

Physical Education and Sports Science

Course List

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SPE 2520	Functional Human Anatomy in Sports and Physical Education	3
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SPE 2610	Introduction to Sports Biomechanics	3
SPE 2710	Sociology of Physical Education and Sport	3
SPE 3820	Sport and Exercise Psychology: Theories and Applications	3
SPE 3920	Growth, Development and Physical Activity	3
^a SPE 4570	Health and Physical Education	3
<i>Educational Foundation Courses</i>		
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SPE 3440	Pedagogy of Secondary Physical Education	3
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SPE 3910	Adapted Physical Education	3
SPE 4560	Physical Fitness Appraisal and Exercise Prescription	3
SPE 4640	Human Kinematics and Kinetics	3
SPE 4740	Sociology of Sport: Stratification, Social Theory and Deviance	3
SPE 4830	Psycho-social Aspects of Sport and Exercise Psychology	3
SPE 4900	Independent Project	3
<i>Professional Courses</i>		
SPE 2011	Basketball	1
SPE 2021	Volleyball	1
SPE 2031	Soccer	1
SPE 2041	Handball	1
SPE 2051	Badminton	1
SPE 2052	Tennis	1
SPE 2053	Squash	1
SPE 2061	Table Tennis	1
SPE 2111	Swimming I	1

^d An advanced theoretical course in study scheme C.

SPE 2112	Swimming II	1
SPE 2122	Principles of Training for Health and Performance	1
SPE 2131	Track and Field	1
SPE 2211	Gymnastics	1
SPE 2221	Creative Dance	1
SPE 3221	Folk Dance	1
SPE 3222	Aerobic Dance	1
SPE 3223	Dances	1
SPE 3330	Alternative Sports	1
<i>Teaching Practice</i>		
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Course Description

(All courses except Teaching Practice are available to non-Physical Education and Sports Science Majors or Minors.)

Theoretical Foundation Courses

SPE 2520

Functional Human Anatomy in Sports and Physical Education

3 U; 2 Lect. 1 Lab.

This course is designed to introduce structures of human body related to sports science and physical education. Emphases will be upon muscular and skeletal systems frequently encountered in the teaching and coaching of sports and physical education, other related topics such as cardiovascular system, respiratory system, digestive system, etc., may also be discussed. An understanding of the basic human structure, as well as the interrelationships among various systems are essential for effective teaching and training in sports and physical education. Discussion on the impact of exercise on human structure will also be included so as to enhance students' appreciation on the values of exercise.

SPE 2540

Introduction to Exercise Physiology

3 U; 2 Lect. 1 Lab.

This course is designed to examine the basic concepts of energy metabolism, nutrition, physiological responses to exercise and training. Emphasis will be placed on the application of such knowledge upon teaching physical education and upon the improvement of physical performance. Laboratory classes will enable students to learn basic techniques in exercise physiology. Prerequisite: SPE 2520.

SPE 2610

Introduction to Sports Biomechanics

3 U; 3 Lect./Lab.

To develop the students' understanding of the fundamental mechanical concepts and principles which govern human movement and the effect of forces which act on the human body when moving on land, in water or in the air. To develop a theoretical framework for the observation and analysis of movement which will enable them to apply the principles in a teaching/coaching situation. Prerequisite: SPE 2520.

SPE 2710

Sociology of Physical Education and Sport

3 U; 3 Lect.

To introduce students to the sociological method of enquiry, its key ideas, concepts and perspectives and its application to the study of the relationships between sport, leisure, culture and society.

SPE 3820

Sport and Exercise Psychology: Theories and Applications

3 U; 3 Lect./Lab.

This course is designed to cover a wide range of topics pertaining to motivation and subsequent performance in sport; to provide students with an understanding of some major theories derived from general psychology as a basis for examining their validity within the context of sport. Hands-on application of various psychological tools will be emphasized.

SPE 3920

Growth, Development and Physical Activity

3 U; 3 Lect.

The aim of this course is to introduce the principles of growth and development of children. The course will place particular emphasis on the relationship of physical activity to biological, psychological and social factors affecting human growth and development from birth to adolescence.

SPE 4570

Health and Physical Education

3 U; 3 Lect.

This course is designed to examine the role of physical education and exercise in promoting health, fitness and personal development. Students should understand health behaviour's relationships with the communities' health, fitness, sport, recreation and physical education delivery system. Knowledge of being an effective agent of change relating to health risk and lifestyle behaviour will be emphasized.

