

A special 2-year programme for articulation by sub-degree graduates

特別為副學士及高級文憑畢業生而設的兩年制課程

Bachelor of Science in Community Health Practice

社區健康理學士課程



香港中文大學
The Chinese University of Hong Kong



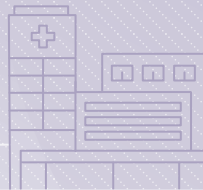
香港中文大學醫學院
Faculty of Medicine
The Chinese University of Hong Kong



香港中文大學醫學院
Public Health
The Chinese University of Hong Kong

Director of JC School of Public Health and Primary Care

賽馬會公共衛生及基層醫療學院院長



Prof. Samuel Yeung-shan WONG
黃仰山教授

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We are the only School in Hong Kong where public health practitioners and researchers work alongside with family medicine doctors and primary care researchers to identify, examine and solve population health problems. We are part of the Faculty of Medicine of The Chinese University of Hong Kong, a leading institution in the region. Our mission is to improve health and well-being for all through research, education and services. We concern ourselves with the wider environment around us, both locally and globally, which influences how we live and impacts on our health and wellbeing. We hope you will join us in this exciting journey to work towards protecting and improving health for all.

賽馬會公共衛生及基層醫療學院為本港首間結合公共衛生及基層醫療專業，共同審視、監察和解決公眾健康問題的學院。本學院隸屬於香港中文大學醫學院，為區內首屈一指的院校。我們的使命是通過科研、教育與社會服務保障大眾的健康和福祉；並關注本地和國際大環境對我們生活、健康和福祉的影響。我們期待您的加入，與您一起攜手合作，為人類的健康作出貢獻。

”

Sharing from Students and Alumni

同學及校友分享



HUI Cheuk Lam
許焯琳

Year 1 student (2018-19)
一年級學生 (2018-19年度)

During my study, I participated in a research on bacterial resistance. I learnt a lot about chronic diseases when I took medicine records for my patients. These cases always reinforce my belief that the burden of the healthcare system can be substantially alleviated if disease prevention measures are enhanced.

我有幸參與一個細菌抗藥性研究，為研究對象作藥物記錄時，經常會碰到一些慢性疾病。這些個案時刻加深我的信念：加強疾病預防的措施，相信必定可以顯著減輕醫療系統的負擔。



CHAN Hoi Ying, Ceci
陳愷瑩

2015 Graduate
2015年畢業生

Studying this programme has equipped me with skills and knowledge on disease prevention and health promotion, through a bottom up approach, we strive to understand the community needs and response proactively. I have worked as a research assistant after my graduation. Various needs assessments in evidence-based approach were required for planning a health promoting programme. We also conducted pre-post evaluation for review and improvement.

Now, I am working at the District Health Centre, which is a government initiated service in public healthcare system. This is a great opportunity for me while transferring from academy to community. I would like to contribute what I have learnt into practice. I look forward to communicating with different stakeholders and planning a suitable and effective health care intervention.

社區健康理學士課程以一個自下而上的策略，從社區去了解各社群的健康需要，我從中得到很多關於預防及健康推廣的知識。畢業後投身研究工作，也要做很多需求分析，因應實證去策劃給大眾的活動，再要不斷改進和作事後評估。而我最近就由學院轉到社區，希望可以運用在求學和研究時所學得的知識實際應用在社區之中。現職的地區康健中心，是首間公營醫療系統中制度化的基層醫療服務中心，能讓我實踐公共衛生學的知識及技巧。我希望透過與不同持份者的溝通，可以更加適切地規劃健康項目。



Importance of Community Health

社區健康的重要性



There is professional recognition that enhancement of community-based care is the solution for many of today's health challenges. The health of individuals, families and our communities are determined by the socio-political, economical, and cultural environment in which we live. The entry point for health promotion is to identify the multiple levels of influence on health behaviours and how the behaviours are shaped by the environment.

