

**REGULATIONS FOR THE DEGREE OF  
MASTER OF SCIENCE IN SPORTS SCIENCE  
(MSc[SportsScience])**

*(See also General Regulations)*

Any publication based on work approved for a higher degree should contain a reference to the effect that the work was submitted to the University of Hong Kong for the award of the degree.

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**Ed171 Admission requirements**

To be eligible for admission to the courses leading to the degree of Master of Science in Sports Science, candidates shall

- (a) comply with the General Regulations;
  - (b) hold
    - (i) either a Bachelor's degree with honours of this University preferably with a major in sports science, human movement, physical education, sports coaching, sports administration, recreation or leisure management; or a related-degree acceptable to the Admissions Committee; or
    - (ii) from another university or comparable institution accepted for this purpose; and
  - (c) satisfy the examiners in a qualifying examination, if required.
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**Ed172 Qualifying examination**

- (a) A qualifying examination may be set to test the candidates' formal academic ability or their ability to follow the courses of study prescribed. It shall consist of one or more written papers or their equivalent and may include a project report.
  - (b) Candidates who are required to satisfy the examiners in a qualifying examination shall not be permitted to register until they have satisfied the examiners in the examination.
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**Ed173 Award of degree**

To be eligible for the award of the degree of Master of Science in Sports Science, candidates shall

- (a) comply with the General Regulations; and
  - (b) complete the curriculum and satisfy the examiners in accordance with the regulations set out below.
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**Ed174 Length of curriculum**

The curriculum shall extend over two academic years of part-time study. Each year of study shall consist of two semesters.

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**Ed175 Completion of curriculum**

To complete the curriculum, candidates shall

- (a) follow instruction on the syllabuses prescribed and complete all specified work as required;
- (b) satisfy the examiners in all forms of assessment as may be required;
- (c) complete and present a satisfactory dissertation on an approved subject.

Candidates shall be required to pass all written assignments and examinations and practical work required in the first year before progressing to the second year.

**Ed176 Dissertation**

- (a) The title of the dissertation shall be submitted for approval not later than March 1 of the final year of study and the final dissertation shall be submitted not later than September 1 of the same year.
  - (b) Candidates shall submit a statement that the dissertation represents their own work undertaken after registration as candidates for the degree.
  - (c) The examiners also may prescribe an oral examination on the subject of the dissertation.
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**Ed177 Examinations**

- (a) An assessment of the candidates' performance during the year, may include written assignments, tests, laboratory and practical work as prescribed by the course.
  - (b) Candidates who have failed to satisfy the examiners in any part of the examinations at the first attempt may be permitted to present themselves again for examination at a time to be determined by the Board of Examiners; or such candidates may be recommended for discontinuation of studies under the provisions of General Regulation G 12.
  - (c) Candidates who have presented a dissertation which has failed to satisfy the examiners at the first attempt may be permitted to revise and re-present the dissertation within a period to be determined by the Board of Examiners; or such candidates may be recommended for discontinuation of studies under the provisions of General Regulation G 12.
  - (d) A list of the successful candidates shall be published. Candidates who have shown exceptional merit may be awarded a mark of distinction, and this mark shall be recorded on the candidates' degree certificate.
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## **SYLLABUSES FOR THE DEGREE OF MASTER OF SCIENCE IN SPORTS SCIENCE**

The degree will take the form of modules. Candidates are required to complete a total of 16 modules. The 16 modules comprise three common core, six specialist modules, two elective modules and five modules for the research seminar and dissertation.

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### **COMMON CORE MODULES (3 modules)**

Candidates are required to complete three common core modules.

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#### **MSSS6001. Research methods**

Research methods and experimental designs in sport and leisure are examined in this module with particular reference to threats to internal and external validity. Other topics include: research ethics; a more advanced examination of the concepts of reliability and validity; and principles of scientific writing.

**MSSS6002. Statistical methods**

This module examines statistical applications common to the fields of sport and leisure research and practices. Useful parametric and non-parametric techniques and the statistical computer packages for these are explored and applied. Practice in the interpretation of computer output from statistical software and in presentation techniques for statistical results is provided.

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**MSSS6003. Health-related fitness**

This module provides a more detailed investigation of the relationships between health, exercise and physical activity. Topics covered will include coronary heart disease prevention and treatment through physical activity and exercise, pulmonary function and exercise, and osteoporosis and exercise.

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**SPECIALIST MODULES (6 modules)**

Candidates are required to complete six specialist modules in their area of specialism from a list determined yearly that may include:

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**MSSS6021. Motor learning and control**

Theoretical aspects of the control and acquisition of motor skills are examined in this module. Selected topics in motor control and learning are discussed, such as feedback effects and training and practice principles.

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**MSSS6022. Sociology of sport**

Theoretical and practical issues related to sport in society. The role of sport in society and society's effects on sport and its participants will be examined.

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**MSSS6023. Exercise physiology**

This module will investigate factors that limit performance in physical exercise, concentrating on the respiratory, cardiovascular and cellular mechanisms. Topics also include possible mechanisms that lead to fatigue (peripheral and central factors) and the reported actions of ergogenic aids in enhancing performance.

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**MSSS6024. Sport psychology**

This module covers the theories and practices in the field of sport psychology. Topics include: arousal-performance relationship; stress management in sport and work; attention and concentration; and imagery and mental training.

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**MSSS6025. Practical anthropometry**

The module focuses upon anthropometric measurement in sport science, and may cover the following topics: basic anatomy for anthropometry; measurement techniques; measurement error; measurement equipment; analysis of anthropometric data; measurement of full profiles. Successful completion of the course plus some supplementary study can lead to the internationally recognised ISAK Level 1 accreditation.

**MSSS6026. Sports injuries**

This module will focus upon the prevention and treatment of injury in sport. Topics covered will include patterns of injury in sports, injury for specific populations, injury treatment and rehabilitation techniques and programme design for injury prevention.

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**ELECTIVE MODULES (2 modules)**

Candidates are required to complete two elective modules from a list determined yearly that may include:

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**MSSS6401. Biomechanics**

This module will study the mechanics of movement, reviewing basic kinematics of motion, and their application to sport and exercise. Topics will include fundamental musculo-skeletal biomechanics, advanced biomechanical analysis, biomechanics of sports and biomechanics of injury.

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OR

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**MSSS6402. Sports nutrition**

This module will examine important concepts of sports nutrition, including an overview of the biochemical pathways used in human metabolism and the role they play in exercise. Topics are likely to include the nutritional requirements during training and competition; role of nutrients before, during and after exercise; nutritional analysis (software), and nutritional supplements (ethics, effectiveness, safety).

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**MSSS6403. Children's health and physical activity**

This module examines child growth and development and its relationship with physical activity and performance. Topics may include: the growing body – body proportions, body composition, growth and maturation; physical activity patterns and their assessment; muscular strength and power; cardiorespiratory performance; anaerobic performance; training and exercise prescription in children.

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OR

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**MSSS6404. Leisure management**

This module will enable students to apply theory and concepts to the field of leisure management. Students will develop an understanding of the ways in which leisure and recreation are managed and how leisure is provided, planned and organised.

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**DISSERTATION MODULES (5 modules)**

**MSS8998. Research seminar** (1 module)

Candidates will develop a detailed research proposal for the dissertation and present the proposal in the form of a brief seminar presentation. The proposal shall include background of the study, rationale, related literature, and design and methodology.

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**MSS8999. Dissertation** (4 modules)

Candidates are required to complete a dissertation on an approved topic arising from the field of study.