
體育運動科學系

Department of Sports Science and Physical Education

學系辦事處 Department Office： 汾陽樓 G04 室 Room G04, Kwok Sports Building

電話 Tel. no.: 3943 6089

傳真 Fax. no.: 2603 5781

電郵 E-mail: sports@cuhk.edu.hk

網址 Web site: <http://www.cuhk.edu.hk/spe/>

本學系矢志成為全球領先的卓越科研及優質教學中心，致力透過運動、體育及體力活動改善人類健康與福祉。學系的使命是要啟發和培育學生成為勝任的專材和領袖，在運動科學、體育及體力活動領域為社會作出長遠貢獻，並推進跨學科與多學科知識，產生具影響力的轉化研究，為人類健康與福祉獲益。學系的格言是「卓越·傳承」。

The Department of Sports Science and Physical Education aims to become a world-leading hub for research excellence and high quality teaching, dedicated to improving human health and well-being through sports, physical education and physical activity. The mission of the Department are to inspire and nurture students to become competent professionals and leaders, making lifelong contributions to society in the field of sports science, physical education and physical activity; also to advance inter- and multi-disciplinary knowledge and generate impactful translational research, leading to meaningful and tangible benefits for human health and well-being. Our Motto is “Strive for Excellence · Embrace Inheritance”.

薛慧萍 SIT Hui Ping Cindy

教授 Professor

體育運動科學系系主任

Chairperson of the Department of Sports Science and Physical Education

文學士(一級榮譽·浸大)、哲學碩士、哲學博士(港大)。國際適應體育學會會士·香港運動醫學及科學學會會士·國際適應體育學會候任主席·教育局課程發展議會委員·香港考試及評核局香港中學文憑體育科委員·民政事務局社區體育事務委員會委員·學生體育活動統籌小組委員會副召集人·香港學術及職業資歷評審局專家·食物衛生局(醫療衛生研究基金)評審委員·創新科技署創新及科技基金(企業支援計劃)評審委員·香港運動醫學及科學學會委員。多份適應體育及運動科學國際期刊編委會副主編及成員。任教科目包括：運動心理學、運動技能學習理論與實踐。研究範圍：運動參與動機、體力活動與基礎動作技巧、適應體力活動。

BA (First Hon) (Hong Kong Baptist University), MPhil, PhD (The University of Hong

Kong). Fellow of the International Federation of Adapted Physical Activity (IFAPA). Fellow of Hong Kong Association of Sports Medicine and Sports Science (HKASMSS). President-Elect of IFAPA Member of Curriculum Development Council, Education Bureau; Hong Kong Diploma of Secondary Education (HKDSE) Physical Education Subject Committee of Hong Kong Examinations and Assessment Authority; Community Sports Committee, Home Affairs Bureau; Deputy Convenor, Student Sport Co-ordinating Sub-Committee; Subject Specialist of Hong Kong Council for Accreditation of Academic and Vocational Qualifications. Member of Grant Review Board, Health and Medical Research Fund, Food and Health Bureau; Enterprise Support Scheme (ESS) Assessment Panel of Innovation Technology Fund, Innovation and Technology Commission; Commission Member of HKASMSS. Associate Editor and Editorial board member of a number of international journals in adapted physical activity and sports science. Courses taught include sports psychology and theories and applications for motor learning. Research interests involve participation motivation for sports and exercise, physical activity and fundamental movement skills, and adapted physical activity.

陳嘉威 CHAN Ka Wai Jacky

講師 Lecturer

“教育學士、教育碩士及哲學博士 (中大)。曾任中學體育科主任、中國香港體適能總會教育主任和委任講師、中國香港閃避球總會執委會成員。任教科目：基礎體育統計、檢測與量度學、研究法導論、運動教學 – 理論與實踐、中小學實習、運動產業實習、幼兒基礎活動和節奏律動等。

B.Ed., M.Ed., Ph.D. (CUHK). Served as a PE panel in a secondary school, an education officer and appointed lecturer of the Physical Fitness Association of HK, China, an executive committee member of the Dodgeball Association of HK, China. Course taught at present: Teaching sports skills – theory & practice, Basic statistics, test & measurement for PE, Introduction to research methods, Teaching practice in secondary and primary schools, Internship in sports industry, Fundamental movement skill & rhythmic activity for young children.”