Quality community health education and health promotion programmes are needed for success of community-based care. Well-trained community health practitioners (CHP) would serve to reduce health and social care costs by preventing health problems, promoting healthy lifestyles, improving compliance to medical advice, enhancing self-care and self-management skills, and facilitating access to appropriate health and social services.

透過加強社區護理解決現今多種健康挑戰，是被專業認可的策略。個人、家庭及社區健康受社會政治、經濟與文化環境影響。健康促進的切入點，是辨識影響健康行為的多層次因素及環境如何構成該等行為。

社區護理的成功建基於優質的社區健康教育和健康促進計劃。經訓練的社區健康從業員（社康員）能協助預防健康問題、促進健康生活方式、提升病人對醫療建議的服從、加強大眾自我保健和管理能力，並協助病人取得適當的醫療及社會服務。這些都能有效減低醫療及社會支出。



Introduction of BSc in Community Health Practice

社區健康理學士課程簡介

The Jockey Club School of Public Health and Primary Care has designed this two-year, full-time Bachelor of Science in Community Health Practice articulation programme. It not only facilitates articulation from Associate Degree/Higher Diploma programmes, but also is a pathway for advancement to a Master of Public Health.

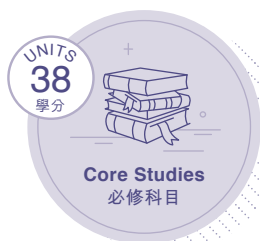
The Programme aims at equipping the graduates with the knowledge, skills and competencies to effectively implement community health programmes. It takes reference from the National Commission for Health Education Credentialing, U.S.A., and the Galway Consensus Conference Statement on health promotion and health education in 2007. It provides the foundation for graduates to become specialist in health education and health promotion.

賽馬會公共衛生及基層醫療學院設計了此兩年全日制銜接學士課程，不但有助與副學士/高級文憑課程的銜接，並為進修公共衛生碩士打好基礎。

本課程旨在為畢業生裝備公共衛生及社區健康教育實踐所需的知識與技能。教學內容參考美國全國健康教育認證委員會和2007年於健康促進和健康教育會議發出的Galway共識聲明所列出的社區健康從業員的主要技能。

Study Scheme

修讀辦法



Admission Requirements

收生要求

Applicants shall be eligible to apply for admission if they:

申請人需符合以下資格：

- 1 Have successfully completed a course of study(health or social science-related disciplines preferred) leading to the qualification of associate degree / higher diploma.

已完成副學士/高級文憑課程（與健康或社會科學有關為佳）。

- 2 Have attained an acceptable level of proficiency in the English and Chinese languages*.

已達到一定英語和中文水平*。

Applicants are required to submit their personal statements. For detailed application procedures, please visit the University website at:

申請者須提交「自我介紹」，詳細的申請步驟，請瀏覽大學網址：

<http://admission.cuhk.edu.hk/non-jupas-senior/requirements.html>

* Refer to the University's admission requirements for sub-degree holders for details. 詳情請參照大學對副學士/高級文憑持有人的入學要求。



Career Development of Graduates in Recent Years

近年畢業生發展路向

Graduates of this Programme will be well-trained in handling community health issues by developing new roles in healthcare delivery, e.g. prevention of non-communicable diseases, patient empowerment, and primary health care. They will be employable in many sectors including business, social care, primary care, education, as well as Non-Governmental Organisations.

本課程的畢業生將有充份處理社區健康問題的訓練並可以在醫療服務中扮演新角色，如預防非傳染性疾病、提高病人的自理能力，和提供一般基層醫療。他們將可在許多行業就業，包括商業、社會護理、基層醫療、教育、以及非政府組織。



Articulation

升學銜接

Graduates apply for the following programmes and meet relevant requirements are eligible to have credit exemption:

