

PROGRAMME HANDBOOK

**Bachelor of Science Education (Honours)
(Sports Science)**

Four-year Full-time

A4B073

2016-2020

Every effort has been made to ensure that information contained in this Programme Handbook is correct. Changes may be made from time to time and the University reserves the right to make amendments to any information contained in this Programme Handbook without prior notice.

In the event of inconsistency between information contained in this Programme Handbook and any University or Programme policies and regulations or where an interpretation of Programme Handbook is required, the decision of the University shall be final.

Any aspect of the course and course offerings (including, without limitation, the content of the Course and the manner in which the Course is taught) may be subject to change at any time at the sole discretion of the University. Without limiting the right of the University to amend the course and its course offerings, it is envisaged that changes may be required due to factors such as staffing, enrolment levels, logistical arrangements and curriculum changes.

Faculty of Liberal Arts and Social Sciences

www.eduhk.hk/flass

Department of Health and Physical Education

**Bachelor of Science Education (Honours) (Sports Science)
(4-year Full-time)**

科學教育榮譽學士(運動科學)
(四年全日制)

2016-2020

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1. Basic Programme Information

Programme Title

Bachelor of Science Education (Honours) (Sports Science) Four-year Full-time

Programme Code

A4B073

Abbreviated Programme Title

BScEd(SS)

Programme Duration

Four years

Mode of Attendance

Full-time

Medium of Instruction

The medium of instruction in the programme is English.

Contact Hours

The number of credit points assigned to a course is indicative of the hours of student effort, which include both contact hours and study time. In terms of contact hours, one credit point should normally be equivalent to one hour of teaching per week for 13 teaching weeks in a semester. In terms of study time, students are normally expected to engage in no less than 2 hours of independent learning for each contact hour. For example, a 3 credit point course will normally have 39 hours of classroom work with a further 78 hours of study time.

Timetable Arrangements

To fully utilize the University's resources, classes for all programmes will be scheduled between 8:30 am and 9:20 pm on weekdays, 8:30 am to 6:20 pm on Saturdays with possible scheduling of combined classes for programmes / courses of different modes of study (including full-time and part-time).

Participants are required to check their personal timetable in The Portal (<https://portal.eduhk.hk>) from time to time for the most recent version.

Course Registration

It is the responsibility of students to ensure the completion of course registration before they take the full range of course activities including lecture attendance and all stipulated assessment tasks. If course registration is performed on-line via The Portal, students are advised to ensure that the whole registration process is completed. Incomplete course registration will lead to serious consequences: students will not be allowed to attend any activities of those unregistered courses nor any related assessment tasks like examinations and as a result their answer sheets will not be marked nor will grades be recorded on the Transcript.

Students will only be permitted to enroll in a course if they have met the requirements for progression in any prerequisite courses. Normally, students may apply to add or drop a course during the add-drop period or before the third class meeting.

Programme Notice Board

The notice board for the Programme is Board No.73-74 located at D1-LP.

Student Portal, Emails, Intranet Messages and Notices

Participants must visit The Portal of the University at <https://portal.eduhk.hk>, and read e-mails, intranet messages and notices on the Programme notice board regularly. These are the major means of communication in the University. In order not to miss out important information, participants should check these sources regularly. For details of the student portal, participants may refer to the relevant pages in the Student Handbook.

2. Programme Aims and Objectives

The programme aims to educate students who wish to pursue careers related to science education with a focus on sports science in settings other than primary and secondary schools.

Upon successful completion of the programme, students will be able to:

- (i) Demonstrate their skills and knowledge in the core and applied areas of sports science including anatomy, biomechanics, exercise physiology, sociocultural, psychology, nutrition and motor control. The students' mastery in these areas will be crucial for their careers for activities in the areas of education of their clients as well as pursuing an active research agenda.

- (ii) Critically evaluate the concepts of curriculum development and delivery as well as aspects of pedagogy related to sports science. As experts in sports science, graduates will be a source of unbiased information for their clients and this skill will allow them to choose career paths in both traditional and non-traditional educational settings as well as in private and public organisations.
- (iii) Demonstrate their effective learning in sports science by means of oral presentations, laboratory reports and written essays, and they will complete an Honours research project.