張善婷 CHEUNG Sin Ting Juanita

高級講師 Senior Lecturer

中學教育證書 (英文)、中學教育榮譽學士學位、體育學文學碩士、運動與休閒管理社會科學碩士及哲學博士。現為香港中文大學教育學院體育運動科學系高級講師、香港體育教師學會執委會副主席、中國香港跳繩總會執委會主席、中國香港巧固球總會執委會副主席、香港體育學院教練培訓委員會學術及課程檢討委員會成員及教練培訓課程導師、香港專業進修學校校外顧問 (運動、體適能及健康管理高級文憑/文憑課程)。任教科目：體育課程設計、中學體育教學法、運動技能課程 (包括：隊制球類運動、羽毛球、網球、手球、巧固球及兒童基礎動作及舞蹈)。以及中小學教

學實習。研究興趣包括：教師教育、體育教學、運動心理學（動機）及體力活動。 Cert. Ed. (HKIEd), B.Ed. (HKIEd), M.A. (CUHK), M.Soc.Sc. (HKBU) & Ph.D. (CUHK). Senior Lecturer of the Department of Sports Science and Physical Education of the Faculty of Education of CUHK, Vice Chairman of the Executive Committee of The Hong Kong Physical Education Teachers Society, Chairman of the Executive Committee of Hong Kong Rope Skipping Association, China, Vice Chairman of the Executive Committee of Tchoukball Association of Hong Kong China, and Course Review Committee and Course Instructor of Coaching Programmes of Hong Kong Sports Institute; External Advisor for Sports and Fitness related programmes of Hong Kong College of Technology [Diploma/Higher Diploma in Management of Sports, Fitness and Health, Applied Learning (Sports and Fitness Coaching)]. Courses taught: Curriculum Planning for PE, Pedagogy of Secondary PE, Skill Courses (including Team Sports, Badminton, Tennis, Handball, Tchoukball and Fundamental Movement & Dance), Teaching Practice in Secondary and Primary Schools. Research interests: Teacher Education, Physical Education, Sports Psychology (Motivation) and Physical Activity.

周子雁 CHOW Chi Ngan

副講師 Assistant Lecturer

教育博士(教大)、運動科學碩士(中大)、教育學士(教大)。曾擔任中學體育科老師、中文大學體育部講師和香港教育大學運動教練及管理學專任導師；香港精英獎學金馬拉松運動員(亞洲馬拉松錦標賽第三名、亞運代表和世界半馬拉松錦標賽代表)；參與香港中學文憑試體育科田徑項目評核員。資格:美國運動醫學會健康體適能專家、跑步技巧專家、香港排球總會教練、香港籃球總會教練、中國香港體適能總會健身教練香港游泳教師總會游泳教師、美國田徑組織教練。任教科目：個人運動、游泳教學 I：理論與實踐、田徑教學 I：理論與實踐、促進健康與運動表現體適能訓練法。

EdD (Eduhk), MSc (CUHK), Bed (EdUHK). Experiences: Secondary School P.E. Teacher, Assistant Lecturer in P.E. unit CUHK, Teacher Fellow in EdUHK teaching Sports Coaching and Management. Hong Kong Elite Scholarship marathon runner (medalist in Asian Marathon Championship, Asian Game representative and Half Marathon World Championship representative), Hong Kong DSE Athletics practical assessor.

Qualifications: American College of Sports Medicine Certified Health and Fitness Specialist, Coach of the Basketball Association of Hong Kong, China, running technique specialist, Romanov Academy of Sports Science, Coach of the Volleyball Association of Hong Kong, China, Coach of the Hong Kong Swimming Teachers' Association. Coach of the USA Track and Field. Resistance training instructor, Physical Fitness Association of Hong Kong, China Limited. Course taught at present: Individual Sports, Teaching Swimming I: Theory and Practice, Teaching Track and Field I: Theory and Practice, and Fitness Training for Health and Sports Performance.

