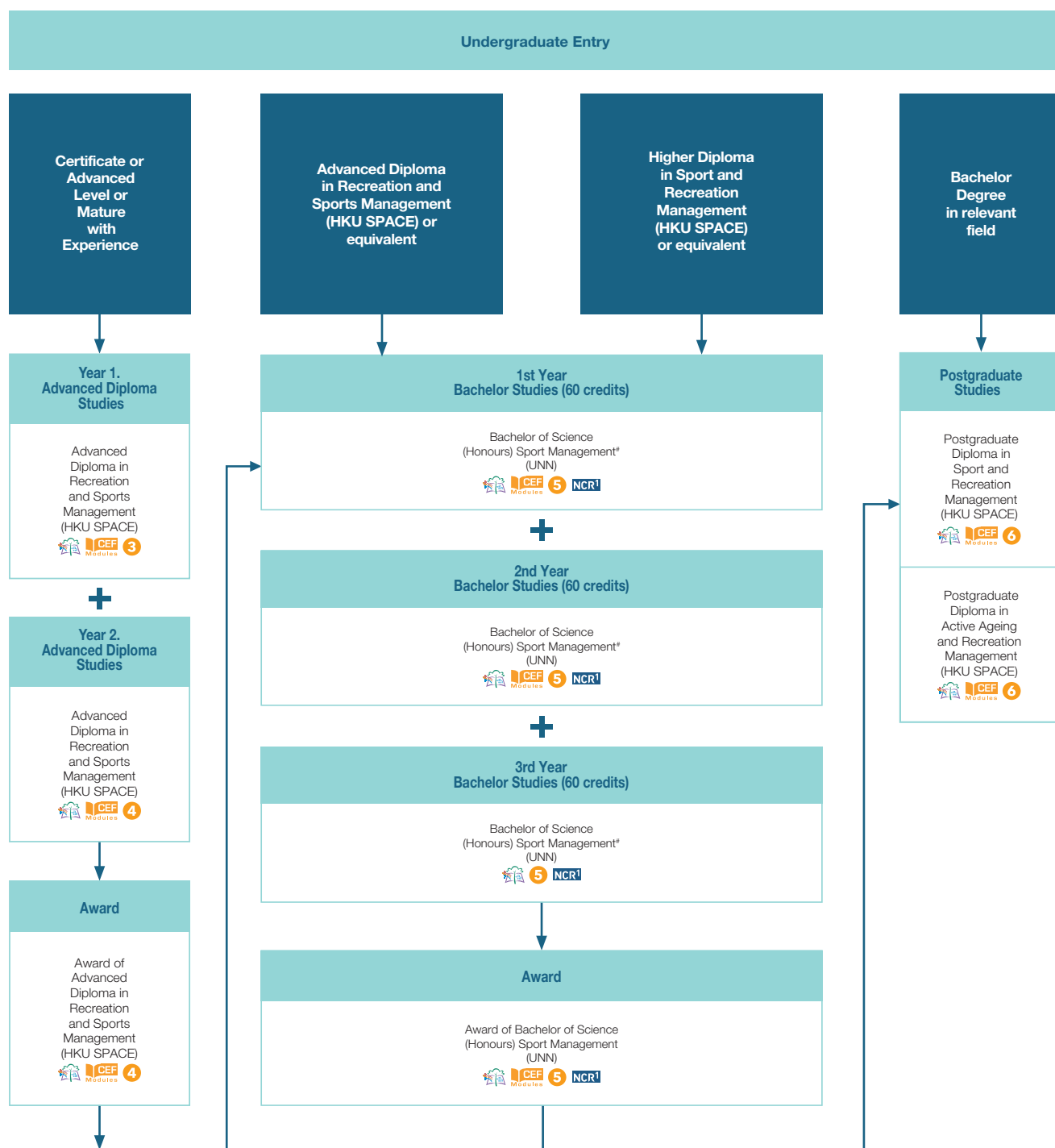


Sports, Exercise & Recreation

體育、運動及康樂

Pathways to Undergraduate and Postgraduate Studies in Recreation and Sports Management



* University of Northumbria at Newcastle, UK (UNN) has recognized the Advanced Diploma in Recreation and Sports Management and Higher Diploma in Sport and Recreation Management awarded within the HKU system through HKU SPACE for a credit transfer of 180 credits. Students will need to require a further 180 credits to complete the entire programme.

This programme is also offered on a full-time basis for 18 months.

Postgraduate Diploma in Sport and Recreation Management

Programme Code: HS110A

Application Code: 1875-HS110A



3762 0862

om.lam@hkuspace.hku.hk

The programme aims to optimise the employment opportunities of graduates and to ensure the ongoing development and acquisition of professional skills, attitudes and knowledge in a variety of recreation and sport settings.

R Applicants shall hold a degree from a recognized institution in an appropriate subject, for example sport, social sciences, management or business, or equivalent.

If the degree or equivalent qualification is from an institution where the language of teaching and assessment is not English, applicants shall provide evidence of English proficiency such as:

- an overall band of 6.0 or above with no subtests lower than 5.5 in the IELTS;
- HKALE Use of English at Grade E or above; or
- equivalent qualifications.

\$ HK\$37,500 per programme (The tuition fee is reviewed annually and is subject to change without prior notice.)

Application Fee: HK\$150 (Non-refundable)

D 9 months

☑ - Mon, Wed
- Weekday evenings

E English

F Fortress Tower Learning Centre / HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) / Island East Campus

Q Level 6 (Reg. No.: 13/000427/L6) Validity Period: 02 Sep 2013 - on-going

Application Deadline 1 Mar 2021

Commencement Date 29 Mar 2021

Postgraduate Diploma in Active Ageing and Recreation Management

Programme Code: HS176A

Application Code: 1940-HS176A



3762 0862

om.lam@hkuspace.hku.hk

The programme aims to optimise the employment opportunities of graduates in the field of recreation and ageing and to ensure the ongoing development and acquisition of professional knowledge, skills, and abilities necessary for the provision and management of leisure and recreation programmes in a variety of settings. It aims to create in students an awareness of active ageing with its health, recreation, employment, education and social implications.

R Applicants should normally hold a bachelor's degree from a recognized institution in an appropriate subject, for example sport, exercise, social sciences, health, recreation management, or equivalent.

