

**REGULATIONS FOR THE DEGREE OF
BACHELOR OF SCIENCE IN
SPORTS SCIENCE AND LEISURE MANAGEMENT
(BSc[SSLM])**

(See also General Regulations and Regulations for the First Degree Curricula)

The degree of Bachelor of Science in Sports Science and Leisure Management (BSc[SSLM]) is an undergraduate degree, awarded for the satisfactory completion of a prescribed course of education in sports science and leisure management.

Ed166 In these regulations, and in the Syllabuses for the degree of BSc(SSLM), unless the context otherwise requires -

‘Course’ means a course of instruction leading to one paper in the Final Examination Part I, Part II and Part III, as defined in the syllabus;

‘Paper’ means one or more of the following tests: a theoretical examination paper, a practical examination paper, a project paper, or a dissertation, or other assignments as prescribed in the syllabus of the course leading to it.

Ed167 Admission to the degree

To be eligible for admission to the degree of Bachelor of Science in Sports Science and Leisure Management, candidates shall

- (a) comply with the General Regulations;
 - (b) comply with the Regulations for First Degree Curricula; and
 - (c) complete the curriculum in accordance with the regulations that follow.
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ED168 Length of study

The curriculum for the degree of Bachelor of Science in Sports Science and Leisure Management shall normally require six semesters of full-time study spread over three academic years.

Ed169 Selection of courses

Candidates shall select courses in accordance with the syllabuses for the degree of Bachelor of Science in Sports Science and Leisure Management, and such selection shall be subject to the approval of the Course Director of the Sports Science and Leisure Management programme.

Ed170 Completion of curriculum

To complete the curriculum, candidates shall

- a) satisfy the requirements prescribed in UG 3 of the Regulations for First Degree Curricula;
- b) complete not less than 180 credits, in the manner specified in the syllabuses;
- c) satisfy the examiners at the Final Examination Parts I, II and III in all the courses chosen; and
- d) complete satisfactorily a recognized first aid course.

Ed171 Assessment and grades

In the Final Examination Part I, Part II and Part III an assessment of the candidate's coursework during the year, including completion of written assignments and participation in fieldwork, practical work or laboratory work, as the case may be, shall be taken into account in determining the candidate's result in each written examination paper.

Ed172 Grades shall be awarded in accordance with UG 5 of the Regulations for First Degree Curricula.

Ed173 Candidates shall not be permitted to repeat for upgrading purposes a course for which they have received a pass grade.

Ed174 Examinations

Candidates who are unable because of their illness to be present for any paper or papers in the Final Examination Part I, Part II and Part III may apply for permission to present themselves for a supplementary examination to be held before the beginning of the first semester of the following academic year. Any such application shall be made on the form prescribed within two weeks of the first day of absence from any examination. Candidates who fail to satisfy the examiners in one or more papers in such a supplementary examination shall be considered under the provisions made in these Regulations for failure as the first attempt at the examination.

Ed175

- (a) Candidates who fail in the Final Examination Part I in not more than 12 credit units at the first attempt may be permitted to sit a Supplementary Final Examination Part I in the failed course(s) held the same year before the end of August. Candidates who fail in broadening courses, inter-faculty electives and/or courses offered outside the Institute of Human Performance shall normally be permitted to present themselves for supplementary examination of the same course(s), repeat the failed course(s) or to take replacement course(s) in lieu of the failed course(s), at a time specified by the Board of Examiners. In the latter, the grade(s) of the replacement course(s) shall be regarded as second attempt.
 - (b) Candidates who fail at the Supplementary Final Examination Part I in not more than 6 credit units may be allowed to proceed to the second year of the curriculum and present themselves for re-examination in the same paper(s) or substitute another approved paper(s), together with the papers of Part II of the Final Examination. Candidates who fail at the Supplementary Final Examination Part I in more than 6 credit units may be recommended for discontinuation.
 - (c) Candidates who fail in the Final Examination Part I in more than 12 credit units at the first attempt shall be recommended for discontinuation of studies under the provisions of General Regulation G12.
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Ed176

- (a) Candidates who fail in the Final Examination Part II in not more than 12 credit units at the first attempt may be permitted to sit a Supplementary Final Examination Part II in the failed paper(s) held the same year before the end of August. Candidates who fail in broadening courses, inter-faculty electives, and/or courses offered outside the Institute of Human Performance shall normally be permitted to present themselves for supplementary examination in the same course(s), repeat the failed course(s), or to take a replacement course in lieu of the failed course(s), at a time specified by the Board of Examiners. In the latter, the grade(s) of the replacement course(s) shall be regarded as second attempt. Candidates who fail in the replacement course(s) in more than 6 credit units may be recommended for discontinuation.

