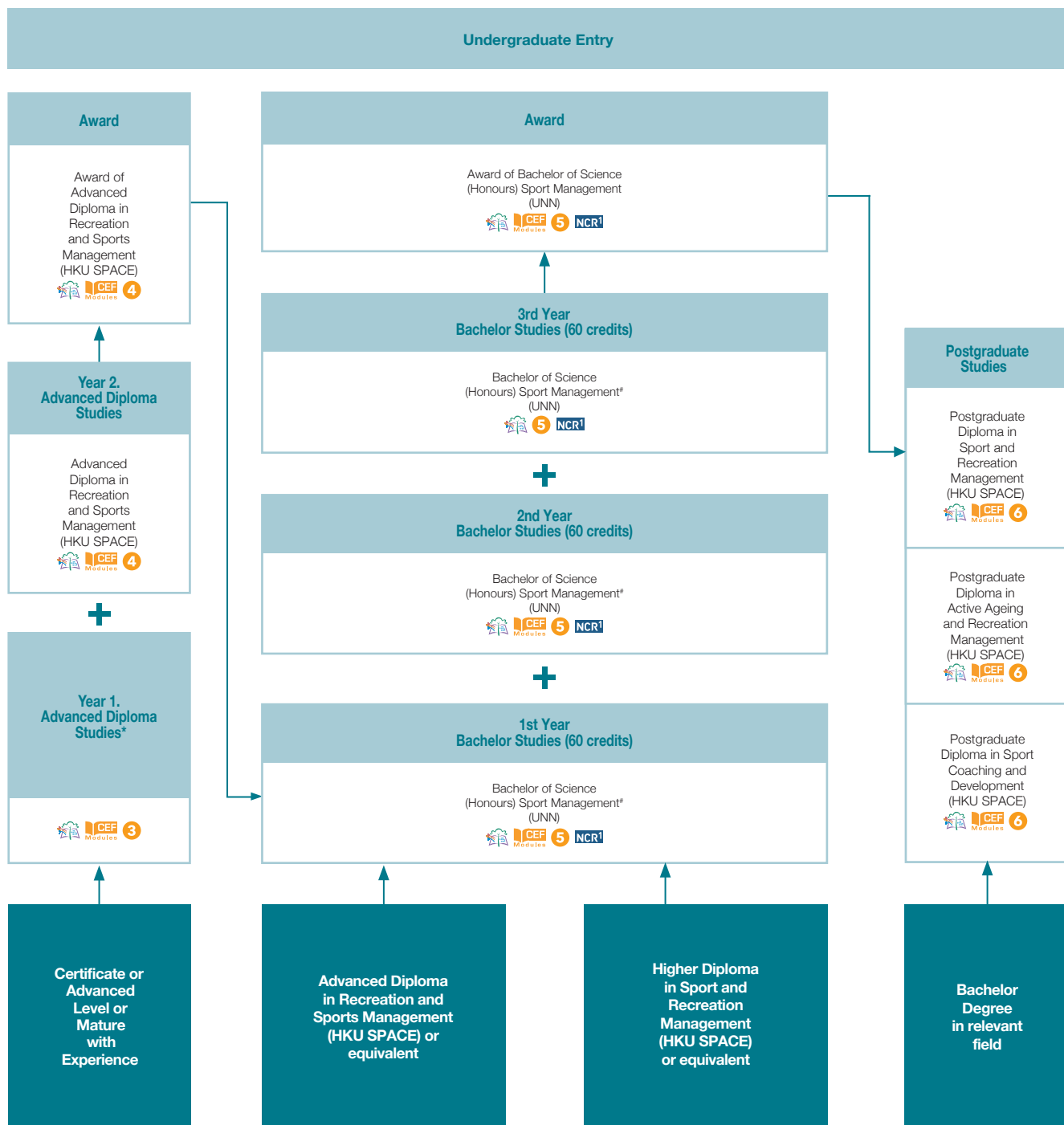


Sports, Exercise and Recreation Management

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.

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

See legend on page 026 圖像說明於第 026 頁

R Minimum Entry Requirements 基本入學要求 (P.015)

S Fee 學費

D Duration 修業期

M 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

For more and latest programme information, please visit our website
有關最新課程資訊及詳情，請瀏覽學院網站 hkuspace.hku.hk

Postgraduate Diploma in Sport and Recreation Management

Programme Code: HS110A

Application Code: 2045-HS110A



2587 3154

benson.lai@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.

More details



\$ HK\$37,500 per programme
Application Fee: HK\$150

D 9 months

English

Q 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: 2040-HS176A



2587 3154

benson.lai@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 bachelor's 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.