夏秀禎 HA Sau Ching Amy

教授 Professor

教育學院副院長（研究）Associate Dean (Research), Faculty of Education

文學士（輔仁）、體育碩士（春田）、哲學博士（禾頓）。國際高等教育體育協會董事會成員、南京師範大學客座教授、上海體育學院客座教授、中國香港跳繩總會創會會長、國際 SUNRISE 研究計劃香港首席研究員 - 世界衛生組織全球幼兒 24 小時運動新指南收集監測數據。多份體育及運動科學國際期刊編委會副主編及編輯委員。任教科目：資訊科技於體育教學之應用、適應體育、中學體育教學法及小學體育教學法。研究範圍包括兒童及家庭體力活動與健康、教師職業發展、教學成效、資訊科技於體育之應用。

BA (Fu-Jen Catholic University), MPE (Springfield College), PhD (Walden University). Board Member of International Association for Physical Education in Higher Education (AIESEP), Visiting Professor of Nanjing Normal University, Visiting Professor of Shanghai University of Sport, Founding President of Hong Kong Rope Skipping Association, China. Chief investigator (Hong Kong region), the SUNRISE Project - to gather surveillance data using the World Health Organization (WHO) Global 24-hour Movement Guidelines for the Early Years. Associate editor and editorial board member of a number of international journals in physical education and sports science. Courses taught include Sport, Pedagogy and Technology, Adapted Physical Education and Sport, Pedagogy of Secondary Physical Education and Pedagogy of Primary Physical Education. Research interests include Children and Family-based Physical Activity and Health, Teachers' Professional Development, Teaching Effectiveness, Application of Information Technology in Physical Education and Sport.

許世全 HUI Sai Chuen Stanley

教授 Professor

高級教師文憑（葛量洪）、體育學士、理學碩士（春田）、教育博士（侯斯頓）、美國運動醫學院院士。曾任中學教師、嶺南大學一級助理體育主任、侯斯頓安德遜癌病研究中心研究員、及 Kelsey Seybold Clinic (Houston) 心臟科運動測試員。前香港技巧體操隊員及教練、前中國香港體適能總會主席。現為香港肥胖醫學會會董、香港運動是良藥諮商委員會總監及召集人、亞洲健康體能活動與體適能協會創會會長。任教科目包括：體適能評估與運動處方；基本體育統計、測檢與量度學；個人健康與體適能模式設計；大眾及特殊人群運動處方、運動與健康推廣；及高級體適能評價：理論與實踐。研究範圍：體育運動測量技巧、健康體適能與疾病、體能測試與訓練。Adv Teacher Cert (Grantham), BPE, MSc (Springfield), EdD (Houston), Fellow of American College of Sports Medicine. Formerly secondary school teacher, APEO(I) of Lingnan University, Research Assistant of MD Anderson (Houston) Cancer Centre, and Exercise Test Technologist of Kelsey Seybold Clinic (Houston) Cardiology Department. Formerly a gymnast and coach of Hong Kong Sports Acrobatics Team, immediate past

Chairman of the Physical Fitness Association of Hong Kong, China. Prof. Hui is currently the council member of the Hong Kong Association for the Study of Obesity, Director of the Exercise-is-Medicine (EIM) Hong Kong and Convener of the Advisory Board, and Founding President of the Asian Council for Health Physical Activity and Fitness. Courses taught include Fitness Appraisal & Exercise Prescription; Basic Statistics, Test and Measurement for Physical Education; Personal Health and Fitness Program Design; Exercise Prescription for General and Special Populations; Exercise and Health Promotion; and Advances in Physical Fitness Assessment: Theory and Practice. Research interests involve Measurement Techniques in Exercise and Sports, Health-related Physical Fitness and Diseases, and Physical Fitness Testing and Training.