畢業生報讀以下課程並符合相關要求可獲學分豁免：

Programme 課程	Eligible Period 有期年期	Credit Exemption 學分豁免
Master of Public Health, CUHK 香港中文大學公共衛生碩士課程	within 2 years of graduation 畢業後2年內	up to 12 units out of 36 units 36學分其中最多12學分
Postgraduate Diploma in Occupational Hygiene, CUHK 香港中文大學職業衛生深造文憑課程	within 3 years of graduation 畢業後3年內	up to 3 units out of 15 units 15學分其中最多3學分



Gaining Exposure while Studying

加強學習經歷



Experiential Learning 體驗學習



Community Engagement and Experiential Learning 體驗社區參與

Students are required to work closely with various organisations to complete 220 hours of supervised field work in a community setting. Students will gain hands-on experience to work in, and work with, the community to promote health. Students will learn to develop, implement, and evaluate health promotion programme to improve community health in Hong Kong.

學生將到不同的機構參與社區健康促進計劃的制定、實施和評估。學生須在導師督導下完成二百二十小時的實習工作，並從中得到於社區中和各式社區人士一起工作的寶貴經驗。



Spring Dinner
春茗



Student Activities 學生活動

Internal and External Activities 校內校外的課外活動

Students are encouraged to participate in various internal and external activities to fully explore their potentials and creativity, as well as achieve whole-person development.

本院鼓勵學生積極參與校內校外的課外活動，讓他們能夠盡展潛能，發揮無窮創意，從而達致均衡的全人發展。



Student Society
學生會



Student Orientation Camp
學生迎新營



Graduation Photo Day
畢業生拍照日



Teacher-Student Gathering
師生聚會



Enrichment Activities 增益活動



Mentorship Scheme 師友計劃

Students will be invited to join the Mentorship Scheme which provides a valuable opportunity for establishing network, exposure to diverse perspectives, and career development.

學生透過參與師友計劃，獲得建立其人際網絡、擴闊視野和發展他們事業計劃的寶貴機會。



Peer Assisted Study Session(PASS) 友儕輔學時間

PASS is a program where students work together to consolidate understanding, reinforce key concepts and develop effective study strategies. Each session is facilitated by PASS Leaders: students who have excelled in the course in the past.

這項計劃以科目為單位，招募過往修讀過該科目而成績優異的學生成為「友儕領袖」，協助學生鞏固學習基礎及開創有效的讀書策略。



Taipei Field Studies 2019 台北野外考察課程2019



Field Studies Course and Study Tour 野外考察課程及交流團

Field studies course and study tours will be arranged to broaden the horizons of students, and to explore regional healthcare system in the summer.

學生參加野外考察課程及交流團，藉此機會擴闊視野、學習及探討地區的醫療體系。



Seoul Study Tour 2018 首爾交流團2018



Awards and Scholarship

獎項與獎學金

Our School and University offer a number of awards and scholarships to recognize students with outstanding performance and encourage students to participate in diverse learning activities.

Partial list of awards and scholarships offered by JCSPHPC to our undergraduate students in academic year 2022-23:

- Outstanding Practicum Poster Prize
- South China Venture Capital Overseas Exchange Scholarship
- Pure Heart Academic Exchange Scholarship
- Pure Heart Overseas Exchange Scholarship
- Pure Heart Study Tour Subsidy Scheme
- 優秀實習報告海報獎
- 中南創投基金海外交流獎學金
- 初心學術交流獎學金
- 初心海外交流獎學金
- 初心遊學資助計劃

本院及大學均設立多項獎項及獎助學金，藉以肯定表現傑出之學生及鼓勵學生投入多元化的學習。

賽馬會公共衛生及基層醫療學院於2022-23學年向本科生提供的部分獎項與獎助學金：

Programme Website

課程網頁



www.bsc.sphpc.cuhk.edu.hk

Contact Information

聯絡方法

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Tel 電話	(852) 2252 8427
Fax 傳真	(852) 2145 7489
Email 電郵	sphpc_ug@cuhk.edu.hk
Website 網址	www.bsc.sphpc.cuhk.edu.hk
Facebook	public.health.cuhk