3. Programme Structure and Curriculum

In accordance with the University’s commitment to whole person development, the programme constitutes a total learning experience for all students incorporating Coursework, an Honours Project, an Internship, Electives, General Education (GE), Co-curricular and Service Learning (CSL) and Language courses to enable our graduates to become responsible citizens with broad-based knowledge Sports Science.

Students will complete a four-year with 120 credit points programme. The following table outlines the courses and learning experiences that comprise the degree:

Domain		Credit Points (cps)
Major	Coursework	51
	Honours Project	6
	Internship	6
Electives		27
General Education (GE)		18
Co-curricular and Service Learning (CSL)		3
Language		9
Total		120

3.1 Major

- 3.1.1 The Major is composed of 63 credit points. Of this, Coursework accounts for 51 credit points, the Internship 6 credit points and the Honours Project 6 credit points.
- 3.1.2 The applied stage of the programme requires students to complete an Internship in a relevant organization or company with Sports Science orientation, where they are expected to further cultivate skills and knowledge developed in their coursework. This experience will allow students to integrate theory and practice in a real-life situation and will provide additional knowledge about Sports Science as they apply to the work setting.
- 3.1.3 To help students develop the abilities to apply and integrate what they have learned from the foundational sports science and other courses, students will be guided by their academic tutors through participating in the integrated workshops and seminars.
- 3.1.4 The Honours Project is a credit-bearing dissertation or major project. It encourages students to integrate their learning experiences with knowledge and skills acquired during their studies within the scope of a selected topic of personal interest. Under the guidance of a project supervisor, students will build upon their research skills from the Coursework of the Major. They are expected to work closely with a project supervisor to complete a project of research and writing.

3.2 Electives

3.2.1 Outside the Major, the programme includes the Electives of 27 credit points. Students are free to choose elective courses on offer from any of the University's departments. It is acknowledged that some students may wish to choose Electives in areas that further deepen the knowledge gained in the Major. To this end, the following Electives are proposed to be offered by the Department of Health and Physical Education:

Level	Course Code	Course title	CPS
Foundation			
1	PES1214	Principles of Sports Coaching and Performance	3
2	PES2215	Strength and Conditioning	3
2	PES2216	Sports Science Seminar	3
Advanced			
3	PES3217	Cardiac and Exercise Rehabilitation	3
3	PES3218	Advanced Sports Biomechanics	3
3	PES3219	Current Issues in Sports Science and Education	3
3	PES3166	Health and Fitness in Schools and Community	3
3	HCS3034	Pain Education	3
4	PES4193	Introduction to Sensory Integration	3
4	PES4221	Exercise and Sport Event Management	3
4	PES4222	Environmental Factors in Exercise, Sport and Health	3

3.2.2 Some students may wish to choose Electives or design a Second Major of 30 credit points or a Minor of 15 credit points (or two Minors) in areas that further deepen the knowledge and diversify their graduation pathway. For detailed information about Second Major and Minor, you may visit the website at <https://www.eduhk.hk/ad/>.

3.3 General Education (GE)

- 3.3.1 The GE courses develop students' capacities to become well-educated citizens. Students are expected to acquire broad knowledge and an ability to integrate different and diverse disciplines in their understanding of the world.
- 3.3.2 The GE framework will consist of Foundation courses (3 cps), Breadth courses (12 cps) and a Consolidation course (3 cps).
- 3.3.3 For detailed information about General Education, you may visit the website at <http://www.eduhk.hk/geo/>.

3.4 Co-curricular and Service Learning (CSL)

- 3.4.1 To achieve a total learning experience, a compulsory 3-credit point (cp) Co-curricular and Service Learning (CSL) Course is introduced to provide service-based learning opportunities to broaden students' learning experience beyond the traditional classroom-based curriculum.
- 3.4.2 Students from 2014/15 onwards must complete a 3-cp CSL course during their period of study (except final year). Available courses and relevant details will be uploaded at <https://www.eduhk.hk/ad/>.

3.5 Language Proficiency

- 3.5.1 The Centre for Language in Education (CLE) provides language enhancement in English and Chinese in the form of credit-bearing and non-credit-bearing programmes; self-access support programmes and social activities for cultural and language exchanges. As with other programmes in the University, students are required to take one 3-credit-bearing Chinese Enhancement Course and two 3-credit-bearing English Enhancement Courses.
- 3.5.2 The CLE provides support outside the classroom in the form of individual and small group support and informal language exchange in the Arthur Samy Language Learning Centre (ASLLC).
- 3.5.3 The programme will be conducted in English. All Major courses will be taught in English.
- 3.5.4 For detailed information about Centre for Language in Education, you may visit the website at <http://www.eduhk.hk/cle/>.