If the degree or equivalent qualification is from an institution where the language of teaching and assessment is not English, applicants shall provide evidence of English proficiency such as:

- an overall band of 6.0 or above with no subtests lower than 5.5 in the IELTS; or
- a score of 550 or above in the paper-based TOEFL, or a score of 213 or above in the computer-based TOEFL, or a score of 80 or above in the internet-based TOEFL; or
- HKALE Use of English at Grade E or above; or
- HKDSE Examination English Language at Level 3 or above; or
- equivalent qualifications.

Consideration will also be given to applicants who do not fulfill the academic requirement but who can demonstrate senior practitioner experience in a related industry. Such applicants shall have to provide evidence of English proficiency as listed above.

\$ HK\$37,500 per programme
Application Fee: HK\$150 (Non-refundable)

☑ - Mon, Wed
- Weekday evenings

D 9 months

☑ English

F Fortress Tower Learning Centre / HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) / Island East Campus

Q Level 6 (Reg. No.: 19/001282/L6) Validity Period: 01 Feb 2020 - on-going

Application Deadline 30 Jun 2021

Commencement Date 2 Aug 2021

Bachelor of Science (Honours) Sport Management

Programme Code: HS105A



University of Northumbria at Newcastle

Application Code: 1865-HS105A

3762 0862

om.lam@hkuspace.hku.hk

This part-time programme aims to produce graduates who can critically review the processes and practices that are central to professions within sport management. It is designed to provide an academically and vocationally relevant curriculum that will stimulate students to become active learners, question existing practice and develop effective evaluative skills in a sport and recreation management setting.

R Applicants shall hold a Higher Diploma in Sport and Recreation Management awarded within the HKU system through HKU SPACE, or an equivalent qualification from a recognised institution.

Applicants, who are graduates of the programmes taught in English, are normally regarded as demonstrating the required English Proficiency. In other cases, IELTS 6.0 is required.

Applicants may be required to attend an interview and/or an English test.

\$ HK\$135,450 per programme (The tuition fee* for 2020/21 intake is HK\$135,450 for the whole programme, payable in three installments. * The tuition fee is reviewed annually and is subject to change without prior notice.)

Application Fee: HK\$150 (Non-refundable)

D 3 years

☑ - Mon, Wed,
- Weekday evenings

E English

F Fortress Tower Learning Centre / HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus / Island East Campus

Q Level 5 (Reg. No.: 15/002495/L5) Validity Period: 01 Sep 2015 - 31 Aug 2022

Commencement Date 11 Jan 2021

Advanced Diploma in Recreation and Sports Management

Programme Code: HS099A

Application Code: 1865-HS099A



2587 3154

hc.fung@hkuspace.hku.hk

This programme is designed for people who are currently working in leisure administration or recreation and sports management positions, or who intend to pursue a career in the management of leisure services.

R Applicants shall:

- have gained in the HKDSE Examination Level 3 in 2 subjects and Level 2 in 3 subjects (including English Language); or equivalent; or
- have gained in the HKAL Grade E in 2 AL subjects and 3 passes at HKCEE Level (including English Language) or, equivalent; or
- be at least 21 years of age and have 3 years of relevant work experience and provide evidence of English proficiency, such as HKCEE English Language at Level 2; or HKCEE English Language (Syllabus B) at Grade E or Grade C (Syllabus A); or equivalent.

Applicants may be required to attend an interview.

* Grade E (Syllabus B) or Grade C (Syllabus A) in pre-2007 or Level 2 obtained in and after 2007.

\$ HK\$24,500 per year (The course fee is reviewed annually and the fee for January 2021 is subject to change without prior notice)
Application Fee: HK\$150 (Non-refundable)

D 2 years

☑ English

☑ Weekday evenings

F Fortress Tower Learning Centre / HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus / Island East Campus

Q Level 4 (Reg. No.: 07/001904/4) Validity Period: 05 May 2008 - on-going

NCR1 This is an exempted course under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育(規管)條例》，本課程屬獲豁免課程。It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

NCR2 These are exempted courses under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育(規管)條例》，這些課程屬獲豁免課程。It is a matter of discretion for individual employers to recognize any qualification to which these courses may lead. 個別僱主可酌情決定是否承認這些課程可令學員獲取的任何資格。

NCR3 The course operator is applying for exemption under the Non-local Higher and Professional Education (Regulation) Ordinance. 課程主辦人正根據《非本地高等及專業教育(規管)條例》辦理豁免註冊手續。It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

Sports, Exercise & Recreation

體育、運動及康樂

Application Deadline	4 Jan 2021
Commencement Date	11 Jan 2021

Certificate for Module (Sport and Recreation Strategic Business Management)

Programme Code: HS171A

Application Code: 1875-HS171A

3762 0862

om.lam@hkuspace.hku.hk

The Certificate for Module (Sport and Recreation Strategic Business Management) aims to examine the development of contemporary management and business theories and processes and the application of these to the sport and recreation industry. It considers the challenges facing sport and recreation business professionals and the strategies to deal with the complex challenges in the global context of changing social, cultural, organisational and consumer expectations. Specific attention will be applied to understanding perspectives on learning organisations, best practice, plus quality and quality assurance in the management and business context of international sport and recreation.

R Applicants shall hold a degree from a recognized institution in an appropriate subject, for example sport, social sciences, management or business, or equivalent.

If the degree or equivalent qualification is from an institution where the language of teaching and assessment is not English, applicants shall provide evidence of English proficiency such as:

- an overall band of 6.0 or above with no subtests lower than 5.5 in the IELTS;
- a score of 550 or above in the paper-based TOEFL, or a score of 213 or above in the computer-based TOEFL, or a score of 80 or above in the internet-based TOEFL; or
- HKALE Use of English at Grade E or above; or
- HKDSE Examination English Language at level 3 or above; or
- equivalent qualifications.

Consideration will also be given to mature age applicants who do not fulfill the academic requirement but who can demonstrate extensive industrial experience in positions requiring senior management skills. Such applicants shall have to provide evidence of English proficiency such as an overall band of 6.0 in the IELTS, or equivalent.

Applicants with other qualifications will be considered on individual merit.

