

## Physical Education

### (1) Required Courses

All 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.

The required programme emphasizes the development of personality and health through team work and fairplay as well as the acquisition of basic motor skills and attitude towards physical activities. A course may be taken only once. The number of units earned in required Physical Education shall not exceed 2. 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       |
| PHE 1013/1014       | Gymnastics            |
| PHE 1015/1016       | Swimming              |
| PHE 1017/1018       | Physical Conditioning |
| PHE 1021/1022       | Basketball            |
| PHE 1023/1024       | Volleyball            |
| PHE 1025/1026       | Softball              |
| PHE 1027/1028       | Team Handball         |
| PHE 1029            | Soccer                |
| PHE 1031/1032       | Tennis                |
| PHE 1033/1034       | Squash                |
| PHE 1035            | Aerobic Dance         |
| PHE 1037            | Folk Dance            |
| PHE 1010 (1st term) | Special P.E.          |
| PHE 1030 (2nd term) | Special P.E.          |
| PHE 1041/1042       | Badminton             |
| PHE 1043/1044       | 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 open 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.

|               |               |
|---------------|---------------|
| PHE 1050      | Soccer        |
| PHE 1060      | Table Tennis  |
| PHE 1063/1064 | Squash        |
| PHE 1070      | Archery       |
| PHE 1071/1072 | Tennis        |
| PHE 1073/1074 | Badminton     |
| PHE 1080      | Social Dance  |
| PHE 1082      | Aerobic Dance |
| PHE 1090      | Folk Dance    |

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