

**REGULATIONS FOR THE DEGREE OF
BACHELOR OF SCIENCE IN EXERCISE AND HEALTH
(BSc[Exercise&Health])**

*These regulations apply to students admitted to the Bachelor of Science in Exercise and Health (BSc[Exercise&Health]) curriculum in the academic year 2010-11 and thereafter.
See also General Regulations and Regulations for the First Degree Curricula.*

The degree of Bachelor of Science in Exercise and Health (BSc[Exercise&Health]) is an undergraduate degree, awarded for the satisfactory completion, on a full-time basis, of a prescribed programme of study in Exercise Science.

Ed167 Admission to the degree

To be eligible for admission to the degree of Bachelor of Science in Exercise and Health, candidates shall

- (a) comply with the General Regulations;
 - (b) comply with the Regulations for First Degree Curricula; and
 - (c) satisfy all the requirements of the curriculum in accordance with these regulations and the syllabuses.
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Ed168 Period of study

The curriculum for the degree of Bachelor of Science in Exercise and Health shall normally require six semesters of full-time study, extending over not fewer than three academic years, and shall include any assessment to be held during and/or at the end of each semester. Candidates shall not in any case be permitted to extend their studies beyond the maximum period of registration of five academic years, unless otherwise permitted or required by the Board of Studies of the Institute of Human Performance.

Ed169 Selection of courses

- (a) Candidates shall select their courses in accordance with these regulations and the guidelines specified in the syllabuses before the beginning of each semester. Changes to the selection of courses may be made only during the add/drop period of the semester in which the course begins, and such changes shall not be reflected in the transcripts of candidates. Requests for changes after the designated add/drop period of the semester shall not normally be considered.
 - (b) Withdrawal from courses beyond the designated add/drop period will not be permitted, except for medical reasons approved by the Board of Studies.
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Ed170 Curriculum requirements

- (a) To complete the curriculum, candidates shall follow instruction in the syllabuses prescribed and
 - (i) satisfy the requirements prescribed in UG5 of the Regulations for First Degree Curricula;

- (ii) complete successfully not fewer than 180 credits, in the manner specified in the syllabuses, comprising:
 - a 90-credit Major in Exercise Science (including the final year dissertation (12 credits) as a Capstone Requirement),
 - 6 credits in English language enhancement, 3 credits in Chinese language enhancement and 12 credits in Common Core courses,
 - 69 credits in elective courses.
 - (b) Candidates shall not normally take fewer than 60, nor more than 72 credits in each year of study, unless otherwise permitted or required by the Board of Studies.
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Ed171 Advanced standing

Advanced standing may be granted to candidates in recognition of studies completed successfully in an approved institution of higher education elsewhere in accordance with UG2 of the Regulations for First Degree Curricula. Credits granted for advanced standing shall not be included in the calculation of the GPA but will be recorded on the transcript of the candidate.

Ed172 Assessment and grades

- (a) Grades shall be awarded in accordance with UG8(a) of the Regulations for First Degree Curricula.
 - (b) Candidates shall not be permitted to repeat a course for which they have received a D grade or above for the purpose of upgrading.
 - (c) Courses in which candidates are given an F grade shall be recorded on the transcript of the candidate, together with the new grade if the candidate is re-examined or repeats the failed course. All failed grades shall be included in calculating the GPA and shall be taken into account for the purposes of determining eligibility for award of the BSc(Exercise&Health) degree, honours classification and whether a candidate is discontinued from studies.
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Ed173 Absence from examinations

Candidates who are unable, because of illness or other acceptable reason, to be present at the written examination of any course may apply for permission to present themselves at a supplementary examination of the same course to be held before the beginning of the First Semester of the following academic year. Any such application shall be made within two weeks of the first day of the candidate's absence from any examination. Any supplementary examination shall be part of that academic year's examinations, and the provisions made in these regulations for failure at the first attempt shall apply accordingly.

Ed174 Retaking / Re-examination of failed course(s)

- (a) Candidates who have failed to satisfy the examiners in course(s), but have
 - completed successfully 36 or more credits in two consecutive semesters (not including the summer semester), except where candidates are not required to take such a number of credits in the two given semesters; and
 - achieved an average Semester GPA of 1.0 or higher for two consecutive semesters shall be required, as specified by the relevant Board of Examiners:

- (i) to undergo re-assessment(s)/re-examination(s) in the failed course(s) to be held no later than the end of the following semester (not including the summer semester); or
 - (ii) to re-submit failed coursework, without having to repeat the same course of instruction; or
 - (iii) to repeat the failed course(s) by undergoing instruction and satisfying the assessments; or
 - (iv) for elective course(s), to take another course in lieu and to satisfy the assessment requirements.
- (b) Candidates shall not be permitted to retake a failed course or present themselves for re-examination as a second attempt if they have otherwise satisfied all the requirements stipulated in these regulations for the award of the BSc(Exercise&Health) degree.