- (b) Candidates who fail at the Supplementary Final Examination Part II in not more than 6 credit units may be allowed to proceed to the third year of the curriculum and present themselves for re-examination in the same paper(s) or substitute another approved paper(s), together with the papers of Part III of the Final Examination. Candidates who fail at the Supplementary Final Examination Part II in more than 6 credit units may be recommended for discontinuation.
 - (c) Candidates who fail in the Final Examination Part II in more than 12 credit units at the first attempt shall normally be recommended for discontinuation.
 - (d) Candidates who fail in the Part I paper(s) taken during Part II shall normally be recommended for discontinuation of studies under the provision of General Regulation G12.
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Ed177

- (a) Candidates who fail in the Final Examination Part III in not more than 24 credit units at the first attempt shall be required either to repeat the course(s) for the failed paper(s) and present themselves for re-examination in the paper(s) when the examination is next held, or may be permitted to sit a Supplementary Final Examination Part III in the failed paper(s) held the same year before the end of August.
 - (b) Candidates who fail in this second attempt shall normally be recommended for discontinuation under the provisions of General Regulation G12.
 - (c) Candidates who fail in the Final Examination Part III in more than 24 credit units at the first attempt shall normally be recommended for discontinuation.
 - (d) Candidates who fail in the Part II paper(s) taken during Part III shall normally be recommended for discontinuation of studies under the provision of General Regulation G12.
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Ed178 Candidates who are required to present themselves again for examination in any paper in Part I, II or III of the curriculum shall not be eligible for an award higher than grade D in the re-examined paper(s).

Ed179 Degree classification

The degree shall be classified in five divisions: First Class Honours; Second Class Honours Division One; Second Class Honours Division Two; Third Class Honours; Pass.

**SYLLABUSES FOR THE DEGREE OF
BACHELOR OF SCIENCE IN
SPORTS SCIENCE AND LEISURE MANAGEMENT**

Candidates are required to complete courses not less than 180 credits.

YEAR I

Candidates shall normally take 60 credits, comprising:

- 42 credits in Core courses;
- 3 credits in Information Technology Studies course;

- 9 credits in Language Enhancement courses, namely 6 credits in English Language Enhancement and 3 credits in Chinese Language Enhancement, for satisfying UG 3(a)(i) and (ii) of Regulations for First Degree Curricula;
 - 6 credits in Broadening/Inter-faculty Electives.
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CORE COURSES

PBSL111. Kinetic anatomy (6 credits)

This course provides an introduction to the gross anatomy of the human body, with an underlying emphasis on anatomy for human movement. Areas covered usually include the tissue types, the anatomical referencing system, the axial and appendicular skeleton, important nerves, blood vessels and skeletal muscles, and an overview of the heart, lungs and viscera.

PBSL112. Introduction to leisure and sport management (6 credits)

This course introduces the essential skills of management and places these in the context of the sport and leisure industry specifically in Hong Kong. The course focuses on the main functions, skills and roles of the manager; planning, organizing, leading and controlling. It also teaches the skills of managing individuals; understanding, recruiting, developing and evaluating people in the sport/leisure management environment. Furthermore, the course also provides an introductory overview of the sport and leisure industry, specifically within a Hong Kong context. To that end, the course examines the varying industry sectors and the current structure and operation of the overall leisure industry. Students will identify issues pertaining to the provision and delivery of public, private and non-profit sector recreation services in the key industry areas in Hong Kong.

PBSL114. Physiology for human movement (6 credits)

The course is designed to provide students with an understanding of the underlying physiological processes enabling human movement. Topics normally covered include nutrition and energy; skeletal muscle function; neural control of movement; cardiovascular function; respiratory function and endocrine function.

