**Pathways to Undergraduate and Postgraduate Studies in Recreation and Sports Management**

### Undergraduate Entry

- **Certificate or Advanced Level or Mature with Experience**

### 1st Year

- **Bachelor Studies (60 credits)**
  - Bachelor of Science (Honours) Sport Management (UNN)

### 2nd Year

- **Bachelor Studies (60 credits)**
  - Bachelor of Science (Honours) Sport Management (UNN)

### 3rd Year

- **Bachelor Studies (60 credits)**
  - Bachelor of Science (Honours) Sport Management (UNN)

### Award

- Award of Bachelor of Science (Honours) Sport Management (UNN)

### Postgraduate Studies

- **Postgraduate Diploma in Sport and Recreation Management (HKU SPACE)**

### Bachelor Degree in relevant field

- **Postgraduate Diploma in Active Ageing and Recreation Management (HKU SPACE)**

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* 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.

* Students who choose to exit after completing the year 1 modules of the programme will be awarded a Diploma in Recreation and Sports Management.
Postgraduate Diploma in Sport and Recreation Management
Programme Code: HS110A

Application Code: 1980-HS110A
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.

- 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;
  - equivalent qualification.

Consideration will also be given to 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$37,500 per programme (The tuition fee is reviewed annually and is subject to change without prior notice.)
Application Fee: HK$150

9 months

Level 6 (Reg. No.: 19/00427/6) Validity Period: 02 Sep 2013 - on-going

Advanced Diploma in Recreation and Sports Management
Programme Code: HS099A

Application Code: 1945-HS099A

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.

- 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
  - have gained in the HKDSE Examination Level 3 in 2 subjects and Level 2 in 3 subjects (including English Language) or, equivalent; or
  - have at least 18 years of age and have 3 years of relevant work experience and provide evidence of English proficiency, such as an overall band of 6.0 in the IELTS.

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 is subject to change without prior notice).
Application Fee: HK$150

3 years

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

Bachelor of Science (Honours) Sport Management
Programme Code: HS105A

University of Northumbria at Newcastle, UK
Application Code: 1965-HS105A
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.

- 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 recognized 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$139,470 per programme (The tuition fee* for 2021/22 intake is HK$139,470 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

3 years

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

Postgraduate Diploma in Active Ageing and Recreation Management
Programme Code: HS176A

Application Code: 1940-HS176A
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 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, management, or equivalent.

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;
  - HKALE Use of English at Grade E or above;
  - equivalent qualification.

Consideration will also be given to 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$37,500 per programme (The tuition fee is reviewed annually and is subject to change without prior notice.)
Application Fee: HK$150

9 months

Level 6 (Reg. No.: 19/00427/6) Validity Period: 02 Sep 2013 - on-going

Advanced Diploma in Recreation and Sports Management
Programme Code: HS099A

Application Code: 1945-HS099A

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.

- 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
  - have gained in the HKDSE Examination English Language at Level 3 or above; or
  - equivalent qualifications.

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

2 years

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

Life & Health Sciences 生命及醫療科學
Sports, Exercise & Recreation 體育、運動及康樂

More details

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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.

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.

Certificate for Module (Sport and Recreation Strategic Business Management)

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.

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

Undergraduate Entry

Certificate or Advanced Level or Mature with Experience

Year 1. Advanced Diploma Studies*

Year 2. Advanced Diploma Studies

Award of Advanced Diploma in Sport Injury Prevention and Management (HKU SPACE)

Postgraduate Studies

Advanced Diploma in Sport Coaching and Performance (HKU SPACE) or Advanced Diploma in Fitness and Exercise Studies (HKU SPACE) or equivalent

Higher Diploma in Sport Coaching and Sport Performance (HKU SPACE) or equivalent

Bachelor Degree in relevant field

1st Year Bachelor Studies (60 credits)

Bachelor of Science (Honours) Sport Coaching* (UNN)

2nd Year Bachelor Studies (60 credits)

Bachelor of Science (Honours) Sport Coaching* (UNN)

3rd Year Bachelor Studies (60 credits)

Bachelor of Science (Honours) Sport Coaching* (UNN)

Award of Bachelor of Science (Honours) Sport Coaching (UNN)

* 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.

