

Physical Education

(1) Required Courses

The required programme emphasizes the development of personality and health through team work and fair play as well as the acquisition of basic motor skills and attitude towards physical activities. The basis of assessment for each course will be students' achievement in basic sports knowledge, basic skills, attendance and learning attitude. Courses with three different course codes are being offered with men's, women's and co-ed classes. Courses with two different course codes are being offered with men's and women's classes. All courses with one course code are co-ed classes, unless otherwise specified.

All full-time students are required to take one unit of Physical Education in the first and second terms respectively during their first year of attendance, except for Exercise Science and Health Education Majors, and Physical Education, Exercise Science and Health Majors. The total number of units earned in required Physical Education should not exceed 2. Nevertheless, students admitted to first-year-first-degree (FYFD) places with Advanced Standing (AS) and Associate Degree/Higher Diploma Holders admitted to senior-year places are only required to complete one unit of Physical Education course in either the first or the second term. The total number of units earned in required Physical Education should not exceed 1. Extra course(s) will be removed after the close of course registration and add/drop period. Students can only take one required PE course in each semester, but they may take one required PE course and one elective PE course at the same time. A required PE course can only be taken once.

Course List

| <i>Course Code</i> | <i>Course Title</i> | <i>Unit(s)</i> |
|--------------------|---------------------------------|----------------|
| PHED1010 | Special Physical Education (I) | 1 |
| PHED1011 | Track and Field (Men) | 1 |
| PHED1012 | Track and Field (Women) | 1 |
| PHED1015 | Swimming (Men) | 1 |
| PHED1016 | Swimming (Women) | 1 |
| PHED1020 | Swimming | 1 |
| PHED1017 | Physical Conditioning (Men) | 1 |
| PHED1018 | Physical Conditioning (Women) | 1 |
| PHED1220 | Physical Conditioning | 1 |
| PHED1021 | Basketball (Men) | 1 |
| PHED1022 | Basketball (Women) | 1 |
| PHED1023 | Volleyball (Men) | 1 |
| PHED1024 | Volleyball (Women) | 1 |
| PHED1025 | Softball (Men) | 1 |
| PHED1026 | Softball (Women) | 1 |
| PHED1027 | Team Handball (Men) | 1 |
| PHED1028 | Team Handball (Women) | 1 |
| PHED1029 | Soccer (Men) | 1 |
| PHED1038 | Soccer (Women) | 1 |
| PHED1030 | Special Physical Education (II) | 1 |
| PHED1031 | Tennis (Men) | 1 |
| PHED1032 | Tennis (Women) | 1 |
| PHED1170 | Tennis | 1 |
| PHED1033 | Squash (Men) | 1 |
| PHED1034 | Squash (Women) | 1 |
| PHED1040 | Woodball | 1 |
| PHED1041 | Badminton (Men) | 1 |
| PHED1042 | Badminton (Women) | 1 |
| PHED1180 | Badminton | 1 |
| PHED1043 | Table Tennis (Men) | 1 |
| PHED1044 | Table Tennis (Women) | 1 |
| PHED1140 | Table Tennis | 1 |
| PHED1045 | Yoga (Men) | 1 |
| PHED1046 | Yoga (Women) | 1 |
| PHED1150 | Yoga | 1 |
| PHED1122 | Taekwondo | 1 |
| PHED1130 | Modern Dance | 1 |
| PHED1210 | Tai Chi | 1 |

Students with disabled conditions or special health problems may take a special programme, Special P.E., designed to meet their individual needs, and are admitted to either Alternative I or II according to the recommendations of the Physical Education Unit and a physician of the University Health Service.

Alternative I:

(a) Reading and written assignments on one of the following topics:

- Comparative Physical Education
- Foundation of Physical Education
- History of Physical Education
- Physical Conditioning
- Principle of Physical Education
- Psychology of Sport
- Sociology of Sport

(b) Written test at the end of each term

Alternative II:

(a) and (b) as in Alternative I; plus

(c) Light exercises under close supervision of a lecturer, such as physical conditioning, strengthening exercises, table tennis, lawn bowling, woodball, badminton, archery, swimming, jogging, etc., depending on the physical capabilities of the student.

(2) Elective Courses

This elective programme is opened to all students who are interested in physical education and keen to acquire more skills. Students may take an elective course in either or both of the terms. 1 unit can be earned upon completion of an elective PE course, which lasts for one term. The number of elective courses offered each year depends on the availability of teaching staff. Each student can only take one elective course in a term and no student can take the same course twice.

Course List

| <i>Course Code</i> | <i>Course Title</i> | <i>Unit(s)</i> |
|--------------------|---------------------------------|----------------|
| PHED1050 | Soccer (Men) | 1 |
| PHED1060 | Table Tennis | 1 |
| PHED1063 | Squash (Men) | 1 |
| PHED1064 | Squash (Women) | 1 |
| PHED1065 | Yoga (Men) | 1 |
| PHED1066 | Yoga (Women) | 1 |
| PHED1160 | Yoga | 1 |
| PHED1070 | Archery | 1 |
| PHED1071 | Tennis (Men) | 1 |
| PHED1072 | Tennis (Women) | 1 |
| PHED1270 | Tennis | 1 |
| PHED1073 | Badminton (Men) | 1 |
| PHED1074 | Badminton (Women) | 1 |
| PHED1280 | Badminton | 1 |
| PHED1100 | Woodball | 1 |
| PHED1110 | Tai Chi | 1 |
| PHED1120 | Taekwondo | 1 |
| PHED1190 | Karate | 1 |
| PHED1221 | Basketball (Men) | 1 |
| PHED1222 | Basketball (Women) | 1 |
| PHED1320 | Physical Conditioning | 1 |
| PHED2021 | Intermediate Basketball (Men) | 1 |
| PHED2022 | Intermediate Basketball (Women) | 1 |
| PHED2060 | Intermediate Table Tennis | 1 |