\$ HK\$7,180

Application Fee: HK\$150 (Non-refundable)

🕒 Weekday evening

D 14 weeks

🌐 English

Q Level 6 (Reg. No.: 19/001091/L6) Validity Period: 01 Oct 2019 - on-going

Application Deadline	1 Mar 2021
Commencement Date	29 Mar 2021

Certificate for Module (Sport and Recreation Strategic Marketing)

Programme Code: HS166A

Application Code: 1940-HS166A

3762 0862

om.lam@hkuspace.hku.hk

The Certificate for Module in Sport and Recreation Strategic Marketing provides students with the opportunity to develop a strategic understanding of marketing processes and practice from a service organization and sport and recreation management perspective. Students will be able to develop an appreciation of the skills of marketing through the study of examples and case studies from the world of sport and recreation.

R Applicants shall hold a degree from a recognized institution in an appropriate subject, for example sport, social sciences, management or business, or equivalent.

If the degree or equivalent qualification is from an institution where the language of teaching and assessment is not English, applicants shall provide evidence of English proficiency such as:

- an overall band of 6.0 or above with no subtests lower than 5.5 in the IELTS;
- a score of 550 or above in the paper-based TOEFL, or a score of 213 or above in the computer-based TOEFL, or a score of 80 or above in the internet-based TOEFL; or
- HKALE Use of English at Grade E or above; or
- HKDSE Examination English Language at level 3 or above; or
- equivalent qualifications.

Consideration will also be given to mature age applicants who do not fulfill the academic requirement but who can demonstrate extensive industrial experience in positions requiring senior management skills. Such applicants shall have to provide evidence of English proficiency such as an overall band of 6.0 in the IELTS, or equivalent.

Applicants with other qualifications will be considered on individual merit.

\$ HK\$7,180

Application Fee: HK\$150 (Non-refundable)

🕒 Weekday evening

D 14 weeks

🌐 English

📍 Fortress Tower Learning Centre / HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) / Island East Campus

Q Level 6 (Reg. No.: 19/000683/L6) Validity Period: 01 Jun 2019 - on-going

Application Deadline	30 Jun 2021
Commencement Date	2 Aug 2021

Certificate for Module (Sport and Recreation Policy)

Programme Code: HS167A

Application Code: 1955-HS167A

3762 0862

om.lam@hkuspace.hku.hk

The Certificate for Module in Sport and Recreation Policy aims to provide students with an understanding of contemporary sport and recreation policy developments and how they frame strategic planning practices within the sport and recreation industry.

R Applicants shall hold a degree from a recognized institution in an appropriate subject, for example sport, social sciences, management or business, or equivalent.

If the degree or equivalent qualification is from an institution where the language of teaching and assessment is not English, applicants shall provide evidence of English proficiency such as:

- an overall band of 6.0 or above with no subtests lower than 5.5 in the IELTS;
- a score of 550 or above in the paper-based TOEFL, or a score of 213 or above in the computer-based TOEFL, or a score of 80 or above in the internet-based TOEFL; or
- HKALE Use of English at Grade E or above; or
- HKDSE Examination English Language at level 3 or above; or
- equivalent qualifications.

Consideration will also be given to mature age applicants who do not fulfill the academic requirement but who can demonstrate extensive industrial experience in positions requiring senior management skills. Such applicants shall have to provide evidence of English proficiency such as an overall band of 6.0 in the IELTS, or equivalent.

Applicants with other qualifications will be considered on individual merit.

\$ HK\$7,180

Application Fee: HK\$150 (Non-refundable)

🕒 Weekday evening

D 14 weeks

🌐 English

📍 Fortress Tower Learning Centre / HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) / Island East Campus

Q Level 6 (Reg. No.: 19/000759/L6) Validity Period: 01 Jul 2019 - on-going

Application Deadline	1 Oct 2021
Commencement Date	17 Nov 2021

R Minimum Entry Requirements 基本入學要求 (P.332)