* Students who choose to exit after completing the year 1 modules of the programme will be awarded a Certificate in Sport Injury Prevention and Management / Diploma in Sport Coaching and Performance / Diploma in Fitness and Exercise Studies.

This is an exempted course under the Non-Local Higher and Professional Education (Regulation) Ordinance. It is a matter of discretion for individual employers to recognize any qualification to which this course may lead.
Postgraduate Diploma in Sport Coaching and Development
Programme Code: HS191A
Application Code: 1945-HS191A

The programme aims to provide students with advanced knowledge of the coaching practice and exercise science components that underpin sport coaching and development. The programme will enhance students’ analytical ability, improve their problem-solving skills and encourage innovative solutions to sport coaching problems. It also aims to enable students to develop their coaching expertise alongside their sport-specific qualifications and support qualified sport coaches seeking higher level professional recognition.

Applicants should normally hold a recognised Bachelor’s degree in sports, physical education, sport coaching or related subject.

Qualified coaches or high performance athletes with a recognised Bachelor’s degree or other equivalent qualifications will also be considered.

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 subscores 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.

- 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 fulfil the academic requirement or with other qualifications but who can demonstrate extensive experience in positions related to their coaching expertise. Such applicants shall have to provide evidence of English proficiency such as an overall band of 6.0 in the IELTS, or equivalent; and evidence of practice in sport coaching or at elite level in sport.

Minimum Entry Requirements

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 having demonstrated 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.

Application Fee: HK$150

Programme Fee: HK$38,175

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

Advanced Diploma in Sport Coaching and Performance
Programme Code: HS117A
Application Code: 1945-HS117A

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.

Applicants shall:

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

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

Application Fee: HK$150

Programme Fee: HK$24,500 per year

Qualifications Framework
Level 4 (Reg. No.: 09/000396/L4) Validity Period: 01 Oct 2009 - on-going

Bachelor of Science (Honours)
Sport Coaching
Programme Code: HS154A

University of Northumbria at Newcastle, UK
Application Code: 1965-HS154A

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.

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 having demonstrated 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.

Application Fee: HK$150

Programme Fee: HK$319,470 for the whole programme, payable in three installments.

Advanced Diploma in Fitness and Exercise Studies
Programme Code: HS121A
Application Code: 1945-HS121A

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.

Applicants shall:

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

Applications may be required to attend an interview and/or an English test.
Advanced Diploma in Sport Injury Prevention and Management
Programme Code: HS086A

Application Code: 1945-HS086A

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 their supervision.

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

Applicants shall:
1. have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent; or
2. (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.

Application Fee: HK$150
HK$24,500 per year

HK$4,150 per module

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.

Applicants shall:
1. have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent; or
2. (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.

Application Fee: HK$150
HK$20,500 per year

HK$4,150 per module

Advanced Diploma in Sport Coaching and Performance (credit bearing courses)
Programme Code: HS133A

This programme enables learners to study part of the wide range of modules available in Advanced Diploma in Sport Coaching and Performance programme.

Learners may choose any of the modules listed below and enrol for a maximum of two modules per semester. Students are assessed by written assignments and examinations as prescribed in the Advanced Diploma programme. Upon successful completion of each module, participants will earn a Certificate of Achievement. Credits accumulated are fully transferable to the Advanced Diploma in Sport Coaching and Performance programme, should the participant wish to finish the entire Advanced Diploma programme.

Applicants shall:
1. have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent; or
2. (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.

Application Fee: HK$150
HK$24,500 per year

HK$4,150 per module

Application Code: 1945-HS133A
Sports, Exercise & Recreation
體育、運動及康樂

Physical Performance Perspectives
Programme Code: SPFE4015

Application Code: 1965-HS133A

2587 3154
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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.

Applicants shall:
1. have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent; or
2. (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
4 months
English

Nutrition for Sport and Exercise
Programme Code: SPFE5010

Application Code: 1965-HS133A

2587 3154
hc.fung@hkuspace.hku.hk

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.

Applicants shall:
1. have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent; or
2. (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
4 months
English

Developing and Assessing Sport Performance
Programme Code: SPFE5010

Application Code: 1965-HS133A

2587 3154
hc.fung@hkuspace.hku.hk

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.