PBSL116. Psychology for human movement (6 credits) [or **PSYC1001. Introduction to psychology** (6 credits) or **PYSC1002. How the mind works: explorations in basic thinking processes** (6 credits)]

Introduction to the basic concepts in psychology and a preliminary survey of representative work carried out in various areas of psychological investigation.

PBSL118. Fundamentals of the sport experience (6 credits)

The emphasis of this course is on developing leadership through the sporting experience. This may be provided through practical experience as a coach, a community sports leader or sports development officer. Students will experience the processes by which leaders influence sport performance and identify the more important skills required for effective leadership. The practical setting may vary from year to year.

PBSL1119. Research design and evaluation (6 credits)

The course will provide students with an understanding and appreciation of the fundamental nature of the various approaches to the acquisition of knowledge and problem solving in sport and exercise science or leisure management. Principles of scientific writing and referencing are also discussed.

SOCI1001. Introduction to sociology (6 credits)

This course introduces students to the nature of sociological enquiry and the basic concepts used in sociological analysis. After some reference to the influence of inheritance and environment on human social behaviour, the course will focus on key concepts used in the analysis of cultures, social structures, social processes and social change. The relationship between research, concepts and contemporary theory will be explored at an introductory level.

INFORMATION TECHNOLOGY**YITC1001. Foundations to information technology** (3 credits)

(Details refer to the Regulations and Syllabuses for Broadening Courses)

LANGUAGE ENHANCEMENT COURSES*English Language Enhancement***ECEN1405. General English for SSLM students** (3 credits)

This course provides the opportunity for students to enhance their English proficiency skills for general purposes. The following skills are taught: pronunciation, vocabulary, conversation, discussion and presentation. Assessment is wholly by coursework.

ECEN1407. Professional communication skills for SSLM students (3 credits)

This course prepares students to communicate effectively in work situations which entail the use of English. The emphasis is on the development of writing skills. Students are introduced to different types of business-type professional correspondence such as memos, faxes, letters of introduction, meeting agendas and minutes and reports. They are required to do a case study and produce a short report at the end of the term. Assessment is wholly by coursework.

*Chinese Language Enhancement***CEDU1003. Practical Chinese language course for BSc(SSLM) students** (3 credits)

(see Annex I)

BROADENING COURSES/INTER-FACULTY ELECTIVES (6 credits)

Candidates are required to fulfill the following requirements as specified in Regulation UG3(a)(iii) & (iv) of the Regulations for First Degree Curriculum:

- (a) Successful completion of a 3-credit course in *either* Humanities and Social Sciences Studies; *or* Science and Technology Studies; and
 - (b) Successful completion of a 3-credit course in *either* Culture and Value Studies; *or* an area of study outside those of the candidates' own degree curricula, as an elective course.
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YEAR II

Candidates shall normally take 60 credits, comprising:

- 48 credits in Core courses;
 - 12 credits in Broadening/Inter-faculty Electives as required by UG 3(a)(iii) and (iv) of Regulations for First Degree Curricula
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CORE COURSES

PBSL2222. Introduction to financial planning and management (6 credits) [or BUSI1002. Introduction to accounting (6 credits)]

This course provides an opportunity to study and evaluate the methods and theories applied to the acquisition, control and use, and distribution of funds. Topics may include financial decision-making, control systems, sources of finance, investment and financing decisions.

PBSL2225. Decision making using data (6 credits) [or STAT1001. Elementary statistical methods (6 credits)]

The aim of this course is for students to develop an introductory level of statistical competence and to have a general understanding and appreciation of the contribution of data analysis techniques in sports science and leisure management. Although statistical methods are mathematically based and statistical procedures are mathematically derived, the emphasis in the course is on the ability to apply, understand and solve common problems in the sport and exercise sciences and leisure management.

PBSL2227. Health, fitness and training (6 credits)

This course begins with an overview of the association between health, physical activity and fitness. The relationship between the structure of the musculo-skeletal system and its function are then examined in a very practical manner, so that students are able to apply the principles of training for both health and fitness correctly and completely. During the practical sessions, problem-based questions are examined with analysis of common sporting movements. As injuries occur in sport a number of factors which lead to both overuse and acute trauma are investigated leading to a better understanding of appropriate preventative measures.