\$ Fee 學費

D Duration 修業期

🕒 Date/Time 日期/時間

📍 Venue 地點

👤 Tutor 導師

🌐 Medium of Instruction 教學語言

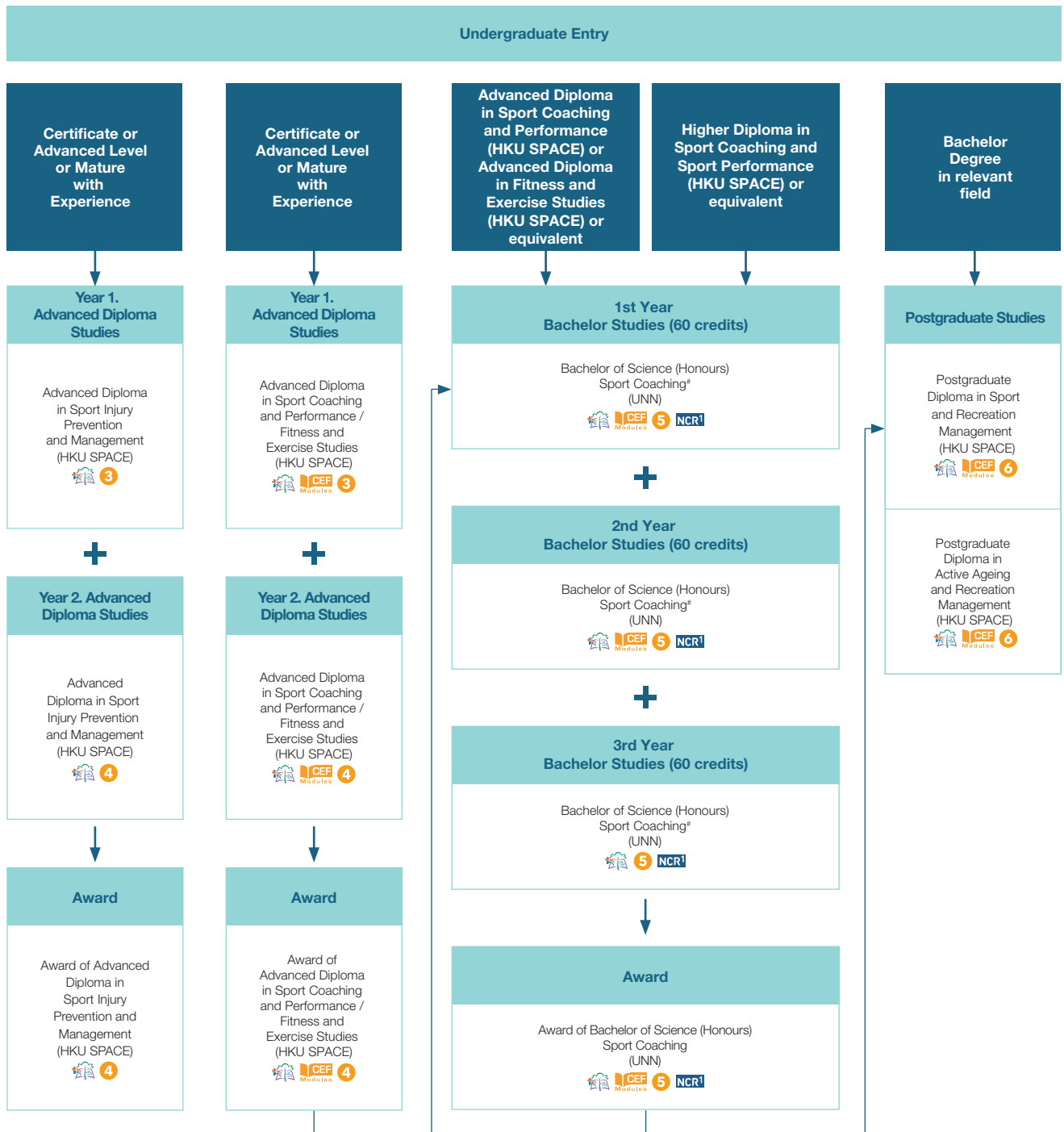
Q Qualifications Framework 資歷架構

E Exemption 豁免

S Short Course 短期課程

See legend on page 2 & 8
圖像說明於第2及8頁

Pathways to Undergraduate and Postgraduate Studies in Sport, Exercise and Coaching



* University of Northumbria at Newcastle, UK (UNN) has recognized the Advanced Diploma in Fitness and Exercise Studies / Sport Coaching and Performance and Higher Diploma in Sport Coaching and Sport Performance awarded within the HKU system through HKU SPACE for a credit transfer of 180 credits. Student will need to require a further 180 credits to complete the entire programme.

This programme is also offered on a full-time basis for 18 months.

Sports, Exercise & Recreation

體育、運動及康樂

Bachelor of Science (Honours) Sport Coaching

Programme Code: HS154A



University of Northumbria at Newcastle

Application Code: 1865-HS154A

3762 0862

om.lam@hkuspace.hku.hk

The curriculum of the programme reflects staff expertise and research interests, key trends in associated national, international professional bodies and current sport policy, and the relevant national benchmarks.

Embedded transferable skills in areas such as information technology, problem-solving, communication and reflective practice will help students to prepare for a global market and pursue lifelong learning.

- Unique top-up degree programmes offered by one of the top universities in the UK;
- Completed in 36 months of part-time study;
- Work placement opportunities in public and private sectors;
- Applications considered from AD/HD holders in sport, exercise, coaching and related subjects.

- R** 1. Applicants shall hold a Higher Diploma in Sport Coaching and Sport Performance awarded within the HKU system through HKU SPACE, OR an equivalent qualification from a recognised institution;
2. Applicants, who are graduates of programmes taught in English, are normally regarded as demonstrating the required English Proficiency. In other cases, IELTS 6.0 is required.
3. Applicants may be required to attend an interview and/or an English test.

\$ HK\$135,450 per programme (The tuition fee* for 2020/21 intake is HK\$135,450 for the whole programme, payable in three instalments. *The tuition fee is reviewed annually and is subject to change without prior notice.)

Application Fee: HK\$150 (Non-refundable)

D 3 years

🕒 - Mon, Wed,
- Weekday evenings

🌐 English

📍 Fortress Tower Learning Centre / HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus / Island East Campus

Q Level 5 (Reg. No.: 18/000760/L5) Validity Period: 01 Sep 2018 - 31 Aug 2022

Commencement Date 11 Jan 2021

Advanced Diploma in Sport Coaching and Performance

Programme Code: HS117A



Application Code: 1945-HS117A

2587 3154

hc.fung@hkuspace.hku.hk

This programme aims to provide students with cutting-edge information and practical experience to pursue a coaching career in youth sports, tertiary and Olympic or professional sports. Students in the programme will learn current practices in sport identification and development, coaching methodology, sport psychology, applied biomechanics, strength and conditioning, application of research, and the administration of sport programs. It will enhance their understanding of coaching programming to meet the specific needs of clients that they are supervising in the community.

- R** Applicants shall:
- have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent;
 - (a) (i) be aged at least 21 years of age and have three years of relevant work experience, or (ii) hold a Certificate in relevant subjects;
 - and
 - (b) provide evidence of English proficiency, such as:
 - (i) HKDSE English Language at Level 2; or
 - (ii) HKCEE English Language at Level 2; or
 - (iii) HKCEE English Language (Syllabus B) at Grade E (Grade C in the case of English Language (Syllabus A)); or

- (iv) an overall band of 6 with subtest of 5.5 in the IELTS; or
- (v) a score of 550 in the paper-based TOEFL or a score of 213 in the computer-based TOEFL.

Applicants may be required to attend an interview and/or an English test.

\$ HK\$24,500 per year (The course fee is reviewed annually and the fee for September 2021 is subject to change without prior notice)

Application Fee: HK\$150 (Non-refundable)

D 2 years

🕒 Weekday evenings

🌐 English

📍 Fortress Tower Learning Centre/ Island East Campus/ HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus

Q Level 4 (Reg. No.: 09/000969/4) Validity Period: 01 Oct 2009 - on-going

Application Deadline 6 Aug 2021

Commencement Date 6 Sep 2021

Advanced Diploma in Fitness and Exercise Studies

Programme Code: HS121A

Application Code: 1945-HS121A



2587 3154

hc.fung@hkuspace.hku.hk

The programme aims to introduce to students the necessary skills, abilities and knowledge to undertake fitness and exercise leadership responsibilities by being able to assess the individual or community requirements; and design and deliver the programmes and services in a safe, supportive and equitable manner.