Educational Foundation Courses

SPE 2600

Basic Statistics, Computing and Measurement for Physical Education

3 U; 3 Lect./Lab.

To develop an introductory level of statistical competence and computing for a general understanding of the contribution of measurement and data analysis techniques used in sports science and physical education.

SPE 2720

Foundations of Physical Education and Sport

3 U; 3 Lect.

The aim of this course is to give students an overall introduction into the academic discipline of physical education and sport, as well as the options available in the profession. Historical and philosophical development of physical education and sport will be discussed, which will lead into the examination of current issues and trends. This course will give the necessary information that prepares students to contemplate their academic and career planning.

SPE 2810

Psychomotor Learning

3 U; 3 Lect./Lab.

This course is designed to provide students with the knowledge and understanding of the theories and models underlying the acquisition of motor skills.

SPE 3410

Curriculum Planning for Physical Education

3 U; 3 Lect.

This course is designed to introduce students to traditional and innovative curriculum theories and concepts. An examination of various curriculum models with particular reference to physical education. The course will equip students with the knowledge to plan and implement a physical education curriculum in school.

SPE 3430

Administration in Physical Education and Sport

3 U; 3 Lect.

This course is designed to provide students with the knowledge and understanding of the principles and methods used in the administration of physical education and sport in Hong Kong. Emphasis is placed on the administration of the basic physical education programme in schools.

SPE 3440

Pedagogy of Secondary Physical Education

3 U; 2 Lect. 1 Lab.

This course is designed to introduce the pre-service teacher to essential components of a quality physical education curriculum that is suitable for secondary school students. An emphasis will be placed on the selection of age-appropriate learning experiences, teaching styles and methods of evaluation that will enrich the cognitive, affective and psycho-motor development. After taking this course, pre-service teachers will be able to maintain an effective learning environment based on current practices related to effective planning, management and communication.

SPE 3450

Pedagogy of Primary Physical Education

3 U; 2 Lect. 1 Lab.

The purpose of this course is to prepare pre-service teachers to teach effective physical education lessons in the primary school. The course will focus on selection of activities, teaching style and evaluation methods of learning experiences that take into consideration the age and developmental stage of the students. Pre-service teachers taking this course will be expected to identify student needs and select suitable learning experiences to enrich and improve their cognitive, affective and psycho-motor development.

Advanced Theoretical Courses

SPE 3550

Physiology of Human Performance

3 U; 2 Lect. 2 Lab.

To study the physiological demands of different sports; and the genetic, physiological and environmental factors that may determine and/or affect selection of athletes for a particular sports event, specificity of athletic training and human performance. Prerequisite: SPE 2540.

SPE 3630

Introduction to Research Methods

3 U; 3 Lect.

This course is designed to give students the knowledge and understanding of the principles and practices of acquiring knowledge and solving problems through research and the application of research methods in sports science and physical education. Prerequisite: SPE 2600.

SPE 3720

Sociology of Sport and Leisure

3 U; 3 Lect.

This course is designed to examine a number of key areas in the sociology of sport. A range of sociological perspectives are utilized in which students critically consider sport and commercialization, sport and the media, the state and politics, and sport. These areas are chosen to highlight the role, function and meaning which sport plays in culture and society. (Not for students who have taken GEE 2893.)

SPE 3910

Adapted Physical Education

3 U; 3 Lect. 1 Field

The purpose of this course is to enable students to understand the philosophical framework and practical models of physical education for people with disabilities. Designing and applying a variety of activities and environmental adaptation strategies for physically disadvantaged people will be emphasized.

SPE 4560

Physical Fitness Appraisal and Exercise Prescription

3 U; 2 Lect. 2 Lab.

To learn the health related values and benefits of exercise in the paediatric, aging, disabled, diabetic, heart diseased and pulmonary diseased populations; and the planning and implementation of exercise programmes. Prerequisite: SPE 2540.

SPE 4640

Human Kinematics and Kinetics

3 U; 3 Lect.

The objective of this course is to provide students with the knowledge and understanding of the kinematics and kinetics aspects of human movement and the ability of applying the knowledge into their teaching, coaching and research work. Four topics are emphasized: 1) biomechanical modelling of the human body; 2) principles and concepts of observing and analyzing the human performance; 3) biomechanical principles of optimal techniques in selected sports and movements; and 4) instrumentation and measurement in the human movement biomechanics. Prerequisite: SPE 2610.