3.6 Curriculum Structure

	<u>Semester 1</u>	<u>Semester 2</u>	<u>Credit Point</u>	
Year 1 2016-2017	PES1195 Growth, Development and Ageing	PES1196 Human Anatomy	6	30
	PES1197 Sociocultural Aspects of Sports Science	PES1198 Lifestyle, Nutrition and Health	6	
	Elective 1	Co-curricular and Service Learning	6	
	Chinese Enhancement Course	General Education Foundation Course	6	
	English Enhancement Course 1	English Enhancement Course 2	6	
Year 2 2017-2018	PES2200 Exercise Physiology	PES1199 Sports and Exercise Psychology	6	30
	PES2204 Motor Skill Acquisition	PES2201 Introductory Biomechanics	6	
	Elective 2	Elective 3	6	
	General Education (Breadth Course 1)	General Education (Breadth Course 3)	6	
	General Education (Breadth Course 2)	General Education (Breadth Course 4)	6	
Year 3 2018-2019	PES2202 Measurement and Statistics in Sports Science	PES3203 Exercise Programme Design	6	30
	PES3206 Curriculum Planning and Pedagogy in Sports Science Education	PES3205 Research Methods in Sports Science	6	
	PES3207 Sport and Exercise for Special Populations	PES4210 High Performance Nutrition	6	
	Elective 4	Elective 6	6	
	Elective 5	General Education Consolidation Course	6	
Year 4 2019-2020	PES4208 Principles and Practice of Health Promotion	PES4211 Psychological Aspects of Elite Performance	6	30
	PES4209 Sports Injuries Prevention and Management	Elective 8	6	
	Elective 7	Elective 9	6	
	PES4212 Internship	-	6	
	PES4901 Honours Project	PES4901 Honours Project	6	

4. The University's Language Policy

Since 2012, all undergraduate students are subject to Language Exit Requirements (LERs) for English and Putonghua. However, students who fail to meet the exit benchmarks through public examinations might choose to attain the exit requirements via completing a supplementary enhancement course. Although **LERs are NOT graduation requirements**, the grades and method of attainment will be recorded on the academic transcript.

For more details on the Language Policy, please visit <http://www.eduhk.hk/clp/> or contact the Centre for Language in Education (CLE):

English: 2948-7029

Putonghua: 2948-7896

5. Information Technology Competency in Education (ITCE)

Attainment of ITCE

In order to ensure that our students can attain the required level, the University is committed to equipping students for demonstrating competent use of IT in teaching. Through various IT provisions, you will develop the confidence and creativity in the use of IT, and also the capacity to explore and experiment with the various ways that IT can be applied in educational contexts. IT will be integrated in a systematic way across the entire programme. You are required to pass all the required courses in the programme to demonstrate the attainment of ITCE.

Students are also required to complete the IT e-Portfolio for checking before graduation. For detailed information, please visit <http://www.eduhk.hk/mit/view.php?secid=3022>.

6. General Academic Regulations (GAR)

Please check regularly on the website: http://www.eduhk.hk/reg/student_handbook/ for the most up-to-date University's general academic regulations. Other regulations are available from Student Handbook of relevant years.

7. Course List

7.1 Major

Course Code	Course title	CPs	Year	Sem*	Level
PES1195	Growth, Development and Ageing	3	1	1	1
PES1197	Sociocultural Aspects of Sports Science	3	1	1	1
PES1196	Human Anatomy	3	1	2	1
PES1198	Lifestyle, Nutrition and Health	3	1	2	1
PES2200	Exercise Physiology	3	2	1	2
PES2204	Motor Skill Acquisition	3	2	1	2
PES1199	Sports and Exercise Psychology	3	2	2	1
PES2201	Introductory Biomechanics	3	2	2	2
PES2202	Measurement and Statistics in Sports Science	3	3	1	2
PES3206	Curriculum Planning and Pedagogy in Sports Science Education	3	3	1	3
PES3207	Sport and Exercise for Special Populations	3	3	1	3
PES3203	Exercise Programme Design	3	3	2	3
PES3205	Research Methods in Sports Science	3	3	2	3
PES4210	High Performance Nutrition	3	3	2	4
PES4208	Principles and Practice of Health Promotion	3	4	1	4
PES4209	Sports Injuries Prevention and Management	3	4	1	4
PES4211	Psychological Aspects of Elite Performance	3	4	2	4
PES4212	Internship	6	4	1	4
PES4901	Honours Project	6	4	1&2	4