- R** Applicants shall:
- have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent;
 - (a) (i) be aged at least 21 years of age and have three years of relevant work experience, or (ii) hold a Certificate in relevant subjects;
 - and
 - (b) provide evidence of English proficiency, such as:
 - (i) HKDSE English Language at Level 2; or
 - (ii) HKCEE English Language at Level 2; or
 - (iii) HKCEE English Language (Syllabus B) at Grade E (Grade C in the case of English Language (Syllabus A)); or
 - (iv) an overall band of 6 with subtest of 5.5 in the IELTS; or
 - (v) a score of 550 in the paper-based TOEFL or a score of 213 in the computer-based TOEFL.

Applicants may be required to attend an interview and/or an English test.

\$ HK\$24,500 per year (The course fee is reviewed annually and the fee for September 2021 is subject to change without prior notice)

Application Fee: HK\$150 (Non-refundable)

D 2 years

🕒 Weekday evenings

🌐 English

📍 Fortress Tower Learning Centre/ Island East Campus/ HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus

Q Level 4 (Reg. No.: 07/001906/4) Validity Period: 05 May 2008 - on-going

Application Deadline 6 Aug 2021

Commencement Date 6 Sep 2021

R Minimum Entry Requirements 基本入學要求 (P.332)

\$ Fee 學費

D Duration 修業期

🕒 Date/Time 日期/時間

📍 Venue 地點

👤 Tutor 導師

🌐 Medium of Instruction 教學語言

Q Qualifications Framework 資歷架構

E Exemption 豁免

S Short Course 短期課程

See legend on page 2 & 8
圖像說明於第2及8頁

Advanced Diploma in Sport Injury Prevention and Management

Programme Code: HS086A

Application Code: 1945-HS086A



2587 3154

hc.fung@hkuspace.hku.hk

The overall aim of the programme is to provide students with the knowledge and skills to develop expertise in the management of injury arising from vigorous exercise and sport. It is designed to provide students with an in-depth understanding of sport injuries, preventative measures and sport injury management so that they can assist themselves and guide those under their supervision.

Students are expected to use this knowledge to underpin the development and delivery of sport and exercise programmes.

- R** Applicants shall:
- have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent;
 - (a) (i) be aged at least 21 years of age and have three years of relevant work experience, or (ii) hold a Certificate in relevant subjects; and
 - (b) provide evidence of English proficiency, such as:
 - (i) HKDSE English Language at Level 2; or
 - (ii) HKCEE English Language at Level 2; or
 - (iii) HKCEE English Language (Syllabus B) at Grade E (Grade C in the case of English Language (Syllabus A)); or
 - (iv) an overall band of 6 with subtest of 5.5 in the IELTS; or
 - (v) a score of 550 in the paper-based TOEFL or a score of 213 in the computer-based TOEFL.

Applicants may be required to attend an interview and/or an English test.

- \$** HK\$20,500 per year (The course fee is reviewed annually and the fee for September 2021 is subject to change without prior notice)
Application Fee: HK\$150 (Non-refundable)

D 2 years

Weekday evenings

English

Fortress Tower Learning Centre/ Island East Campus/ HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus

Q Level 4 (Reg. No.: 09/000971/4) Validity Period: 04 May 2009 - on-going

Application Deadline 6 Aug 2021

Commencement Date 6 Sep 2021

Preparation course for the International NASM Certified Personal Trainer Certification (NASM-CPT)

Programme Code: SPRM9141

Application Code: 1870-1680NW

3762 0862

om.lam@hkuspace.hku.hk

The purpose of this short course is to provide the opportunity for current and former HKUSPACE Sport, Exercise and Recreation Management Subject Group students, to enhance their professional development by attaining a highly sought-after personal training certification.

- R** Aged 18 years or above and have completed the first year of an award bearing programme offered full time or part time by the HKUSPACE Sport, Exercise and Recreation Management (SERM) subject group.

\$ HK\$3500 per programme

Weekday evenings

D 18 hours

Island East Campus

English

HKUSPACE appointed teacher holding a NASM Master Trainer qualification

Q Level 4 (Reg. No.: 09/000971/4) Validity Period: 04 May 2009 - on-going

- NCR1** This is an exempted course under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育(規管)條例》，本課程屬獲豁免課程。 It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。
- NCR2** These are exempted courses under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育(規管)條例》，這些課程屬獲豁免課程。 It is a matter of discretion for individual employers to recognize any qualification to which these courses may lead. 個別僱主可酌情決定是否承認這些課程可令學員獲取的任何資格。
- NCR3** The course operator is applying for exemption under the Non-local Higher and Professional Education (Regulation) Ordinance. 課程主辦人正根據《非本地高等及專業教育(規管)條例》辦理豁免註冊手續。 It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

Application Deadline 5 Feb 2021

Commencement Date Feb 2021

Nutrition for Sport and Exercise

Programme Code: SPFE3010

Application Code: 1865-HS133A

The module aims to introduce students to the relationship between diet and exercise, and how this knowledge is used in by the exercise practitioner in planned exercise programmes and the promotion of healthy lifestyles.

Weekday evenings

Island East Campus
Fortress Tower Learning Centre

Application Deadline 30 Dec 2020

Commencement Date 6 Jan 2021

For course details, please refer to the common information on next page.

Physical Performance Perspectives

Programme Code: SPFE4015

Application Code: 1865-HS133A

The module aims to provide students with an understanding of the changes in human movement behaviour across the lifespan and the influence these changes have on motor performance. Students will chart the development cycle of people and relate this to considerations from infancy, through adulthood to older adults. Students should understand the way people learn, develop and perform skilled movement. How people process information, programme and control movement through senses in set conditions will be explored, and students should appreciate the use of suitable environments and training techniques.

Weekday evenings

Island East Campus
Fortress Tower Learning Centre

Application Deadline 28 Dec 2020

Commencement Date 4 Jan 2021

For course details, please refer to the common information on next page.

Participation Behaviour and Exercise

Programme Code: SPFE5011

Application Code: 1865-HS133A

The module is designed to introduce students to the psychological factors related to participation in exercise and sport.

