



Promoting and Developing the Health and Well Being of People



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



香港中文大學

The Chinese University of Hong Kong
Faculty of 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.

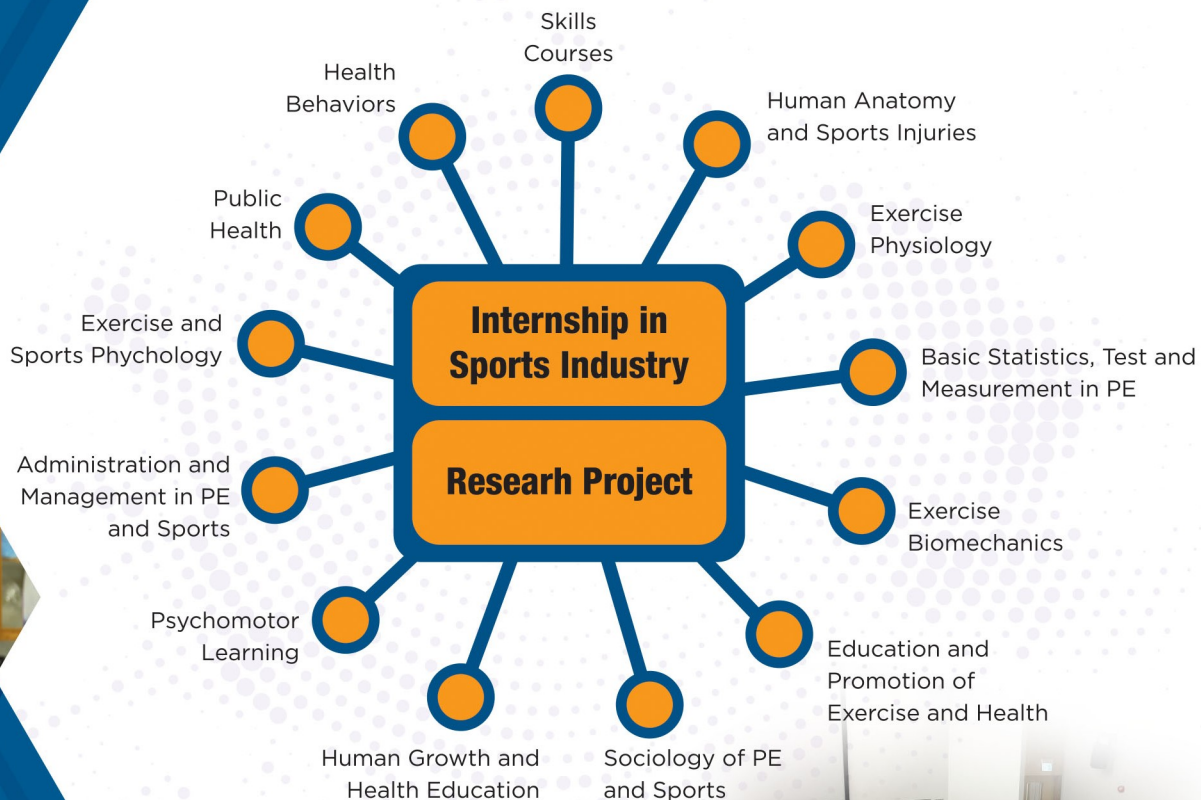
The courses are designed to assist individuals and communities in achieving a better understanding of health issues, and thereby preventing and changing unhealthy lifestyle and behaviours linked to chronic disease, disability, and poor quality of life. This B.Sc. Programme will prepare students for professional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

Internship and Research Project as Capstone 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



YU Chun Hung

B.Sc. in Exercise Science and Health Education (2021 Graduate)

Two years ago, we entered the university with dreams and passion. I can still recall my first visit to SSPE. It is an honor for me to be a member of the SSPE family. Our professors and teachers have been the source of constant support and guidance, which has enabled us to acquire professional skills and an ethical awareness in the sports field. They have passed on their experience to us without reservation and have always supported our academic performance and chosen career paths.

Graduation is the beginning of another life journey. The fruitful internship placement and multi-disciplinary experiences provided by the ESHE programme has prepared us for our future. With the knowledge acquired from our time in SSPE, along with the mental fortitude we have gained along the way, we are now driven to chase our dreams in the sports industry. It is time to prove that we are now qualified and excellent SSPEers!



Hong Hin Yam, Brilliant

B.Sc. in Exercise Science and Health Education (2022 Graduate)

It has been an honor to be a student of ESHE in the department of SSPE. In these two years of study, I have gained a range of sport-related knowledge, from Exercise Science, Health Education, Professional Skills to Research Studies. It has provided me with various opportunities, such as an internship and various practical site visits, to broaden my horizons in the sports and education industry. Besides, the SSPE professors always supported me when I was in need and encouraged me to pursue my dream in the future. All the knowledge that I gained from SSPE helped me to understand what is "Sports" and "Education" and has inspired me to be a PE teacher as my career goal. Now, I am a student of PGDP (PE) in CUHK. If you want to be a part of the SSPE family, don't hesitate to apply for ESHE. I believe that SSPE will be a springboard for your future development.



Lai Yuet Yan

B.Sc. in Exercise Science and Health Education (2022 Graduate)
Hong Kong Taekwondo Team (Former Member)

I am so glad to be one of the SSPE students, and it is the best decision that I have ever made. As a former taekwondo athlete, the ESHE program is extremely useful and crucial in my life, from Human Anatomy to Sport Psychology and Exercise Physiology. It gives me a precious opportunity to gain in-depth knowledge in sports and improves my athletic performance. Moreover, ESHE was not only giving me knowledge, but also an unforgettable and practical internship experience, which inspired me to attain higher education in Master of Physiotherapy at the UEA in England.

I am so excited to welcome my new study path and appreciate the ESHE program for creating a bright path for my future career.



AFSAR Bilal

B.Sc. in Exercise Science and Health Education (2021 Graduate)
Postgraduate Diploma in Education (Primary) Programme (Physical Education) - (2022 Graduate)

Pursuing a BSc (ESHE) of SSPE is an extraordinary experience, which goes beyond mere imparting knowledge at the academic and sports level. I was elected to be a captain of CUHK cross-country team in 2020/21. Being a Captain teaches you how to be a mentor and a team player. Hence, my leadership skills were developed, leading to great potential for me to rise in my chosen profession.

In ESHE programme, we are trained to develop our sports knowledge in the capacity of making critical and objective judgements. The lecturers and professors from SSPE taught me lifelong lessons, each with a love for sports and a passion for teaching. They are so inspiring and promoting inclusive and diverse education in and out of the classroom, that I am more than grateful for their encouragement during my time at SSPE. The most rewarding part of ESHE is that I feel like I'm helping my community (Ethnic Minorities) to advance their education and sports knowledge, and improve their performance and outcomes. The SSPE department enhanced my mentality which carries over to every part of my life. Lastly, "The game is not over until it's over".

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

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🌐 <http://www.cuhk.edu.hk/spe>



