

THE EDUCATION UNIVERSITY OF HONG KONG

Course Outline

Part I

Programme Title	: Bachelor of Education (Honours) (Physical Education)
Programme QF Level	: 5
Course Title	: Sports Training and Administration in Physical Education
Course Code	: PES3171
Department	: Health and Physical Education
Credit Points	: 3
Contact Hours	: 39
Pre-requisite(s)	: NIL
Medium of Instruction	: English
Level	: 3

Part II

The University's Graduate Attributes and seven Generic Intended Learning Outcomes (GILOs) represent the attributes of ideal EdUHK graduates and their expected qualities respectively. Learning outcomes work coherently at the University (GILOs), programme (Programme Intended Learning Outcomes) and course (Course Intended Learning Outcomes) levels to achieve the goal of nurturing students with important graduate attributes.

In gist, the Graduate Attributes for Sub-degree, Undergraduate, Taught Postgraduate, Professional and Research Postgraduate students consist of the following three domains (i.e. in short "PEER & I"):

- Professional Excellence;
- Ethical Responsibility; &
- Innovation.

The descriptors under these three domains are different for the three groups of students in order to reflect the respective level of Graduate Attributes.

The seven GILOs are:

1. Problem Solving Skills
2. Critical Thinking Skills
3. Creative Thinking Skills
- 4a. Oral Communication Skills
- 4b. Written Communication Skills
5. Social Interaction Skills
6. Ethical Decision Making
7. Global Perspectives

1. Synopsis

The course is designed to develop participants' understanding and to use concepts of sports training and administration in PE in school sectors. Emphasis is placed on providing participants with practical experience in school sports team training and managing a PE department in school sector.

2. Course Intended Learning Outcomes (CILOs)

Upon completion of this course, students will be able to:

- CILO₁ acquire basic knowledge of the physiological basis of training and PE administration at School.
- CILO₂ identify talent and develop young athletes
- CILO₃ plan effectively for the development of different physiological and psychological components to achieve optimal sport performance
- CILO₄ identify problems for risk management in operation
- CILO₅ plan effectively for the management of fiscal and physical resources of a PE department.

3. Content, CILOs and Teaching & Learning Activities

Course Content	CILOs	Suggested Teaching & Learning Activities
<p>Sports Training</p> <ul style="list-style-type: none"> - Physiological basis of training - Principles and components of training - Planning and periodization - Development of physiological components - Recovery and overtraining - Psychological intervention for optimal performance - Ergogenic aids and sport performance <p>Talent identification and training guideline for young athletes</p>	CILO _{1,2,3}	Lecture Practical sessions Discussion
<p>Administration in Physical Education</p> <ul style="list-style-type: none"> - Principles and concepts of organization and administration - Develop an organizational plan - Budget and facilities planning and management <p>Effective administrator, decision making, communication and motivation risk management evaluation plan for equipment, facilities, students, staff and programme.</p>	CILO _{1,4,5}	Lecture Discussion Case studies

4. Assessment

Assessment Tasks	Weighting (%)	CILO
<p>Written test</p> <p>Participants are required to demonstrate their understanding in the principles of sport training and administration in physical education</p>	50%	CILO _{1,2,3, 4,5}
<p>Group project</p> <p>Participants are required to collaborate with their group members in either: designing a training program for a specific athlete/team; or preparing a developmental plan for a school PE department</p>	50%	CILO _{1, 2,3} or CILO _{1,4,5}

5. Use of Generative AI in Course Assessments

Please select one option only that applies to this course:

Not Permitted: In this course, the use of generative AI tools is not allowed for any assessment tasks.

Permitted: In this course, generative AI tools may be used in some or all assessment tasks. Instructors will provide specific instructions, including any restrictions or additional requirements (e.g., proper acknowledgement, reflective reports), during the first lesson and in relevant assessment briefs.

6. Required Text(s)

NIL

7. Recommended Readings

- American College of Sports Medicine. (2011). *ACSM's foundations of strength training and conditioning*. Philadelphia, Pa.: Lippincott Williams & Wilkins.
- Baker, J., Schorer, J., & Cobley, S. (2012). *Talent identification and development in sport: international perspectives*. London: Routledge.
- Bompas, T.O., & Hadd, G. G. (2009). *Periodization (5th ed.): Theory and methodology of training*. Champaign, IL: Human Kinetics.
- Cox, R. (2012). *Sport psychology: Concepts and applications (7th ed.)*. New York: McGraw-Hill.
- Horine, L. & Stotlar, D. (2013). *Administration of Physical Education and Sport Programmes (5th ed)*. Boston: McGraw Hill.
- McArdle, W.D., Katch, F.I., & Katch, V.L. (2007). *Exercise physiology: energy, nutrition, and human performance (6th ed.)*. London: Williams & Wilkins.

7. Related Web Resources

- American College of Sports Medicine www.acsm.org
- Hong Kong Physical Education Net <http://www.hkpe.net>
- Hong Kong Sports Institute <http://www.hksi.org.hk/>
- National Strength and Conditioning Association <https://www.nasca.com/>

8. Related Journals

- ACSM's Health & Fitness Journal
- Athletics Coach
- British Journal of Sports Medicine
- Journal of Athletic Training
- Journal of Science and Medicine in Sport
- Journal of Sport Management
- Journal of Strength and Conditioning Research
- Medicine and Science in Sports and Exercise
- Sport Management Review
- Strength and Conditioning Journal

9. Academic Honesty

The University upholds the principles of honesty in all areas of academic work. We expect our students to carry out all academic activities honestly and in good faith. Please refer to

the Policy on Academic Honesty, Responsibility and Integrity Students
(<https://www.eduhk.hk/re/uploads/docs/000000000016336798924548BbN5>).
should familiarize themselves with the Policy.

10. Other
NIL