Weekday evenings

Island East Campus
Fortress Tower Learning Centre

Application Deadline 31 Dec 2020

Commencement Date 7 Jan 2021

For course details, please refer to the common information on next page.

Sports, Exercise & Recreation

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Developing and Assessing Sport Performance

Programme Code: SPFE5010

Application Code: 1865-HS133A

This module aims to provide students with the skills to critically assess sport performance in athletes, to investigate those extrinsic and intrinsic factors that impact upon performance and to provide the basis for students to be able to formulate their own strategies for developing sport performance.

Weekday evenings

- Island East Campus
- Fortress Tower Learning Centre

Application Deadline 29 Dec 2020

Commencement Date 5 Jan 2021

For course details, please refer to the common information below.

2587 3154

hc.fung@hkuspace.hku.hk

- R** Applicants shall:
- have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent; or
 - (a) (i) be aged at least 21 years of age and have three years of relevant work experience, or
 - (ii) hold a Certificate in relevant subjects;
 - and
 - (b) provide evidence of English proficiency, such as:
 - (i) HKDSE English Language at Level 2; or
 - (ii) HKCEE English Language at Level 2; or
 - (iii) HKCEE English Language (Syllabus B) at Grade E (Grade C in the case of English Language (Syllabus A)); or
 - (iv) an overall band of 6 with subtest of 5.5 in the IELTS; or
 - (v) a score of 550 in the paper-based TOEFL or a score of 213 in the computer-based TOEFL.

Applicants may be required to attend an interview and/or an English test.

\$ HK\$4,150 per module
(The course fee is reviewed annually and the fee is subject to change without prior notice)

D 3 months English

Professional Practice I : Fundamental Instructor Training

Programme Code: SPFE4016

Application Code: 1880-HS133A

This module aims to provide students with application of the skills and knowledge involved in the appropriate delivery of sport coaching programmes.

Weekday evenings

- Island East Campus
- Fortress Tower Learning Centre

Application Deadline 7 Apr 2021

Commencement Date 14 Apr 2021

For course details, please refer to the common information on the right.

Performance Programming for Coaches: Theory to Practice

Programme Code: SPFE5012

Application Code: 1880-HS133A

This module aims to develop students' knowledge and skills in sport programming with a focus on short term and long term plans. Students should understand the components of the sport coaching plans including vertical integration and horizontal sequencing of components through the use of periods, phases, macro-cycles and micro-cycles. It also provides students with an understanding of the programming considerations relating to coaching specific population groups, such as children, female athletes, athletes with disabilities and masters athletes.

Weekday evenings

- Island East Campus
- Fortress Tower Learning Centre

Application Deadline 20 Apr 2021

Commencement Date 27 Apr 2021

For course details, please refer to the common information below.

2587 3154

hc.fung@hkuspace.hku.hk

- R** Applicants shall:
- have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent; or
 - (a) (i) be aged at least 21 years of age and have three years of relevant work experience, or
 - (ii) hold a Certificate in relevant subjects;
 - and
 - (b) provide evidence of English proficiency, such as:
 - (i) HKDSE English Language at Level 2; or
 - (ii) HKCEE English Language at Level 2; or
 - (iii) HKCEE English Language (Syllabus B) at Grade E (Grade C in the case of English Language (Syllabus A)); or
 - (iv) an overall band of 6 with subtest of 5.5 in the IELTS; or
 - (v) a score of 550 in the paper-based TOEFL or a score of 213 in the computer-based TOEFL.

Applicants may be required to attend an interview and/or an English test.

\$ HK\$4,150 per module
(The course fee is reviewed annually and the fee is subject to change without prior notice)

D 3 months English

Exercise Physiology : Aerobic and Anaerobic

Programme Code: SPFE4014

Application Code: 1880-HS133A

2587 3154

hc.fung@hkuspace.hku.hk

The module aims to provide students with an understanding of the impact that exercise has on the physiology of the body using Aerobic and Anaerobic training as the medium of instruction.

- R** Applicants shall:
1. have successfully completed HKU SPACE Anatomy and Physiology for Exercise (SPFE4013) short course; AND
 2. have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent; or
 3. (a) (i) be aged at least 21 years of age and have three years of relevant work experience, or
 - (ii) hold a Certificate in relevant subjects;
 - and
 - (b) provide evidence of English proficiency, such as:
 - (i) HKDSE English Language at Level 2; or
 - (ii) HKCEE English Language at Level 2; or
 - (iii) HKCEE English Language (Syllabus B) at Grade E (Grade C in the case of English Language (Syllabus A)); or

- (iv) an overall band of 6 with subtest of 5.5 in the IELTS; or
(v) a score of 550 in the paper-based TOEFL or a score of 213 in the computer-based TOEFL.

Applicants may be required to attend an interview and/or an English test.

- \$** HK\$4,150 per module
(The course fee is reviewed annually and the fee is subject to change without prior notice)
- D** 3 months
- 📍** - Island East Campus
- Fortress Tower Learning Centre
- 🕒** Weekday evenings
- 🇬🇧** English

Application Deadline 12 Apr 2021

Commencement Date 19 Apr 2021

Anatomy and Physiology for Exercise

Programme Code: SPFE4013

Application Code: 1945-HS133A

This module aims to provide students with an understanding of the skeletal, neural and muscular functions, and the physiological processes that provide the basis for human capacity to move and exercise.

- 🕒** Weekday evenings
- 📍** - Island East Campus
- Fortress Tower Learning Centre

Application Deadline 30 Aug 2021

Commencement Date 6 Sep 2021

For course details, please refer to the common information on the right.

Introduction to Sport Coaching and Performance

Programme Code: SPFE3009

Application Code: 1945-HS133A

This module aims to provide an introduction to the coaching process and to the basic principles and components of performance enhancement.

- 🕒** Weekday evenings
- 📍** - Island East Campus
- Fortress Tower Learning Centre

Application Deadline 1 Sep 2021

Commencement Date 8 Sep 2021

For course details, please refer to the common information on the right.

Injuries in Sport and Exercise

Programme Code: SPFE5009

Application Code: 1945-HS133A

This module aims to provide students with an understanding of common injuries in sport and exercise. Students will also learn the basic prevention and management of sport injuries.