More details



\$ HK\$37,500 per programme
Application Fee: HK\$150

D 9 months

English

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

Bachelor of Science (Honours) Sport Management

Programme Code: HS105A



University of Northumbria at Newcastle, UK

Application Code: 2050-HS105A

3762 0862

anita.wca.yu@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\$139,470 per programme (The tuition fee* for 2021/22 intake is HK\$139,470 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

D 3 years

English

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

Advanced Diploma in Recreation and Sports Management

Programme Code: HS099A

Application Code: 2045-HS099A



2587 3154

benson.lai@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\$25,500 per year
Application Fee: HK\$150

D 2 years

English

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

Sports, Exercise and Recreation Management

體育、運動及康樂

Certificate for Module (Sport and Recreation Strategic Marketing)

Programme Code: HS166A

Application Code: 2050-HS166A

☎ 2587 3154

✉ benson.lai@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\$7,500

Application Fee: HK\$150

D 14 weeks

🇬🇧 English

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

[More details](#)



Certificate for Module (Sport and Recreation Policy)

Programme Code: HS167A

Application Code: 2050-HS167A

☎ 2587 3154

✉ benson.lai@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.

\$ HK\$7,500

Application Fee: HK\$150

D 14 weeks

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

[More details](#)



Certificate for Module (Sport and Recreation Strategic Business Management)

Programme Code: HS171A

Application Code: 2050-HS171A

☎ 2587 3154

✉ benson.lai@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.

\$ HK\$7,180

Application Fee: HK\$150

D 14 weeks

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

[More details](#)



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See legend on page 026 圖說說明於第 026 頁

R Minimum Entry Requirements 基本入學要求 (P.015)