SPE 4740

Sociology of Sport: Stratification, Social Theory and Deviance

3 U; 3 Lect.

This course examines in a more advanced form, the relationship of sport, culture and society. A range of sociological perspectives are utilized and critically assessed in order to examine their adequacy in relation to stratification and the nature, and extent of deviance and sport. Prerequisite: SPE 2710.

SPE 4830

Psycho-social Aspects of Sport and Exercise Psychology

3 U; 3 Lect.

The purpose of this course is to enable students to understand the psycho-social aspects of sport and exercise psychology; which would promote the ability to anticipate, predict and handle issues stem from sociological origins but exhibited in the psyche of sport and exercise participants. Prerequisite: SPE 3820.

SPE 4900

Independent Project

3 U

With the permission of the instructor, a student may pursue a special reading course to produce a literature review or conduct a research project in consultation with and under the supervision of the instructor. Prerequisite: SPE 3630.

Professional Courses

SPE 2011

Basketball

1 U; 2 Prac.

This course is designed to enable students to introduce and develop basketball in primary and secondary schools. They will develop the knowledge and understanding of the teaching of the fundamental individual and group skills and improve personal performance.

SPE 2021

Volleyball

1 U; 2 Prac.

This course is designed to enable students to introduce and develop volleyball in secondary schools. They will develop the knowledge and understanding of the teaching of the fundamental individual and group skills and improve personal performance. They will experience competition and develop officiating skills sufficient to teach and coach volleyball at a foundation level.

SPE 2031

Soccer

1 U; 2 Prac.

The course is designed to develop students' fundamental skills of soccer, and equip them with the knowledge to teach soccer in primary and secondary schools. Upon the completion of the course, students should be able to demonstrate the basic skills and knowledge of soccer.

SPE 2041

Handball

1 U; 2 Prac.

The course is designed to develop students' fundamental skills of handball, and equip them with the knowledge to teach handball in primary and secondary schools. Upon the completion of the course, students should be able to demonstrate the basic skills and knowledge of handball.

SPE 2051

Badminton

1 U; 2 Prac.

The course is designed to develop students' fundamental skills of badminton, and equip them with the knowledge to teach badminton in primary and secondary schools. Upon the completion of the course, students should be able to demonstrate the basic skills and knowledge of badminton.

SPE 2052

Tennis

1 U; 2 Prac.

The course is designed to develop students' fundamental skills of tennis, and equip them with the knowledge to teach tennis in primary and secondary schools. Upon the completion of the course, students should be able to demonstrate the basic skills and knowledge of tennis.

SPE 2053

Squash

1 U; 2 Prac.

To enable students to develop their skills and knowledge in squash. Upon the completion of the course, students should be able to: 1) be aware of the safety of the games; 2) demonstrate the knowledge of basic skills, tactics, rules and regulations; 3) present appropriate teaching strategies; and 4) perform the basic skills of squash.

SPE 2061

Table Tennis

1 U; 2 Prac.

The course is designed to develop students' fundamental skills of table tennis, and equip them with the knowledge to teach table tennis in primary and secondary schools. Upon the completion of the course, students should be able to demonstrate the basic skills and knowledge of table tennis.

SPE 2111

Swimming I

1 U; 2 Prac.

To enable students to teach water-confidence and the basic swimming strokes—breast stroke and front crawl. The course will also enable students to develop their personal skills in the above strokes, survival swimming and the basic life-saving skills.

SPE 2112

Swimming II

1 U; 2 Prac.

To enable students to teach the basic swimming strokes—back stroke and butterfly stroke. The course will also enable students to develop their personal skills in the above strokes and the basic swimming pool life-saving skills. Prerequisite: SPE 2111.

SPE 2122

Principles of Training for Health and Performance

1 U; 2 Prac.

This course considers the principles and modern theories related to the understanding of health-related fitness and training methods using an integrated approach. Emphasis will be placed on the understanding of the components of fitness and health-related exercise and training regimes together with health-related exercise behaviour, and the planning and implementation of appropriate fitness programmes.

SPE 2131

Track and Field

1 U; 2 Prac.

This course is designed to enable students to teach track and field events at school as well as assist in the basic coaching. Activity, analysis and observation will be among the main emphases in teaching these events.