7.2 Electives

Course Code	Course title	CPs	Year	Sem*	Level
PES1214	Principles of Sports Coaching and Performance	3	1	1	1
PES2215	Strength and Conditioning	3	2	2	2
PES2216	Sports Science Seminar	3	2	1	2
PES3217	Cardiac and Exercise Rehabilitation	3	3	1	3
PES3218	Advanced Sports Biomechanics	3	3	2	3
PES3219	Current Issues in Sports Science and Education	3	3	1 or 2	3
HCS3034	Pain Education	3	3	1 or 2	3
PES3166	Health and Fitness in Schools and Community	3	4	2	3
PES4193	Introduction to Sensory Integration	3	4	1 or 2	4
PES4221	Exercise and Sport Event Management	3	4	2	4
PES4222	Environmental Factors in Exercise, Sport and Health	3	4	1	4

**Offering semester is subject to change, if necessary.*

7.3 General Education (GE)

For detailed information about General Education, you may visit the website at <http://www.eduhk.hk/geo/>.

7.4 Co-curricular and Service Learning (CSL)

For detailed information about Co-curricular and Service Learning (CSL) courses, you may visit the website at <https://www.eduhk.hk/ad/>.

7.5 Language

For detailed information about Centre for Language in Education, you may visit the website at <http://www.eduhk.hk/cle/>.

8. Course Synopses

8.1 Major

Course Code: PES1195

Course Title: Growth, Development and Ageing

Course Synopsis: This course enables participants to develop an understanding of the growth and development of individuals, from conception to old age. This understanding informs various aspects of human health and wellbeing, with a view to empower participants' ability to recognize and meet individual's physical, socio-cultural, emotional and intellectual needs in the various stages of the life span.

Course Code: PES1196

Course Title: Human Anatomy

Course Synopsis: This course focuses on the structure of the human body using an anatomical systems approach. The systems most relevant to sports science, including the skeletal, muscular, nervous, cardiovascular and respiratory systems will be studied in depth.

Course Code: PES1197

Course Title: Sociocultural Aspects of Sports Science

Course Synopsis: This course is designed to enable students to gain an understanding of the relationship between sports and society. The course will explore topics related to social and cultural phenomena, including the effect of sports participation on our lives and social relationships; impact of sports on our value on gender difference, class inequality, race and ethnicity, individualism, aggression, violence; and connection of sports with important social spheres.

Course Code: PES1198

Course Title: Lifestyle, Nutrition and Health

Course Synopsis: This course provides introductory topics on food nutrients, dietary habits and health, and presents an overview of food supply and the food services in Hong Kong and how they affect the eating environment and culture. Participants will examine the dynamic interaction of lifestyles, food cultures and modern food marketing, and reflect on how lifestyle will impact individual's dietary habits and health. Education strategies to address relevant issues and to minimize adverse impact will be touched upon.

Course Code: PES1199

Course Title: Sports and Exercise Psychology

Course Synopsis: This course is designed to give students an introduction to the important issues within the field of sports and exercise psychology. Students will obtain knowledge of the personal factors, group interaction and psychological factors that can affect performance and psychological development in sport, physical education, and exercise settings. Additionally, students will be taught about psychological strategies and techniques that can be implemented to prevent or enhance the impact of psychological and emotional factors in an exercise and sport context.

Course Code: PES2200

Course Title: Exercise Physiology

Course Synopsis: In this course, students will acquire the physiological knowledge that is applicable to sport training and coaching and is also relevant to their future work. The course will engage participants through lecture, laboratory work, and problem-based learning activities.

Course Code: PES2201

Course Title: Introductory Biomechanics

Course Synopsis: This course will equip participants with knowledge of the essential mechanical concepts and principles that govern human movement within a context of sports science. Through lecture, laboratory work, problem-solving activities and other forms of learning in and outside the classroom, students will acquire practical biomechanical knowledge.

Course Code: PES2202

Course Title: Measurement and Statistics in Sports Science

Course Synopsis: Through lecture, practical measurement, and presentation, students will acquire knowledge and skill in the measurement of various sport components. Moreover, they will be able to analyze measurement results utilizing appropriate statistical methods.

