

## PHYSICAL EDUCATION

### (1) *Required Courses*

All year 1 full-time students are required to take one credit unit of Physical Education in the first and second terms respectively during their first year of attendance, except for Sports Science and Physical Education Majors. A course may be taken only once. The number of units earned in required Physical Education shall not exceed 2.

The required programme emphasizes the development of personality and health through team work and fair play as well as the acquisition of basic motor skills and attitude towards physical activities. The basis of assessment for each course will be students' achievement in basic skills, attendance and learning attitude. Courses with two different course codes are being offered with men's and women's classes. All courses with one course code are co-ed classes, unless otherwise specified (e.g., men's soccer).

PHE1011/1012	Track and Field
PHE1013/1014	Gymnastics
PHE1015/1016	Swimming
PHE1017/1018	Physical Conditioning
PHE1021/1022	Basketball
PHE1023/1024	Volleyball
PHE1025/1026	Softball
PHE1027/1028	Team Handball
PHE1029	Soccer
PHE1031/1032	Tennis
PHE1033/1034	Squash
PHE1035	Aerobic Dance
PHE1037	Folk Dance
PHE1010 (1st term)	Special P.E.
PHE1030 (2nd term)	Special P.E.
PHE1041/1042	Badminton
PHE1043/1044	Table Tennis

Students with disabled conditions or special health problems may take a special programme, Special P.E., designed to meet their individual needs, and are admitted to either Alternative I or II according to the recommendations of the Physical Education Unit and a physician of the University Health Service.

#### *Alternative I:*

- (a) Reading and written assignments on one of the following topics:
- Foundation of Physical Education
  - History of Physical Education
  - Principle of Physical Education
  - Sociology of Sport
  - Psychology of Sport
  - Comparative Physical Education
  - Physical Conditioning

- (b) Written test at the end of each term

*Alternative II:*

- (a) and (b) as in Alternative I; plus
- (c) Light exercises under close supervision of an instructor, such as physical conditioning, strengthening exercises, table tennis, lawn bowling, woodball, badminton, archery, swimming, jogging, etc., depending on the physical capabilities of the student.

(2) *Elective Courses*

This elective programme is opened to all students who are interested in physical education and keen to acquire more skills.

The programme is composed of the following 1-unit term courses for both terms. Each student can only take one elective course in a term and no student can take the same course twice.

PHE1050	Soccer
PHE1060	Table Tennis
PHE1063/1064	Squash
PHE1070	Archery
PHE1071/1072	Tennis
PHE1073/1074	Badminton
PHE1080	Social Dance
PHE1082	Aerobic Dance
PHE1090	Folk Dance

Note: The number of elective courses offered each year depends on the availability of teaching staff.