SPE 2211

Gymnastics

1 U; 2 Prac.

This course is designed to prepare students to teach gymnastics in schools so they can demonstrate the basic gymnastic skills, ensure safe methods and practices, and develop an appreciation for the aesthetic and technical performance.

SPE 2221

Creative Dance

1 U; 2 Prac.

This course introduces students to an exploration of Rudolf Laban's principles of movement and the basic technique and teaching methods of modern dance.

SPE 3221

Folk Dance

1 U; 2 Prac.

This course presents the techniques of folk dances from different countries. It also provides guidelines to conduct a dance class and organize a dance club at school.

SPE 3222

Aerobic Dance

1 U; 2 Prac.

This course introduces teaching methods and techniques of aerobic dance. It also provides guidelines to conduct classes in school and health club.

SPE 3223

Dances

1 U; 2 Prac.

This course presents the techniques and theoretical of dances such as folk dance, aerobic dance and creative dance. It also provides methods and guidelines to conduct a dance class and organize a dance club in school.

SPE 3330

Alternative Sports

1 U; 2 Prac.

This course is designed to introduce students to alternative sports such as, golf, orienteering, rock climbing, sailing, windsurfing and canoeing. Upon the completion of the course, students should be able to: 1) demonstrate correct skills and leadership in the alternative sports; 2) teach the specific skills of the alternative sports; 3) demonstrate knowledge of the theoretical aspects; and 4) develop interest in coaching and officiating of sport.

Teaching Practice

SPE 2200, 3200, 4200

Teaching Practice I, II, III

2 U, 2 U, 5 U

Major students are required to take 9 units of Teaching Practice. These units are spread over the four years of study when students are placed in a variety of schools to observe them in operation and become acquainted with the organization, planning, administration, routine and discipline of each school. They will progressively be involved in teaching groups of children until they can be responsible for whole-class teaching in physical education. As a required course, students must attain a pass in Teaching Practice in order to graduate. (For Physical Education and Sports Science Majors only.)

Study Scheme

I. Major Programme (4-Year Programme)

A. Applicable to students admitted in 2003-04 and thereafter

Students are required to complete a minimum of 92 units of courses as follows:

Physical Education and Sports Science Courses

(i)	Required Courses:	74 units
(a)	Theoretical Foundation Courses: SPE 2520, 2540, 2610, 2710, 3820, 3920, 4570	21 units
(b)	Educational Foundation Courses: SPE 2600, 2720, 2810, 3410, 3430, 3440, 3450	21 units
(c)	Professional Courses: SPE 2011, 2021, 2031, 2041, 2051, 2061, 2111, 2112, 2122, 2131, 2211, 3223, 3330	13 units
(d)	Teaching Practice Courses: SPE 2200, 3200, 4200	9 units
(ii)	Elective Courses:	
(a)	Professional Courses: A minimum of one course from the following: SPE 2052, 2053	1 unit
(b)	Advanced Theoretical Courses: A minimum of three courses from the following: SPE 3550, 3630, 3720, 3910, 4560, 4640, 4740, 4830, 4900	9 units

Educational Studies 18 units

Students are required to complete a minimum of 18 units of courses as follows, with a minimum of three from each area:

Area I:	Curriculum and Instruction EDU 2110, 3110, 3130, 4110, 4120	6 units
Area II:	Educational Administration and Policy EDU 2210, 2220, 2230, 3240, 3250, 4210	6 units
Area III:	Educational Psychology EDU 2310, 3310, 4310, 4320, 4330, 4340	6 units

Total: 92 units

B. Applicable to students admitted in 2002-03, 2001-02 and 2000-01 (except for students admitted in 2000-01 who have been approved of taking study scheme C)

Students are required to complete a minimum of 92 units of courses as follows:

Physical Education and Sports Science Courses

(i)	Required Courses:	74 units
(a)	Theoretical Foundation Courses: SPE 2520, 2540, 2610, 2710, 3820, 3920, 4570	21 units
(b)	Educational Foundation Courses: SPE 2600, 2720, 2810, 3410, 3430, 3440	18 units
(c)	Professional Courses: SPE 2011, 2021, 2031, 2041, 2051, 2052, 2053, 2061, 2111, 2112, 2122, 2131, 2211, 2221, 3221, 3222, 3330	17 units
(d)	Teaching Practice Courses: SPE 2200, 3200, 4200	9 units
(ii)	Elective Courses: A minimum of three Advanced Theoretical Courses: SPE 3550, 3630, 3720, 3910, 4560, 4640, 4740, 4830, 4900	9 units