\$ Fee 學費

D Duration 修業期

🇬🇧 Medium of Instruction 教學語言

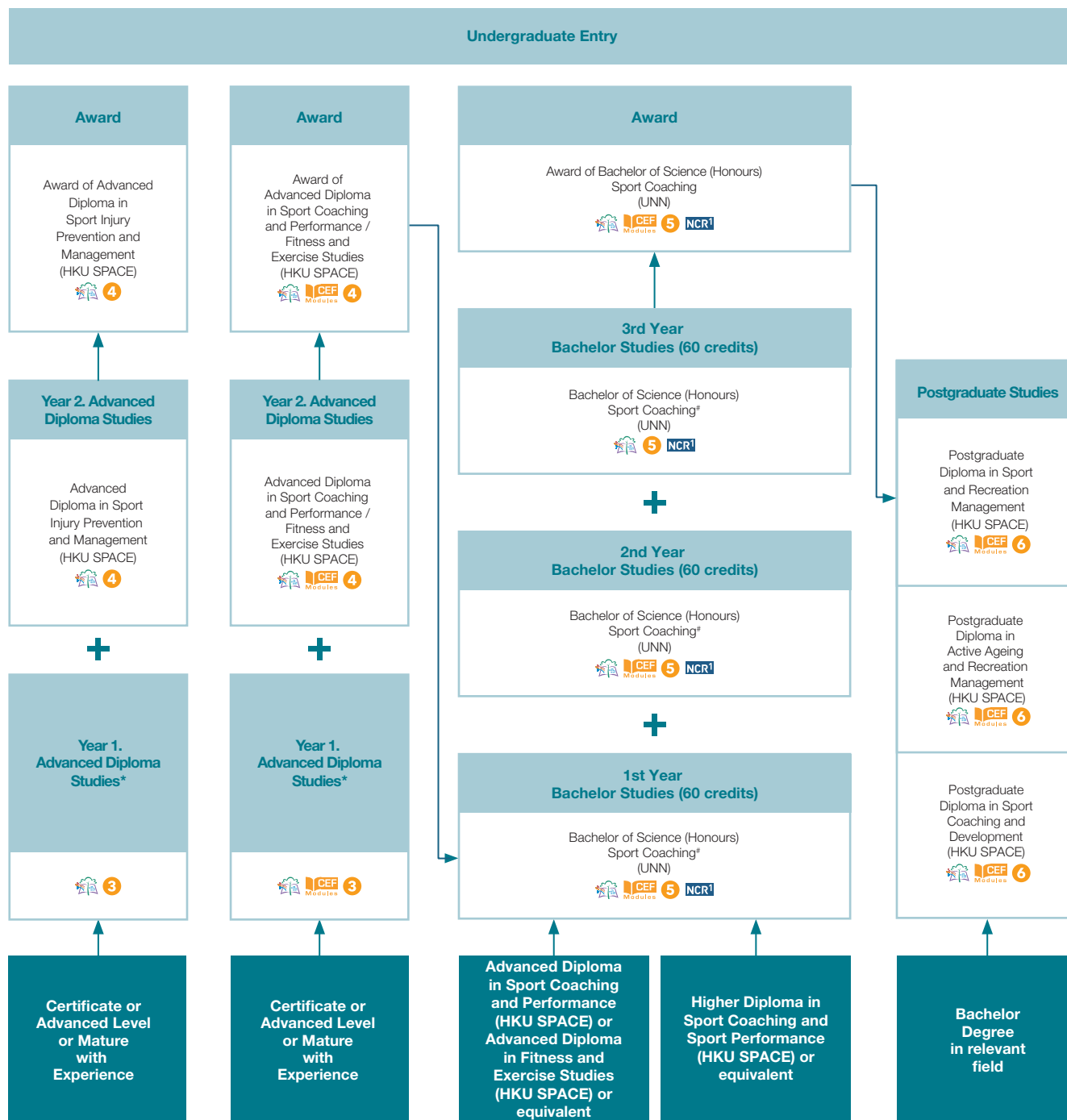
Q Qualifications Framework 資歷架構

E Exemption 豁免

S Short Course 短期課程

For more and latest programme information, please visit our website
有關最新課程資訊及詳情，請瀏覽學院網站 hkuspace.hku.hk

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.

* 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.

Sports, Exercise and Recreation Management

體育、運動及康樂

Postgraduate Diploma in Sport Coaching and Development

Programme Code: HS191A

Application Code: 2080-HS191A



2587 3155

cli.chu@hkuspace.hku.hk

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.

- R** Applicants should normally hold a recognised Bachelors degree in sports, physical education, sport coaching or related subject.
Qualified coaches or high performance athletes with a recognised Bachelors 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 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 mature age applicants who do not fulfil the academic requirement or with other qualifications but who can demonstrate extensive experience in positions requiring related skills. Such applicants shall have to provide evidence of a) English proficiency such as an overall band of 6.0 in the IELTS, or equivalent; and b) evidence of practice in sport coaching or at elite level in sport.

More details



\$ HK\$38,175 per programme

Application Fee: HK\$150

D 9 months

English

Q Level 6 (Reg. No.: 21/000391/L6) Validity Period: 01 Jun 2021 - on-going

Bachelor of Science (Honours) Sport Coaching

Programme Code: HS154A



University of Northumbria at Newcastle, UK

Application Code: 2085-HS154A

3762 0862

anita.wca.yu@hkuspace.hku.hk

From the playground to the world stage, coaches make a difference. If you want to help people at all levels and ages achieve their potential, this course is for you.

This is a course specifically for future coaches and sports educators. This specialisation means that you will have the skills, knowledge and understanding that may not be taught in a general sports degree.

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.

\$ HK\$139,470 per programme*

Application Fee: HK\$150

D 3 years

English

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

* The tuition fee for 2021/22 intake is HK\$139,470 for the whole programme, payable in three installments. The tuition fee is reviewed annually and is subject to change without prior notice.

Advanced Diploma in Sport Coaching and Performance

Programme Code: HS117A

Application Code: 2045-HS117A



2587 3154

benson.lai@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\$25,500 per year

Application Fee: HK\$150

D 2 years

English

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

Advanced Diploma in Sport Injury Prevention and Management

Programme Code: HS086A

Application Code: 2045-HS086A



2587 3154

benson.lai@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\$21,500 per year

Application Fee: HK\$150

D 2 years

English

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

See legend on page 026 圖像說明於第 026 頁

R Minimum Entry Requirements 基本入學要求 (P.015)

\$ Fee 學費

D Duration 修業期

E 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

For more and latest programme information, please visit our website
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Advanced Diploma in Sport Coaching and Performance (credit bearing courses)

Programme Code: HS133A

☎ 2587 3154

✉ benson.lai@hkuspace.hku.hk



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.

D 3 months to 4 months

Anatomy and Physiology for Exercise

Programme Code: SPFE4013

Application Code: 2045-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.

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

Introduction to Sport Coaching and Performance

Programme Code: SPFE3009

Application Code: 2045-HS133A



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

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

Physical Performance Perspectives

Programme Code: SPFE4015

Application Code: 2065-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.

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

Nutrition for Sport and Exercise

Programme Code: SPFE3010

Application Code: 1985-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.