Ed175 Failure in re-examination

- (a) Candidates who have failed to satisfy the examiners at re-examination, granted under Regulation Ed174, of course(s) in the Exercise Science Major shall normally:
 - (i) if these courses total not more than 12 credits, be permitted to progress to the following year of study and to present themselves for re-examination(s) in any prescribed form of examination; or
 - (ii) if these courses total more than 12 credits, be required to discontinue their studies in accordance with Regulation Ed176(d).
- (b) Candidates who have failed to satisfy the examiners at a supplementary examination, granted under Regulation Ed173, shall be permitted to present themselves for re-assessment, in accordance with Regulation Ed174, as directed by the Board of Examiners.

Ed176 Discontinuation

Unless otherwise permitted by the Board of Studies, candidates shall be required to discontinue their studies if they have:

- (a) failed to complete successfully 36 or more credits in two consecutive semesters (not including the summer semester), except where candidates are not required to take such a number of credits in the two given semesters; or
- (b) failed to achieve an average Semester GPA of 1.0 or higher for two consecutive semesters; or
- (c) failed in the Capstone Requirement; or
- (d) failed to satisfy the examiners at re-examination(s) of course(s) in the Exercise Science Major, granted under Regulation Ed174, of more than 12 credits; or
- (e) exceeded the maximum period of registration specified in Regulation Ed168.

Ed177 Award of the degree

- (a) To be eligible for the award of the degree of Bachelor of Science in Exercise and Health, candidates shall have successfully completed the curriculum as stipulated under Regulation Ed170.
- (b) The degree of Bachelor of Science in Exercise and Health shall be awarded in five divisions: First Class Honours, Second Class Honours Division One, Second Class Honours Division Two, Third Class Honours and Pass.

- (c) The classification of honours shall be determined by the Board of Examiners at its full discretion by taking into account the overall performance of the candidates across all years of study, and other relevant factors as appropriate. A list of candidates who have successfully completed all the degree requirements shall be posted on Faculty notice boards.

SYLLABUSES FOR THE DEGREE OF BACHELOR OF SCIENCE IN EXERCISE AND HEALTH

Candidates are required to complete courses totaling not fewer than 180 credits, comprising:

- (i) a 90-credit Major in Exercise Science
- (ii) 6 credits in English language enhancement courses;
- (iii) 3 credits in a Chinese language enhancement course¹;
- (iv) 12 credits in Common Core courses; and
- (v) 69 credits in elective courses.

Candidates are encouraged to obtain the First Aid Certificate recognized by the Government of Hong Kong Special Administrative Region before graduating.

FIRST YEAR

Candidates shall normally take 60 credits, comprising:

- 24 credits introductory level courses in the Exercise Science Major
- a 3-credit Chinese language enhancement course
- 6 credits in English language enhancement courses
- two 6-credit Common Core courses from two different Areas of Inquiry (AoI)²
- 15 credits in elective courses

SECOND YEAR

Candidates shall normally take 60 credits, comprising:

- 36 credits in core advanced level courses in the Exercise Science Major
- 24 credits in elective courses

THIRD YEAR

Candidates shall normally take 60 credits, comprising:

- 18 credits in advanced level disciplinary electives in the Exercise Science Major

¹ Candidates who have not studied Chinese language during their secondary education may be exempted from this requirement and should take an elective course in lieu, see *UG6 of the Regulations for First Degree Curricula*.

² Candidates may take Common Core course(s) in year 2 to fulfill the requirement. In that case, the number of credits in elective course normally required in years 1 and 2 has to be adjusted accordingly.

- a 12-credit Dissertation course
 - 30 credits in elective courses
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MAJOR IN EXERCISE SCIENCE (90 credits)

Introductory Level Courses (24 credits) (Year 1)

Students are required to complete all the following introductory level courses of 24 credits in total in year 1.

PBSL1111. 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.

Assessment will be by 100% coursework.

PBSL1114. 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.

Assessment will be by 100% coursework.

PBSL1120. Foundations of exercise science (6 credits)

This course provides an introduction to exercise science as a field of study by providing an overview of (1) the sub-disciplines that provide the knowledge base for the discipline of exercise science and (2) the professions that depend on exercise science for their practice. Key biological themes related to adaptation and maturation will be used to exemplify the contributions that studies of the anatomical, mechanical, physiological, neural, and psychological and socio-cultural studies of human physical activity can make to human health and performance.

Assessment will be by 60% coursework and 40% examination.

PBSL1121. Physical activity and health (6 credits)

This course investigates the role of physical activity in the maintenance of good physical health and avoidance of disease. The epidemiological evidence for physical inactivity as a causative factor in various lifestyle related disorders is introduced, and the use of physical activity and exercise as effective means of health management is investigated.