Applicants shall:
1. have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent; or
2. (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
4 months
English

Exercise Physiology: Aerobic and Anaerobic
Programme Code: SPFE4014

Application Code: 1980-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.

Applicants shall:
1. have successfully completed HKU SPACE Anatomy and Physiology for Exercise 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
4 months
English
Body In Motion
Programme Code: SPFE4017

Application Code: 1945-HS133A

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.

Applicants shall:
1. have successfully completed HKU SPACE Anatomy and Physiology for Exercise 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
4 months

Performance Programming for Coaches: Theory to Practice
Programme Code: SPFE5012

Application Code: 1980-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 throughout the use of periods, phases, micro-cycles and macro-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.

Applicants shall:
1. have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent; or
2. (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
4 months

Participation Behaviour and Exercise
Programme Code: SPFE5011

Application Code: 1965-HS133A

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

Applicants shall:
1. have successfully completed HKU SPACE Anatomy and Physiology for Exercise 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
4 months

Advanced Diploma in Fitness and Exercise Studies (credit bearing courses)
Programme Code: HS134A

Application Code: 2587 3154

This programme enables learners to study part of the wide range of modules available in Advanced Diploma in Fitness and Exercise Studies programme. Learners may choose any of the modules listed below and enrol for a maximum of two modules per semester. Students are assessed by written assignments and examinations as prescribed in the Advanced Diploma programme. Upon successful completion of each module, participants will earn a Certificate of Achievement. Credits accumulated are fully transferable to the Advanced Diploma in Fitness and Exercise Studies programme, should the participant wish to finish the entire Advanced Diploma programme.

HK$4,150 per module
3 months to 4 months
Risk Management and Exercise Facilities
Programme Code: SPFE3011

Application Code: 1945-HS134A

This module aims to provide students with an appreciation of the design, operations and safety issues associated with fitness facilities management.

Applicants shall:
1. have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent; or
2. (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  Sylvabus 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.

Exercise Programming and Prescription
Programme Code: SPFE5014

Application Code: 1980-HS134A

This module aims to provide students with the advanced knowledge needed to strategically plan and prescribe exercise programmes to meet the needs of individual and groups of clients in a safe environment.

Applicants shall:
1. have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent; or
2. (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.
### 太極拳
**課程編號：SPRM9001**

**報名代碼：1945-2809NW**  
2587 3295  
ws.cheng@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。導師亦會教授學習者在練習太極氣功時運用的自然和混合呼吸方法。

- 學員必須 18 歲或以上，並且體格強健。
- HK$1,350
- 6 個星期

### 姿勢（脊骨）改良班
**課程編號：SPRM9009**

**報名代碼：1950-1898NW**  
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，教組織放鬆技巧，肌肉放鬆法，肌肉力量技巧和肌肉力量訓練動作等。

- 學員必須 18 歲或以上，並且體格強健。
- HK$2,050
- 8 個星期

### 靜坐介紹班
**課程編號：SPRM9003**

**報名代碼：1940-1270NW**  
2587 3295  
ws.cheng@hkuspace.hku.hk  

本課程主要是介紹現代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，在現代繁忙的都市生活中，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。

- 學員必須 18 歲或以上，並且體格強健。
- HK$2,000
- 8 個星期

### 初級彼拉提健康運動
**課程編號：SPRM9006**

**報名代碼：1945-2813NW**  
2587 3295  
ws.cheng@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）的方法，提高身體力量、柔韌性及平衡。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及提升運動及活動表現的人士。

- 學員必須 18 歲或以上，並且體格強健。
- HK$1,650
- 6 個星期

### 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：1950-1925NW**  
2587 3295  
ws.cheng@hkuspace.hku.hk  

現今都市人生活繁忙，工作桌上工作時愈來愈長。加上對良好體態的意識及察覺度，最後導致後遺的肌肉疼痛，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、運動技巧及鍛鍊身體特定部位以改善體態。

- 學員必須 18 歲或以上，並且體格強健。
- HK$2,350
- 10 個星期

### 姿勢（脊骨）改良班
**課程編號：SPRM9009**

**報名代碼：1950-1898NW**  
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，教組織放鬆技巧，肌肉放鬆法，肌肉力量技巧和肌肉力量訓練動作等。

- 學員必須 18 歲或以上，並且體格強健。
- HK$2,050
- 8 個星期