Course Code: PES2204

Course Title: Motor Skill Acquisition

Course Synopsis: This course focuses on the theories and principles underlying human motor skill acquisition. The course will introduce various theories of sports skill acquisition and information processing during learning of complex motor skills. Students will examine the stages involved in skills acquisition, skill transfer, practices schedules, augmented feedback and the mechanical principles involved in skilled performance. Students will also gain proficiency in the application of relevant theories and principles within practical settings.

Course Code: PES3203

Course Title: Exercise Programme Design

Course Synopsis: Through lecture, practical session, and presentation, students will acquire the knowledge and experience applicable to exercise programme design and education to clients. Exercise programme design focuses on the procedure and content of the exercise programme according to the demand of each population, whereas education to clients emphasis the delivery process and the relevant skills.

Course Code: PES3205

Course Title: Research Methods in Sports Science

Course Synopsis: This course is designed to familiarize students with major research methods that are applicable to physical education and sports science. Research design, data collection, analysis, validity, research procedures and report writing will all be covered. The course satisfies both the laboratory requirement for sports science and PE experience. Knowledge acquired in this course will assist students in understanding the nature of the research process and the various types of research methods. Students will develop the skills necessary for conducting a research project in PE and sports science. The format of the course will be mixture of lecture, discussion, reading and writing. Students are expected to be able to use various research methods to successful complete a small individual/or group research project.

Course Code: PES3206

Course Title: Curriculum Planning and Pedagogy in Sports Science Education

Course Synopsis: This course is designed to develop students' professional competency in understanding curriculum theories and teaching approaches in sports science. Students will develop understanding of the key aspects of planning various curriculums for different programmes based on the desired outcomes. Special attention will be given to design and implementation in a non-school based curriculum development environment. This course will challenge students' beliefs on what constitutes curriculum and require students to relate their teaching and coaching experience to various curriculum theories. This course will allow students to build knowledge in the concepts and practices essential to effective teaching in sports science education with different instructional approaches being introduced.

Course Code: PES3207

Course Title: Sport and Exercise for Special Populations

Course Synopsis: This course is designed to teach students how to select and plan physical activity programmes for individuals with disabilities and how to develop different physical activity programmes to meet different special needs. The course design will focus on improving the student's knowledge about common conditions requiring adaptations to facilitate special populations' participation in regular sports and exercises.

Course Code: PES4208

Course Title: Principles and Practice of Health Promotion

Course Synopsis: The aim of this course provide students with a comprehensive overview of the practical and theoretical skills needed to plan, implement and evaluate health promotion programs regarding of different setting. Health Promotion is a vital part of many areas of professional work today, not only in the health sector, but also in areas such as education, local government, sports and fitness, and in the general community. This course addresses current local and international strategies, the politics and theoretical frameworks, approaches to practice and opportunities for practice in health promotion. Students will develop competence in identify the essential health promotion concepts and will find innovative ways to initiate their health promotion project. Education strategies to address relevant issues will be touched upon.

Course Code: PES4209

Course Title: Sports Injuries Prevention and Management

Course Synopsis: The aim of this course is to equip students with essential knowledge of and skills to prevent and manage sports injuries. Students will be introduced to the fundamental principles of pathology, diagnosis, management and rehabilitation of injuries commonly sustained during sporting activities. Emphasis will be placed on practical skills of prevention, immediate diagnosis and on-site treatment of sports injuries.

Course Code: PES4210

Course Title: High Performance Nutrition

Course Synopsis: This course covers human nutrition and how exercise and sport influence nutrient needs of the high performance athlete. It enables students to define the body composition of an athlete, and design an athletic diet. Participants will also examine the elements of a healthy diet with reference to dietary guidelines, effects of supplements, and calculating caloric intake and the energy of food. Recent development in food technology and its impact on athletes' diet and health will also be discussed.

Course Code: PES4211

Course Title: Psychological Aspects of Elite Performance

Course Synopsis: This course is designed to integrate and synthesize the theoretical concepts of sport and performance psychology into meaningful application. Students will apply strategies, knowledge and skills in performance-enhancement to achieving optimal performance. Understanding on various performance inhibitors will also be explored. In addition, difference among individual sports will be examined to further understand the distinct application of psychological knowledge in sports performance.