Assessment will be by 100% coursework.

Core Advanced Level Courses (48 credits) (Years 2 and 3)

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. Introductory level knowledge of physiology and biochemistry are highly recommended.

Assessment will be by 100% coursework.

PBSL2233. Biomechanics (6 credits)

Students will be provided with an in-depth understanding of the mechanical principles governing human movement and be introduced to the mathematical modelling of sports movement. 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 analysis and calculate kinematic and kinetic descriptors of human movement.

Assessment will be by 50% coursework and 50% examination.

PBSL2234. Fundamentals of motor control and learning (6 credits)

The human brain has evolved to perform one major function, movement. Species that do not move do not have brains; species with larger brains have more intricate movement repertoires. Thus, the study of movement is an important aspect of understanding how the human brain works and what it means to be human. This course offers a broad overview of human movement control, learning, and development. Theoretical considerations are married with practical experience to promote a thorough understanding of human movement. Emphasis is placed on basic principles and their practical application to sport.

Assessment will be by 50% coursework and 50% examination.

PBSL2236. Sport and exercise psychology (6 credits)

The course will introduce students to both theoretical and applied aspects of psychological phenomena in sport and exercise. Students will consider a broad range of topics that are key in the field, including unidimensional and multidimensional theories of stress and anxiety in performance, motivation and goal setting, team cohesion, cognitive control strategies and aggression, coaching practice and expert/novice differences. An introductory knowledge of psychology is highly recommended.

Assessment will be by 100% coursework.

PBSL2237. Research design and analysis for exercise and health (6 credits)

This course introduces students to the common research design and statistical methods used in exercise sciences. It also provides practical experience in describing and analyzing data using the statistical package for the social sciences (SPSS).

Assessment will be by 60% coursework and 40% examination.

PBSL2239. Exercise prescription and training (6 credits)

The course provides students with hands-on skills for fitness (wellness) coaching for a wide spectrum of athletes / clientele. The course will provide students with the skills to plan, design, instruct and monitor a proper training program (exercise prescription) for the client. Basic knowledge of human anatomy and exercise physiology are highly recommended.

Assessment will be by 20% coursework and 80% examination.

PBSL3998. Dissertation (12 credits) (Year 3) (A Capstone Requirement)

The dissertation is an opportunity for students to undertake a significant independent piece of research work; to build and demonstrate knowledge and research skills in a particular sub-area of physical activity and exercise science, and to show ability in writing in the normal academic style of a journal article. Students taking the dissertation should have already completed a statistics course.

Assessment will be by 100% coursework.

Advanced Level Disciplinary Electives (18 credits) (Years 2 and 3)

Candidates are required to complete 18 credits from the following advanced disciplinary level electives during years 2 and 3.

PBSL3300. Internship (3 credits)

The internship is designed to give students first hand experience in the working environment relevant to sport, recreation, health and physical activity. Each student will be placed in an approved institution (60-90 hours in total) and will evaluate the appropriate skills and techniques utilized in specific settings. Assessment will be by 100% coursework.

PBSL3334. Advanced exercise physiology (6 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).

Assessment will be by 40% coursework and 60% test.

PBSL3335. Advances in skill learning (6 credits)

The course will introduce students to an in depth examination of both theoretical and applied aspects of skill learning. Students will trace the development of the field, from the early work in psychology and sport science through to contemporary developments in movement rehabilitation. A significant component of the course will be dedicated to experimental work, with students expected to develop and test empirically their own hypotheses.

Assessment will be by 100% coursework.

PBSL3337. Physical activity and disability (6 credits)

This course provides an overview of the relationship between physical/psycho-social health and physical activity in persons with disabilities. It also explores the current concepts and trends in adapted physical activity.

Assessment will be by 50% coursework and 50% examination.

PBSL3338. Physical activity and diseases of inactivity (6 credits)

Obesity is emerging as one of the greatest threats to world public health. Obesity and several other serious diseases (coronary heart disease, diabetes, osteoporosis and some cancers) all have one thing in common – they are associated with physical inactivity. This course will examine the physiological bases upon which physical inactivity leads to disease and evaluate the role physical activity plays in the prevention and treatment of lifestyle diseases. An introductory knowledge of physiology is highly recommended.

Assessment will be by 100% coursework.

PBSL3339. Public health promotion of physical activity (6 credits)

This course introduces the concepts and methods of using physical activity as a public health tool. The distribution of physical inactivity in the population will be discussed in context with the health of the population, and the evidence base for effective interventions will be reviewed. The course will also review how the evidence base informs national and international policy aimed at promoting physical activity.

Assessment will be by 60% coursework and 40% examination.