Educational Studies 18 units

Students are required to complete a minimum of 18 units of courses as follows, with a minimum of three from each area:

Area I:	Curriculum and Instruction EDU 2110, 3110, 3120*, 3130, 4110, 4120	6 units
Area II:	Educational Administration and Policy EDU 2210, 2220, 2230, 3210, 3220, 3230*, 3240, 3250, 4210, 4220	6 units
Area III:	Educational Psychology EDU 2310, 3310, 4310, 4320, 4330, 4340	6 units

Total: 92 units

* Courses offered in 2001-02 and before only.

- Notes: 1. Students in study schemes A and B are required to complete at least 123 units of courses for graduation, including the above 92 units of Major courses, 15 units of general educational courses and 16 units of elective courses from any discipline.
2. All SPE and EDU courses coded 2000 and above will be included in the calculation of the Major GPA for honours classification.

**C. Applicable to students admitted in 2000-01
(except for students who have been approved of taking study scheme B)**

Students are required to complete a minimum of 84-85 units of courses as follows:

Physical Education and Sports Science Courses

(i)	Required Courses:	66-67 units
(a)	Theoretical Foundation Courses: SPE 2520, 2540, 2610, 2710, 3820, 3920	18 units
(b)	Educational Foundation Courses: SPE 2600, 2720, 2810, 3410, 3430, 3440	18 units
(c)	Professional Courses: SPE 2011, 2021, 2031, 2041, 2051, 2052, 2053, 2061, 2111, 2112, 2122, 2131, 2211, 2221, 3221, 3222	16 units
(d)	Teaching Practice Courses: SPE 2200 [®] , 3200, 4200	8-9 units
(ii)	Elective Courses: A minimum of two Advanced Theoretical Courses: SPE 3550, 3630, 3720, 3910, 4560, 4570, 4640, 4740, 4830, 4900	6 units

[®] 1-unit course in 2000-01.

Educational Studies 18 units

Students are required to complete a minimum of 18 units of courses as follows, with a minimum of three from each area:

Area I:	Curriculum and Instruction EDU 2110, 3110, 3120*, 3130, 4110, 4120	6 units
Area II:	Educational Administration and Policy EDU 2210, 2220, 2230, 3210, 3220, 3230*, 3240, 3250, 4210, 4220	6 units
Area III:	Educational Psychology EDU 2310, 3310, 4310, 4320, 4330, 4340	6 units

Total: 84-85 units

* Courses offered in 2001-02 and before only.

- Notes: 1. Students are required to complete at least 123 units of courses for graduation, including the above 84-85 units of Major courses, 15 units of general educational courses and 23-24 units of elective courses from any discipline.
2. All SPE and EDU courses coded 2000 and above will be included in the calculation of the Major GPA for honours classification.

2. *Minor Programme*

The Minor programme is open for application to all students in their second year of attendance. No student should be admitted to the programme if he/she has been diagnosed as unsuitable or unable to meet the demands of participating in vigorous physical activities.

Admission criteria include passes in the University required physical education courses and records of participation in intramural and intercollegiate sports activities.

All courses being offered in the Major programme except Teaching Practice are available to Minor students as long as they meet the course prerequisites.

Students are required to complete a minimum of 18 units of courses as follows:

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|------|---|----------|
| (i) | Professional Courses selected from the following courses:
SPE 2011, 2021, 2031, 2041, 2051, 2052, 2053, 2061,
2111, 2112, 2122, 2131, 2211, 2221, 3221, 3222,
3223, 3330 | 3 units |
| (ii) | Theoretical Courses selected from the following:
Theoretical Foundation, Educational Foundation and Advanced
Theoretical courses:
SPE 2520, 2540, 2600, 2610, 2710, 2720, 2810, 3410, 3430,
3440, 3450, 3550, 3630, 3720, 3820, 3910, 3920, 4560, 4570,
4640, 4740, 4830, 4900 | 15 units |

Total: 18 units

3. *Faculty Language Requirement*

Please refer to the "Faculty Requirements for 4-year Bachelor of Education Programmes" for details.