PBSL2228. Sport psychology (6 credits)

This course enables the students to develop an awareness of the role of psychological phenomena in sport and exercise behaviour. Topics may include theories of motivation, neurophysiology of arousal and activation, stress and anxiety, audience effects, attribution theory, and burnout/dropout.

PBSL2229. Exercise physiology (6 credits)

This course provides an introduction to energy metabolism and the changes that occur in response to physical exercise. Emphasis is placed on the respiratory, cardiovascular and muscular systems, and the principles of exercise testing and prescription.

PBSL2230. Marketing (6 credits) [or **BUSI1004. Marketing** (6 credits)]

An introduction to the concepts of marketing that can be applied to sport and the sponsorship of sport.

PBSL2231. Economic and legal issues in sport (6 credits)

This course focuses on understanding salient economic and legal concepts and their relevance to, and use by, professionals working in the sport and leisure industry. The course is designed to further extend the student's understanding of sport and leisure management principles by application of economic and legal concepts to the sport and leisure management domain. Students will gain an understanding of: the consumption and provision of sport and leisure in Hong Kong society; demand for leisure and sport; assessing the economic and social benefits of sport and leisure. Furthermore, the course will develop an understanding of current and emerging legal issues in sport, particularly, torts, liability, duty of care, contracts, drug testing, industrial relations, tribunals and risk management.

PBSL2232. Sport and leisure planning (6 credits)

This course is designed to provide an analysis of the sport and leisure planning process. The knowledge and skills necessary to apply a number of different strategies and approaches to leisure planning will be developed. The emphasis will be on identifying and meeting client needs as well as on participatory planning. The course also aims to introduce students to leisure planning in a variety of contexts and will address issues such as community, in particular the Hong Kong community; politics; policy; facility planning and design; planning for different social groups; and professionalism and ethics.

BROADENING COURSES/INTER-FACULTY ELECTIVES (12 credits)

Candidates are required to fulfill the following requirements as specified in Regulation UG3(a)(iii) & (iv) of the Regulations for First Degree Curriculum:

- (a) Successful completion of a 3-credit course in *either* Humanities and Social Sciences Studies; *or* Science and Technology Studies; and
 - (b) Successful completion of a 3-credit course in *either* Culture and Value Studies; *or* an area of study outside those of the candidates' own degree curricula, as an elective course.
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YEAR III

In the third year, candidates can specialize through an elective programme in Sport/Leisure Management *or* Sports Science.

Candidates shall normally take 60 credits, comprising:

- 9 credits in Placement or Research Development Review;
 - 36 credits in Sport/Leisure Management / Sports Science Specialist courses;#
 - 15 credits in Dissertation in an approved topic.
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PBSL3332. Placement (9 credits)

This placement is designed to give students first-hand experience in a work-environment within the specified project learning experiences. Students will be expected to evaluate the project they are attached to utilizing appropriate techniques. This course is recommended for students planning a dissertation in sport/leisure management.

PBSL3333. Research development review (9 credits)

This course is designed to equip sports science stream students with the ability to undertake experimental research in their chosen specialty. Students will be expected to develop the ideas and theories, as well as methodologies pertinent to their chosen area and submit a full search of the literature, develop the hypothesis and outline the design of the study along with statistical procedures to be applied to the data. When appropriate, pilot work may also be completed. This course is recommended for students planning a dissertation in sports science.

SPORT/LEISURE MANAGEMENT SPECIALIST COURSES

The courses offered may vary from year to year.

PBSL0314. Design and management of sport and leisure organizations (9 credits)

This course builds on key concepts in organizational theory in relation to managing the structure and design of sport services. Existing organizations in Hong Kong and international governing bodies, their authority, organizational structure and functions will be critically explored.

PBSL0316. Facility and event management (9 credits)

The course critically examines the principles and skills necessary to successfully manage a sport and/or leisure facility. The essential aspects in the process of event management are then examined, and strategies for successful event management are analysed.

PBSL0317. Strategic management and policy analysis in sport and leisure (9 credits)

This course employs concepts and models of policy analysis to gain a critical understanding of selected sport and leisure policies. In addition the course encourages openness to new ideas and awareness that in many situations there are a range of alternatives that should be evaluated. Students are given an in-depth analysis of the theoretical concepts and models supporting the process of strategic management.

Normally students take 27 credits in one of the two Specialist elective streams, with the remaining 9 credits from the other Specialist elective stream.