何禮樂 John O'Reilly

講師 Lecturer

文學士 (沃特福德理工學院)、理學士 (都柏林城市大學)、理學碩士及博士 (香港中文大學)、體能教練證書 (美國國家肌力與體能協會)。香港博士研究生獎學金得主(2010至2014年)、香港中文大學理學碩士 (運動科學) 一級榮譽畢業、註冊營養學家以及是美國國家肌力與體能協會認可的體能教練。任教科目：研究法導論、促進健康與運動表現、運動表現生理學、運動營養：健康與運動表現、籃球/足球/愛爾蘭式橄欖球教學：理論與實踐、運動生理學導論、運動之生理應激及效益。最近的研究是運動與營養及新陳代謝的關係、運動表現與補充水分、健康教育與運動。 B.A. (Waterford Institute of Technology); B.Sc. (Dublin City University); M.Sc., Ph.D (Chinese University of Hong Kong); R.Nutr (NSA); CSCS (NSCA). Hong Kong PhD Fellowship Scheme (HKPFS) recipient (2010-2014), first honour graduate in MSc in Exercise Science, Registered Nutritionist and Certified Strength and Conditioning Specialist.

Courses taught: Introduction to Research Methods; Fitness Training for Health & Sports Performance; Physiology of Human Performance, Sport Nutrition for Health and Performance, Teaching Basketball/Soccer/Gaelic Football: Theory & Practice; Introduction to Exercise Physiology; Exercise: Physiological Benefits, Limits and Adaptations. His recent research is in relation to nutritional and metabolic aspects of exercise; fluid replacement and exercise performance; and physical activity and health promotion.

馬文心 Ma Man Sum

副講師 Assistant Lecturer

運動醫學及健康科學理學碩士(中大)、體育運動科學教育碩士及學士(中大)。前香港精英空手道運動員 (世界超級聯賽最高排名第四、亞洲賽季軍、東亞運銀牌、兩屆亞運代表)、空手道黑帶四段。香港展能精英運動員基金管理委員會委員、社區體育委員會委員、港協暨奧委會奧林匹克之友執行委員、港協暨奧委會運動員委員會委

員、港協暨奧委會體育節籌備委員會委員、愛在這裏慈善協會創會成員、中國香港空手道總會教練委員會非執行委員。曾兼任香港中文大學體育部副講師、浸會大學持續進修學院兼職講師、香港教練培訓委員會課程兼職講師。資格：中大運動醫學二級運動防護員、香港教練培訓委員會三級教練、中國香港空手道總會註冊三級教練及裁判、伸展治療會伸展導師、香港躲避盤總會指導員。任教中大體育科學系及中大選修體育課程。研究興趣包括運動員的職涯與生活、體育老師專業與持續進修發展、體育素養等。

MSc (SMHS, CUHK), MEd & BEd (SSPE, CUHK). Ex Hong Kong Elite Karatedo Athlete (Premier League World Top Ranking No.4, Asian Bronze Medalist, East Asian Games Silver Medalist & 2 times Asian Games Representative), Black Belt 4 Dan. Hong Kong Paralympic Fund Management Committee Member, Community Sports Committee Member, Federation & Olympic Committee (SFOC) Olympic Fans Club Executive Member, SFOC Athlete Committee Member, SFOC Festival of Sport Organizing Committee Member, Karatedo Federation of Hong Kong, China Ltd. (KFHKCL) Coaching Committee Non-executive Member. Served as CUHK Physical Education Unit Assistant Lecturer, Hong Kong Baptist University School of Continuing of Education part-time lecturer, Hong Kong Coaching Committee (HKCC) part-time lecturer. Qualification: CUHK Sports Medicine Sport Trainer Level 2, HKCC Coaching Level 3, KFHKCL registered coach level 3 & referee, Stretching Therapy Association stretching instructor, Hong Kong Dodgebee Association technical instructor. Course taught at present: SSPE and Physical Education elective Courses. Research Interest: athletes' career and lives, physical education teacher professionalism and continued professional development, physical literacy, etc.