- 🕒** Weekday evenings
- 📍** - Island East Campus
- Fortress Tower Learning Centre

Application Deadline 31 Aug 2021

Commencement Date 7 Sep 2021

For course details, please refer to the common information on the right.

📞 2587 3154

✉ hc.fung@hkuspace.hku.hk



- R** Applicants shall:
- have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent; or
 - (a) (i) be aged at least 21 years of age and have three years of relevant work experience, or
 - (ii) hold a Certificate in relevant subjects;
 - and
 - (b) provide evidence of English proficiency, such as:
 - (i) HKDSE English Language at Level 2; or
 - (ii) HKCEE English Language at Level 2; or
 - (iii) HKCEE English Language (Syllabus B) at Grade E (Grade C in the case of English Language (Syllabus A)); or
 - (iv) an overall band of 6 with subtest of 5.5 in the IELTS; or
 - (v) a score of 550 in the paper-based TOEFL or a score of 213 in the computer-based TOEFL.

Applicants may be required to attend an interview and/or an English test.

- \$** HK\$4,150 per module
(The course fee is reviewed annually and the fee is subject to change without prior notice)
- D** 3 months
- 🇬🇧** English

Body In Motion

Programme Code: SPFE4017



Application Code: 1945-HS133A



📞 2587 3154

✉ hc.fung@hkuspace.hku.hk

The module aims to provide students with an understanding of the mechanical laws which affect the efficient movement of the body in different exercise settings.

- R** Applicants shall:
1. have successfully completed HKU SPACE Anatomy and Physiology for Exercise (SPFE4013) short course; AND
 2. have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent; or
 3. (a) (i) be aged at least 21 years of age and have three years of relevant work experience, or
 - (ii) hold a Certificate in relevant subjects;
 - and
 - (b) provide evidence of English proficiency, such as:
 - (i) HKDSE English Language at Level 2; or
 - (ii) HKCEE English Language at Level 2; or
 - (iii) HKCEE English Language (Syllabus B) at Grade E (Grade C in the case of English Language (Syllabus A)); or
 - (iv) an overall band of 6 with subtest of 5.5 in the IELTS; or
 - (v) a score of 550 in the paper-based TOEFL or a score of 213 in the computer-based TOEFL.

Applicants may be required to attend an interview and/or an English test.

- \$** HK\$4,150 per module
(The course fee is reviewed annually and the fee is subject to change without prior notice)
- D** 3 months
- 🕒** Weekday evenings
- 📍** - Island East Campus
- Fortress Tower Learning Centre
- 🇬🇧** English

Application Deadline 2 Sep 2021

Commencement Date 9 Sep 2021

Sports, Exercise & Recreation

體育、運動及康樂

瑜伽導師訓練證書

課程編號: HS175A

☎ 2587 3295

✉ ws.cheng@hkuspace.hku.hk



本課程為瑜伽練習者、瑜伽愛好者或有志投身瑜伽教學人士而設。課程內容包括瑜伽的起源、歷史和哲學、瑜伽呼吸法、基礎瑜伽解剖學、瑜伽冥想和瑜伽素食等。學生還會學習理解基本姿勢、實習及瑜伽教學重點，從而掌握教授瑜伽課堂的步驟和技巧。完成課程後可向瑜伽聯盟(YOGA ALLIANCE)申請註冊為RYT 200 瑜伽導師。

R 申請人必須：
- 完成香港高中課程；或
- 完成香港中學會考課程或具同等學歷。

🕒 - 逢周一、周三，7:00pm - 10:00pm
- 逢周六，9:00am - 2:00pm

\$ HK\$27,000**📍** 港島東分校**D** 200 小時**🗣️** 粵語

Q 資歷架構級別: 3 資歷名冊登記號碼: 20/000053/L3
資歷名冊登記有效期: 2020 年 3 月 1 日 - 持續有效

開課日期

2021 年 7 月 (待定)

太極拳

課程編號: SPRM9001

報名代碼: 1870-1660NW



☎ 2587 3154

✉ hc.fung@hkuspace.hku.hk

本課程旨在指導學員通過意識的運作、呼吸的控制、形體的調整及和諧的動作，舒展筋骨，緩解神經緊張，按摩關節，從而達致身心健康，延年益壽。這是一套適合任何年齡人士參加，練習時可站可坐的中國氣功基本保健運動。導師亦會教授學員於練習太極氣功時適用的自然和混合呼吸方法。

R 學員必須 18 歲或以上，並且體格強健。

\$ HK\$1,350
年長學員優惠: HK\$1,080 (60 歲以上學員報讀課程可享八折學費優惠，部分課程的優惠學額有限。學員必須親身報名及於報名時出示身分證或護照，以核實年齡，方可享受此優惠。)

D 6 個星期
🕒 - 逢周五，8:00pm - 10:00pm
- 平日晚上

🗣️ 廣東話為主，輔以英語**📍** 港大保良何鴻燊社區書院 香港銅鑼灣禮頓道 66 號

👤 高樹興先生，香港太極總會太極拳教練，香港武術聯合會武術教練
或其他合資格之太極拳教練

截止報名日期

2021 年 2 月 5 日

開課日期

2021 年 2 月 19 日

靜坐介紹班

課程編號: SPRM9003

報名代碼: 1870-1672NW



☎ 2587 3295

✉ ws.cheng@hkuspace.hku.hk

本課程主要是介紹現今常用的兩種靜坐方式：一是瑜伽的傳統方法，二是佛學的禪修。這兩種靜坐方式，在現今繁忙的都市生活裡，都能使人緩解緊張不安的情緒。本課程以實踐形式去體驗靜坐的好處。

R 學員必須 18 歲或以上，並且體格強健。

\$ HK\$2,000
年長學員優惠: HK\$1,600 (60 歲以上學員報讀課程可享八折學費優惠，部分課程的優惠學額有限。學員必須親身報名及於報名時出示身分證或護照，以核實年齡，方可享受此優惠。)

D 8 個星期
🕒 - 逢周二，8:00pm - 10:00pm
- 平日晚上

🗣️ 廣東話為主，輔以英語**📍** 港大保良何鴻燊社區書院 香港銅鑼灣禮頓道 66 號

👤 Ms. Tsang Ching Man, Mable 資深靜坐導師，E-RYT 500 (Yoga Alliance)

