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教育學士（健康與體育運動科學）學位課程

## **Bachelor of Education (Physical Education, Exercise Science and Health) Programme**

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課程主任 Programme Coordinator : 沈劍威教授 Prof. SUM Kim Wai Raymond

課程副主任 Deputy Programme Coordinator : 張善婷博士 Dr. CHEUNG Sin Ting Juanita

課程辦事處 Programme Office : 汾陽樓 G04 室 Room G04, Kwok Sports Building

課程網頁 Programme Website:

<http://www.spe.cuhk.edu.hk/eng/Programmes.asp?pageid=32>

查詢 Enquiries : 3943 6089

健康與體育運動科學學士學位課程為本港之中小學，大專院校，政府部門及工商界培養專業體育教師，教練、體育運動管理及健康推廣人才。修畢課程者，可獲頒發教育學士學位，同時可獲學位教師教育文憑資格，於畢業後擔任專業教師。課程結構分為四個部份：健康、體育、運動科學與高級專業技能，以及教學實習、運動產業實習及專題研究。學生須在五年內修畢 147 學分（包括 104 主修課程學分）。課程包括理論及專業科目，學生可選擇較廣博的範疇，或較專門的取向如運動生理學、運動生物力學、運動心理學、運動社會學、體育教學法，健康體適能及運動測量學。學生可選擇以上任何一個專業課題，作獨立研究以完成畢業論文。

修讀辦法、科目總表及科目概要，請參考《香港中文大學本科生手冊》（<http://www.cuhk.edu.hk/aqs>）或課程網頁。

The aim of the BEd Programme in Physical Education, Exercise Science and Health is to train physical education teachers, coaches, sports management and health promotion personnel for local academic institutions and government and private organisations. Completion of the programme leads to the award of a BEd degree, a qualification recognised 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, Internships and Research Project. Students must take 147 credits (including 104 units in their major programme) within five years to graduate. The programme trains students as generalists in sports and physical education or as specialists in the areas of exercise physiology, sports biomechanics, sports psychology, sports sociology, physical education pedagogy, health and fitness, and testing and measurement. Students may choose any of the aforementioned specialised topics as their graduation research project.

Please refer to the CUHK Undergraduate Student Handbook (<http://www.cuhk.edu.hk/aqs>) or programme website for the study scheme, course list and course descriptions.