Course Code: PES4212

Course Title: Internship

Course Synopsis: The student internship is designed to help students to integrate and apply the knowledge and skills they have gained in earlier stages of the program to the real-life workplace environment and requirements. As an important learning experience, students will be expected to engage in reflection and analysis on their internship experience with regard to sports science. The internship provides practical experience of the challenges faced in workplace and will assist students in making decisions regarding their career path.

Course Code: PES4901

Course Title: Honours Project

Course Synopsis: The purpose of this course is to facilitate the development of students' skills and give students experience in doing research. There is no formal syllabus. Students will be expected to work under the supervision of their supervisors. Students will be required to submit progress reports, participate in seminars and present their research results in oral and written formats.

8.2 Electives

Course Code: PES1214

Course Title: Principles of Sports Coaching and Performance

Course Synopsis: Through lecture, coaching sessions, and presentation, students will acquire principles of sport coaching for individual athletes and squad-based teams. In addition, students will provide coaching sessions and receive feedback and evaluation on its effectiveness.

Course Code: PES2215

Course Title: Strength and Conditioning

Course Synopsis: Through lecture, coaching, and problem-based learning activities, students will acquire the knowledge and practical skills applicable to strength and conditioning in different sports.

Course Code: PES2216

Course Title: Sports Science Seminar

Course Synopsis: This course is designed to give senior students in Sports Science Education an opportunity to explore in depth contemporary issues in Sports Science Education. Led by a staff member as facilitator, the students will work in groups to select, investigate, create a synopsis and lead class and online discussion on an approved topic of their choosing. During the course of two to three classes, a thorough examination of opposing theories or viewpoints will be made, culminating in a short written report to be posted on the course weblog.

Course Code: PES3166

Course Title: Health and Fitness in Schools and Community

Course Synopsis: This course introduces contemporary concepts of fitness and health in schools and community, and the role of physical activity and exercise in enhancing health. Current concerns in health and fitness such as cardiovascular diseases, physical activity, obesity, stress and common sport injuries will be addressed.

Course Code: PES3217

Course Title: Cardiac and Exercise Rehabilitation

Course Synopsis: Through lecture, practical session, and presentation, students will acquire the knowledge and experience applicable to exercise programme design specific to cardiac rehabilitation patients.

Course Code: PES3218

Course Title: Advanced Sports Biomechanics

Course Synopsis: This course is structured to allow students to build on the basic biomechanics knowledge acquired in *PES2201 Introductory Biomechanics* by exploring in depth a) how theoretical concepts, such as force, power, displacement, velocity and acceleration, are applied to actual human movement within the context of sports science; and b) how technology, as applied to sports biomechanics, can assist in analyzing and interpreting information about human movement.

Course Code: PES3219

Course Title: Current Issues in Sports Science and Education

Course Synopsis: This course critically examines trends and current issues surrounding the development of health and fitness, physical education, exercise science and health promotion that impact the profession and society. Topics include health fitness and promotion, school physical activities, teaching and coaching, exercise trends and practices. Students will be involved in research, journal writing, project and/or presentations that related to students' discipline.

Course Code: HCS3034

Course Title: Pain Education

Course Synopsis: The course will equip students with the knowledge and skills of pain assessment and management in a variety of pain problems such as acute, chronic and cancer pain in school and community settings.

Course Code: PES4193

Introduction to Sensory Integration

Course Synopsis: The course aims to provide students with the theoretical and scientific foundations of sensory integration, with particular focus on the role of sensory integration in development and its use in educational settings.

Course Code: PES4221

Course Title: Exercise and Sport Event Management

Course Synopsis: Exercise and sports events have become strong demand generators. They play a significant role in promotion of sports culture as well as an active lifestyle. This course equips participants with fundamental theories, principles and practices of exercise and sports event management. A number of case studies are included to assist participants to apply theoretical concepts to the realities in the field.

Course Code: PES4222

Course Title: Environmental Factors in Exercise, Sport and Health

Course Synopsis: This course provides a solid broad introduction to various environmental factors and their positive and negative impacts on exercise and sport. A major emphasis is to critically examine the environmental risks of both natural and man-made environmental factors upon participants' health for both indoor and outdoor physical activities. Foci will be also put on the approaches and philosophies underpinning environmental risk management to promote safety in the domains of exercise, sport and health.