PBSL3340. Special topics in exercise sciences (6 credits)

This course introduces the students into a current topic that is of special interest to the field of Exercise Sciences. The course focuses on one target article written by a leading expert in the field of exercise sciences. Instead of learning the facts, student will learn to form an educated opinion on the topic, both orally and in writing. To this end, students will conduct short literature searches to enhance their understanding of the key concepts that underlie the topic.

Assessment will be by 60% coursework and 40% examination.

PBSL3341. Recent advances in exercise and health (6 credits)

Students taking this course will be given an overview of recent advances in the field of Exercise and Health. The course will normally focus on one specialist area that will provide students with detailed learning opportunities that may involve combinations of lectures, seminars, labs, student presentations and other learning experiences. When offered, the specialist area of this course may change from year to year and more detailed information about the specialism should be obtained from the Institute of Human Performance (IHP) Academic Office.

Assessment will be by 100% coursework.

PBSL3342. Current concepts in exercise and health (6 credits)

Students taking this course will be given an overview of current concepts in the field of Exercise and Health. The course will normally focus on one specialist area that will provide students with detailed learning opportunities that may involve combinations of lectures, seminars, labs, student presentations and other learning experiences. When offered, the specialist area of this course may change from year to year and more detailed information about the specialism should be obtained from the Institute of Human Performance (IHP) Academic Office.

Assessment will be by 60% coursework and 40% examination.

PBSL3343. Measurement of physical activity (6 credits)

The course aims to develop a critical understanding of how different aspects of physical activity are assessed. The primary focus of the course is on the objective measurement of physical activity and key areas covered include the measurement of energy expenditure, as well as cardiopulmonary and mechanical responses to physical activity of varying intensities.

Assessment will be by 80% coursework and 20% examination.

PBSL3344. Advanced exercise prescription and training (6 credits)

The course provides students with hands-on skills for fitness (wellness) coaching for a wide spectrum of athletes / clientele. Students will explore the primary role exercise plays in the prevention of diseases. The course will provide students with the hand-on skills to plan, design, instruct and monitor a proper training program (exercise prescription) for the client. Basic knowledge of human anatomy and exercise physiology are highly recommended.

Assessment will be by 20% coursework and 80% examination.

LANGUAGE ENHANCEMENT COURSES (Year 1)

*English Language Enhancement***CAES1409. General English for Exercise&Health 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 and Powerpoint presentation.

Assessment is wholly by coursework.

CAES1410. Professional communication skills for Exercise&Health students (3 credits)

This course prepares students to communicate effectively in work situations which entail the use of oral and written English. The emphasis is on the development of report writing and oral English skills. They are required to conduct an investigation into Exercise and Health issues in Hong Kong.

Assessment is wholly by coursework.

Chinese Language Enhancement

CEDU1006. Practical Chinese language course for BSc(Exercise&Health) students (3 credits)

Pre-requisite: Students must have native speaker proficiency in Cantonese and must have used Chinese as the written medium of their secondary education (or have similar proficiency in written Chinese).

Alternative courses: Students from the Mainland shall take *CUND0002 Practical Chinese Language and Hong Kong Society* or *CUND0003 Cantonese for Non-Cantonese Speaking Students*. Students who do not meet the above pre-requisite requirement should apply for exemption and take an elective course in lieu.

Syllabus

1. Practical Chinese writing skills 實用中文寫作技巧
 - a. Classical and modern Chinese 文言與白話
 - b. The Chinese language: characteristics and usage 漢語特性和語文運用
 - c. Basic grammar of modern Chinese 現代漢語基礎語法
2. Chinese characters 漢字
 - a. Traditional characters 傳統漢字
 - b. Simplified characters 簡化字
 - c. Variant forms 異體字
3. Letter-writing 書信
 - a. Personal letter writing techniques 私人書信寫作技巧
 - b. Business letter writing techniques 商務書信寫作技巧
 - c. Official letter writing techniques 公務書信寫作技巧
4. Office documents 辦公室文書
 - a. Notices and announcements 啟事及通告
 - b. Proposals 建議書
 - c. Minutes and reports of meetings 會議文書
5. Chinese for special purposes 專業中文
 - a. Chinese electronic media and sports science 中文電子媒體與運動科學
 - b. Chinese email writing techniques 中文電子郵件寫作技巧
6. Presentation and communication techniques 表達與溝通技巧
 - a. Public speaking and speech writing 演講技巧與演講辭的撰寫
 - b. Discussion and the art of persuasion 討論與說服技巧

Assessment will be by 50% coursework and 50% examination.

COMMON CORE COURSES (12 credits) (By Year 2)

Candidates are required to take two 6-credit Common Core courses from two different Areas of Inquiry (AoI).

ELECTIVE COURSES (69 credits) (Years 1 to 3)

Candidates are required to take 69 credits in elective courses outside this degree curriculum.