截止報名日期

2021 年 2 月 9 日

開課日期

2021 年 2 月 23 日

初級彼拉提健康運動

課程編號: SPRM9006

報名代碼: 1865-1876NW



☎ 2587 3154

✉ hc.fung@hkuspace.hku.hk

本課程主要介紹彼拉提健康運動 (Pilates) 的基本動作。彼拉提是一種養生運動，透過專注 (concentration)、軸心 (center core)、控制 (control) 呼吸 (breathing)、準確 (precision)、流暢 (flow) 的方式，提高身體力量、柔韌性和平衡。並適合希望藉著深層肌肉訓練及鍛鍊腰腹肌肉來塑造體型與提升運動及活動表現的人士。

R 學員必須 18 歲或以上，並且體格強健。

\$ HK\$1,650
年長學員優惠: HK\$1,320 (60 歲以上學員報讀課程可享八折學費優惠，部分課程的優惠學額有限。學員必須親身報名及於報名時出示身分證或護照，以核實年齡，方可享受此優惠。)

D 6 個星期
🕒 - 逢周四，8:00pm - 10:00pm
- 平日晚上

🗣️ 廣東話為主，輔以英語**📍** 港大保良何鴻燊社區書院 香港銅鑼灣禮頓道 66 號

👤 胡慧鈞 Ms. Woo Wai Kwan, Trix 亞洲運動及體適能專業學院 (AASFP) 導師

截止報名日期

2020 年 12 月 24 日

開課日期

2021 年 1 月 7 日

R Minimum Entry Requirements 基本入學要求 (P.332)**\$** Fee 學費**D** Duration 修業期**🕒** Date/Time 日期/時間**📍** Venue 地點**👤** Tutor 導師**🗣️** Medium of Instruction 教學語言**Q** Qualifications Framework 資歷架構**E** Exemption 豁免**S** Short Course 短期課程

See legend on page 2 & 8
圖像說明於第 2 及 8 頁

瑜伽

課程編號：SPRM9002



報名代碼：1865-1880NW



☎ 2587 3295

✉ ws.cheng@hkuspace.hku.hk

本課程主要介紹「哈達瑜伽」。瑜伽起源於印度，具有悠久的歷史。學習瑜伽的最終目的是要達致身體、精神和心靈的平衡。通過這個課程，學員將學習傳統「哈達瑜伽」的式子、呼吸法和冥想，掌握瑜伽的基本知識及技巧，並明白如何將瑜伽應用到日常生活並開始個人的瑜伽修煉。

R 學員必須 18 歲或以上，並且體格強健。

\$ HK\$2,000

年長學員優惠：HK\$1,600 (60 歲以上學員報讀課程可享八折學費優惠，部分課程的優惠學額有限。學員必須親身報名及於報名時出示身分證或護照，以核實年齡，方可享受此優惠。)

D 8 個星期

🕒 - 逢周三，10:00am - 12:00pm
- 平日早上

📍 亞洲運動及體適能專業學院 AASFP 導師

🗣 廣東話為主，輔以英語

📍 北角城教學中心 / 港島東分校

截止報名日期

2021 年 1 月 13 日

開課日期

2021 年 1 月 27 日

姿勢(脊骨)改良班

課程編號：SPRM9009



報名代碼：1870-1676NW



☎ 2587 3295

✉ ws.cheng@hkuspace.hku.hk

本課程除介紹怎麼是不良姿勢外，還會介紹怎麼是良好姿勢，改善關節活動能力的方法，軟組織放鬆技巧，筋膜放鬆法，肌肉能量技巧和肌肉力量訓練動作等。

R 學員必須 18 歲或以上，並且體格強健。學員要在薄地墊上做跪或趴的動作，請衡量能力。

\$ HK\$2,050

年長學員優惠：HK\$1,640 (60 歲以上學員報讀課程可享八折學費優惠，部分課程的優惠學額有限。學員必須親身報名及於報名時出示身分證或護照，以核實年齡，方可享受此優惠。)

D 8 個星期

🕒 - 逢周六，2:30pm - 4:30pm
- 周末下午

🗣 廣東話為主，輔以英語

📍 港大保良何鴻燊社區書院 香港銅鑼灣禮頓道 66 號 /
北角城教學中心 北角英皇道 250 號北角城中心

📍 李浩威先生，註冊物理治療師(香港、澳洲、新西蘭)；美國運動醫學學會(ACSM) - 運動專家；高級體適能私人教練，普拉提(I-III)及健身球教練(AASFP)

截止報名日期

2021 年 2 月 17 日

開課日期

2021 年 2 月 27 日

健健康康上班去系列：強健肌肉及伸展運動，達致良好體態

課程編號：SPRM9008



報名代碼：1885-1417NW



☎ 2587 3295

✉ ws.cheng@hkuspace.hku.hk

現今都市人生活繁忙，在工作桌上的工作時更愈來愈長。加上對良好體態的意識及察覺低，最後導致嚴重的肌肉疼痛，甚至需要看醫生及作物理治療。其實這些問題是可以避免的。本課程旨在幫助學員了解良好姿態、運動技巧及鞏固身體特定部份以改良體態。

R 學員必須 18 歲或以上，並且體格強健。

\$ HK\$2,350

年長學員優惠：HK\$1,880 (60 歲以上學員報讀課程可享八折學費優惠，部分課程的優惠學額有限。學員必須親身報名及於報名時出示身分證或護照，以核實年齡，方可享受此優惠。)

D 10 個星期

🕒 - 逢周四，8:00pm - 10:00pm
- 平日晚上

🗣 廣東話為主，輔以英語

📍 港大保良何鴻燊社區書院 香港銅鑼灣禮頓道 66 號

📍 胡慧鈞 Ms. Woo Wai Kwan, Trix 亞洲運動及體適能專業學院 (AASFP) 導師

截止報名日期

2021 年 4 月 22 日

開課日期

2021 年 5 月 6 日

**年長學員
課程系列**

**Third Age
Learners Series
Scheme**

8折優惠

20%

discount

60歲或以上學員報讀
指定課程可享8折優惠

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