nurture the next generation. Outside of academics, I was fortunate to represent CUHK in athletics and badminton USF competitions. Although it has been a tough year due to COVID-19, I would still say that my first 3 years in CUHK were exciting and enjoyable. Looking back to these 3 years, I am grateful that I could meet some lifelong friends, who always study and support me during hard times. I will treasure my time in CUHK with teachers and friends and try my best to become a good physical education teacher in the foreseeable future.



Tsang Cheung Sing Nicholas | B.Ed. in Physical Education, Exercise Science and Health (Year-4 student)
Admitted through Sports Scholarship Scheme, Full-time athlete of Hong Kong Sports Institute

I am privileged to be a year 4 student at SSPE. I am also a full-time triathlete for Hong Kong, which allows me to strengthen my athletic career while concurrently continuing my education. This course offers excellent training and preparation for a career as a PE teacher or a Sport Scientist. Being a freshman was a very exciting experience, with the teachers and fellow students welcoming me and providing the best experience of being a university student. I am also fortunate to be able to compete for CUHK at the inter-university competitions, and one of my goals is to win the Asian Junior Championships and to compete at the Asian Games during my time at university.

Chan Hiu Lam | B.Ed. in Physical Education, Exercise Science and Health (Year-3 student)
Admitted through Multi-faceted Excellence Scholarship Scheme

I am very grateful and fortunate to be a part of the SSPE family. There is a strong professor-student bonding, as well as a close relationship in class. Our class is always full of laughter. I had a remarkable 2 year learning under this supportive and friendly atmosphere. Our professors are all committed to teaching. The courses have equipped us with the knowledge, skills and attitude needed for teaching. Their passion and earnestness have undoubtedly driven me to treat education more seriously. With the nurture of the department, I am confident that I will be able to achieve my career aspirations and be prepared for them in the coming years.



Fung Chun Wai Henry | B.Ed. in Physical Education, Exercise Science and Health (Year-2 student)
Admitted through School Principal's Nominations Scheme

Joining the PESH programme of CUHK has been one of my goals since secondary school. This programme provides me an opportunity to further my studies and knowledge in sports, which could not be learnt in secondary school, such as sports science and human anatomy. The courses have enhanced my sports knowledges and have better equipped me to be a physical education teacher. Moreover, I have made many like-minded and pleasant friends in this programme. I am glad that I have chosen CUHK to open a new page of my school life. In the coming 4 years, CUHK will be my second home.

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 (楊擇健)** / 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.



Enquiry

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🌐 <http://www.cuhk.edu.hk/spe>