沈劍威 SUM Kim Wai Raymond

副教授 Associate Professor

教育學院副院長（本科課程）Associate Dean (Undergraduate Studies), Faculty of Education

教育學士（台灣師大）、體育碩士（春田）、教育博士（列斯特）、健康體適能專家（美國運動醫學學院）。曾任中小學體育教師、香港中文大學體育部講師、香港嶺南大學助理體育主任兼網球教練及香港城市大學助理體育主任兼男子籃球隊教練。任教科目：體育與運動社會學及體育及運動行政。研究範圍包括：身體素養；體育專業化及其學習社群；在職學生運動員及退休運動員的事業生涯。

BEd (Taiwan Normal University), MPE (Springfield), EdD (Leicester), HFS® (ACSM). Served as a PE teacher in primary and secondary school, PE Lecturer in CUHK, Assistant PE Officer as well as Tennis Team Coach in Lingnan University and Assistant PE Officer as well as Men's Basketball Coach in City University of Hong Kong. Courses taught: Sociology of PE and Sports; and Administration and Management in PE and Sports. Research interests: Physical literacy; Professionalization of PE teachers and their learning communities; retired and student elite athletes' career and their lives.

王香生 WONG Heung Sang Stephen

教授 Professor

香港中文大學香港教育研究所所長

Director, Hong Kong Institute of Educational Research, CUHK

教育學士 (利物浦大學) · 理學碩士、哲學博士 (Loughborough University) 。美國運動醫學會 · 香港運動醫學及科學學會會士 · 英國註冊營養學家 (RNutr) · 健康活力兒童環球聯盟「 (Active Healthy Kids Global Alliance, AHKGA) 亞洲區代表。多份健康及運動科學國際期刊主編及編輯委員。宣道會陳朱素華中學校監 · 宣道國際學校校董。任教科目包括：運動生理學、健康與體力活動。研究範圍：兒童靜態行為與健康、運動營養。

BEd (Hons) (Liverpool University), MSc, PhD (Loughborough University). Fellow of The American College of Sports Medicine (ACSM) and the Hong Kong Association of Sports Medicine and Sports Science, Registered Nutritionist (U.K.) and Asian Representative of Active Healthy Kids Global Alliance (AHKGA). Editor-in-Chief and editorial board member of a number of international journals in health and sports science. Supervisor of Christian Alliance S.W. Chan Memorial College. Registered Management Committee Member of Christian Alliance International School (CAIS). Courses taught include exercise physiology, health-related physical activity. Research focuses on sedentary behavior and health in children, sports nutrition.

楊懌健 YANG Yijian

助理教授 Assistant Professor

臨床醫學本科 (中山醫科大學)、理學碩士 (湖首大學)、哲學博士 (西門菲莎大學) 。中國註冊臨床醫生及前任深圳市人民醫院骨科及顯微外科醫生。前任英屬哥倫比亞大學家庭醫學博士後研究員。加拿大 Mitacs (2015-2016) 及 Michael Smith 健康研究基金會 (2016-2019) 博士後研究獎學金得主。國際姿勢與步態研究學會 (ISPGR) 成員 · 美國老年醫學研究學會 (GSA) 成員 · 加拿大老年醫學研究學會 (CAG) 成員 · 加拿大生物力學研究學會 (CSB) 成員 · 以及亞洲適應體育學會董事會成員。任教科目：功能性人體解剖學及運動創傷 · 運動生物力學導論 · 研究方法導論 · 人類運動學和動力學 · 運動及體能活動的生物力學 · 結構生物力學和運動損傷。研究範圍：老年跌倒與受傷預防 · 活動能力與體力活動 · 運動生物力學。

BSc (Sun Yat-Sen University of Medical Sciences), MSc (Lakehead University), PhD (Simon Fraser University). Licensed MD in China and a former surgeon in the Department of Orthopedics and Microsurgery at Shenzhen People's Hospital. Former Postdoctoral Fellow at the Department of Family Practice, University of British Columbia. Recipient of Mitacs Canada internship award (2015-2016) and Michael Smith Foundation for Health Research fellowship award (2016-2019). Member of the International Society

for Posture and Gait Research (ISPGR), the Gerontological Society of America (GSA), the Canadian Association on Gerontology (CAG), the Canadian Society for Biomechanics (CSB), and Board of Director for the Asian Society of Adapted Physical Activity. Courses taught include Functional Human Anatomy and Sports Injuries, Introduction to Exercise Biomechanics, Introduction to Research Methods, Human Kinematics and Kinetics, Biomechanics of Sports and Physical Activity, and Structural Biomechanics and Sports Injury. Research interests include Fall and Injury Prevention in Seniors, Mobility and Physical Activity, and Sports Biomechanics.