

Physical Education Programmes Study Scheme

I. Required Physical Education Programme

Required physical education programme aims at fostering the whole-person development of students. Hence, our programme makes great effort and take an active role in helping students improve their physical abilities, increase their knowledge of physical activities, and have confidence and motivation to participate in physical activities, so that they can ultimately cultivate a lifelong habit of participating in physical activities and enhance their physical fitness and health. Through taking part in different sports activities, students can strengthen their generic skills and develop positive psychological traits, which enable them to become physically, mentally and socially fit to confront difficulties in the challenging workplace in the future.

All Year 1 full-time students are required to take one credit 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. A course can be taken only once. The number of units earned in required Physical Education shall not exceed 2.

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 take one credit unit of Physical Education in the first or second term during their first year of attendance. The number of units earned in required Physical Education shall not exceed 1. Students under Dual Degree Programme should take the required Physical Education according to the regulations of their departments.

The basis of assessment for each course will be students' achievement in basic sports skills and knowledge, attendance and learning attitude. 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.

Course List		
Course Code	Course Title	Unit(s)
PHED1010	Special Physical Education (I)	1
PHED1011 / 1012	Track and Field	1
PHED1015 / 1016 / 1020	Swimming	1
PHED1017 / 1018 / 1220	Physical Conditioning	1
PHED1021 /1022	Basketball	1
PHED1023 / 1024	Volleyball	1
PHED1025 / 1026	Softball	1
PHED1027 / 1028	Team Handball	1
PHED1029 / 1038	Soccer	1
PHED1030	Special Physical Education (II)	1
PHED1031 / 1032 / 1170	Tennis	1
PHED1033 / 1034	Squash	1
PHED1040	Woodball	1
PHED1041 / 1042 / 1180	Badminton	1
PHED1043 / 1044 / 1140	Table Tennis	1
PHED1045 / 1046 / 1150	Yoga	1
PHED1122	Taekwondo	1
PHED1130	Modern Dance	1
PHED1210	Tai Chi	1

Students with disabled conditions or long-term 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.

II. Elective Physical Education Programme

This elective programme is open to all students who are interested in physical education and keen to acquire more skills. The programme is composed of the following 1-unit term courses. Each student can only take one elective course in a term and no student can take the same course twice.

Course List		
Course Code	Course Title	Unit(s)
PHED1050	Soccer	1
PHED1060	Table Tennis	1
PHED1063 / 1064	Squash	1
PHED1065 / 1066 / 1160	Yoga	1
PHED1070	Archery	1
PHED1071 / 1072 / 1270	Tennis	1
PHED1073 / 1074 / 1280	Badminton	1
PHED1100	Woodball	1
PHED1110	Tai Chi	1
PHED1120	Taekwondo	1
PHED1190	Karate	1
PHED1200	Cycling and Fitness	1
PHED1221 / 1222	Basketball	1
PHED1230	Hip-hop Dance	1
PHED1240	Golf	1
PHED1250	Martial Arts Bing Dao	1
PHED1320	Physical Conditioning	1
PHED2021 / 2022	Intermediate Basketball	1
PHED2060	Intermediate Table Tennis	1