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

Developing and Assessing Sport Performance

Programme Code: SPFE5010

Application Code: 2045-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.

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

Exercise Physiology: Aerobic and Anaerobic

Programme Code: SPFE4014

Application Code: 2065-HS133A



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.

For details, please refer to the common information below.

Body In Motion

Programme Code: SPFE4017

Application Code: 2065-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.

For details, please refer to the common information below.

Participation Behaviour and Exercise

Programme Code: SPFE5011

Application Code: 2045-HS133A



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

For details, please refer to the common information below.

Performance Programming for Coaches: Theory to Practice

Programme Code: SPFE5012

Application Code: 2080-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.

For details, please refer to the common information below.

☎ 2587 3154

✉ benson.lai@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

D

4 months

English

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。

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。

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 and Recreation Management

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。

- 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。

\$ HK\$31,000

D 200 小時

E 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



靜坐介紹班

課程編號：SPRM9003

報名代碼：1990-1585NW

☎ 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

D 8 個星期

E 粵語，輔以英語



證書(單元：運動攝影)

課程編號：HS196A

☎ 2587 3295

✉ ws.cheng@hkuspace.hku.hk

本課程旨在教授學員運動攝影的基礎拍攝及編輯技術，讓學員掌握運動攝影創作的要素，並能獨立創作以運動為主題的照片編輯。

\$ 每課程 HK\$3,960

D 33 小時

Q 資歷架構級別：3 資歷名冊登記號碼：21/001104/L3
資歷名冊登記有效期：2021 年 10 月 1 日 - 持續有效

初級彼拉提健康運動

課程編號：SPRM9006

報名代碼：2040-1333NW

☎ 2587 3155

✉ cli.chu@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。

\$ 每課程 HK\$1,650
年長學員優惠：每課程 HK\$1,320

D 6 個星期



體適能專業人士工作坊 - TRX 懸垂塑身帶訓練

課程編號：SPRM9144

☎ 2587 3155

✉ cli.chu@hkuspace.hku.hk

私人健身教練培訓行業正快速增長，並帶動了無數的健身教育和培訓課程的發展。隨著社區內的健康意識迅速提高，大眾亦開始進行定期運動並尋求有質素及專業健身教練進行指導。本課程的目的是提供一個機會，使學生能獲取TRX懸垂塑身帶訓練(TRX STC)資格，促進專業發展。

本課程教授學員將TRX懸垂塑身帶訓練設備納入其客戶的健身訓練計劃內。學生將會詳細地學習七十多個TRX練習，並學習通過TRX練習來訓練特定的肌肉群，及以TRX訓練原則為客戶設計一個合適的TRX健身訓練計劃。

\$ 每課程 HK\$2,500

D 3 個星期

高強度間歇訓練運動

課程編號：SPRM9130

報名代碼：2035-1545NW

☎ 2587 3295

✉ ws.cheng@hkuspace.hku.hk

都市人工作時長兼生活繁忙，投放於運動的時間越來越少，體適能水平亦不斷下降。加上生活節奏急速，很多事情都講求速度和效率，即是時間短兼效果明顯，而近年十分受歡迎的高強度間歇訓練，正正符合這個要求。

R 學員必須 18 歲或以上，並且體格強健。

D 8 個星期

\$ 每課程 HK\$960
年長學員優惠：每課程 HK\$768

E 粵語，輔以英語



姿勢(脊骨)改良班

課程編號：SPRM9009

報名代碼：2035-1541NW

☎ 2587 3295

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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，肌肉放鬆技巧，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。

\$ 每課程 HK\$2,050
年長學員優惠：每課程 HK\$1,640

D 8 個星期

E 粵語，輔以英語



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

Programme Code: SPRM9141

☎ 2587 3155

✉ cli.chu@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.

\$ HK\$3,500 per programme

D 18 hours

太極拳

課程編號：SPRM9001

報名代碼：1990-1546NW

☎ 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。

\$ 每課程 HK\$1,350
年長學員優惠：每課程 HK\$1,080

D 6 個星期

E 粵語，輔以英語



瑜伽

課程編號：SPRM9002

☎ 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。

\$ 每課程 HK\$2,000
年長學員優惠：每課程 HK\$1,600

D 8 個星期

E 粵語，輔以英語



See legend on page 026 圖像說明於第 026 頁

R Minimum Entry Requirements 基本入學要求 (P.015)

\$ Fee 學費

D Duration 修業期

E 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

For more and latest programme information, please visit our website
有關最新課程資訊及詳情，請瀏覽學院網站 hkuspace.hku.hk