PBSL0318. Trends in sport management (9 credits)

This course will examine cutting-edge research in sport management and its application. The aspect/s of sport management chosen may vary from year to year.

PBSL0326. Applied sport marketing (9 credits)

This module builds upon marketing theory through its application to the sports industry. The module is closely aligned to industry, utilizing a Hong Kong public sector sports agency to apply key marketing theories and develop sports marketing strategies. The module content will be delivered in the form of lectures, workshops and direct interaction with the sports agency.

SPORTS SCIENCE SPECIALIST COURSES

The courses offered may vary from year to year.

PBSL0319. Sport nutrition and anthropometry (9 credits)

This course covers the application of nutrition to sport performance and exercise capacity. In addition, the uses and importance of body measurements in sport science and application to sporting performance are explored.

PBSL0320. Physical activity and child development (9 credits)

This course examines the processes involved in the growth and development of young people and the role of physical activity in these processes. The course will cover the assessment of the child's responses to exercise and physical activity in relation to aspects of health and sport performance.

PBSL0321. Biomechanics (9 credits)

Students will be provided with an in-depth understanding of the mechanical principles governing human movement and be introduced to the mathematical modeling of sports movements. The use of various measurement techniques for the biomechanical analysis of sport will be covered so that students should be able to collect data using video and force plates, and calculate kinematic and kinetic descriptors of human movement.

PBSL0322. Motor learning, anxiety and performance (9 credits)

This course will critically examine issues and theories related to anxiety, motor learning and performance in sport. Students will examine the anxiety/performance relationship, as well as applied issues, such as, emotion control, goal setting, skill acquisition and implicit learning.

PBSL0323. Advanced exercise physiology (9 credits)

This course provides a more advanced understanding of the respiratory and cardiovascular adaptations to physical exercise; plus areas of applied work physiology (e.g. diving, altitude, thermoregulation, water balance and ergogenics).

PBSL0324. Experiments in sports science (9 credits)

This course will examine classic experiments and their application to aspects of the sport sciences. The aspect/s of the sport sciences chosen may vary from year to year.

PBSL0325. Trends in sport and exercise science (9 credits)

This course will examine cutting-edge research and its application to aspects of the sport sciences. The aspect/s of the sport sciences chosen may vary from year to year.

DISSERTATION**PBSL3999. Dissertation** (15 credits)

All candidates complete a research project. This is an opportunity for students to develop an extended piece of independent enquiry in their area of specialism leading to a research paper. Topics offered may vary from year to year, depending on the research interest of the lecturer.

CEDU1003. Practical Chinese Language Course for BSc(SSLM) Students
教育學院實用中文課程 (三)

Syllabus

1. Practical Chinese Writing Skills 實用中文寫作技巧 (3 lectures)
 - (a) classical and modern Chinese 文言與白話
 - (b) characteristics of the Chinese language and communication skills 漢語特性和語文運用
 - (c) characteristics of practical Chinese writing 實用中文的寫作特點
2. Chinese Characters 漢字 (3 lectures)
standardized, simplified and variant forms 規範漢字、簡體字和異體字
3. Letter-writing 書信 (3 lectures)
 - (a) personal, official and business letters 私人、公務、事務信件的格式與特點 (2 lectures)
 - (b) business letters for SSLM students: objectives & techniques 事務書信的撰寫技巧 (1 lecture)
4. Office Documents 辦公室文書 (3 lectures)
 - (a) notices and announcements 通告、啟事
 - (b) memo and fax 便箋、傳真
 - (c) proposals, reports and minutes 建議書、報告、會議文書
5. Chinese for Special Purposes (Physical Education) 專業中文 (7 lectures)
 - (a) Chinese culture and Physical Education 中國文化與體育 (2 lectures)
 - (b) Target-oriented writing: instructions, brochures and leaflets 目標為本寫作 (2 lectures)
 - (c) The art of persuasion in writing 說服性文章的撰寫技巧 (1 lecture)
 - (d) The language of Physical Education and Sports Science journals 體育和運動科學期刊常用句式及詞語 (2 lectures)
6. Public Speaking 演說 (2 lectures)
 - (a) Communication and presentation techniques 表達與溝通技巧
 - (b) Speech writing 演講辭的撰寫技巧