5 Years B.Ed. Programme

Bachelor of Education in Physical Education, Exercise Science and Health

PROMOTING AND DEVELOPING THE HEALTH AND WELL BEING OF PEOPLE
**Mission**

The mission of the Department of Sports Science and Physical Education is to provide excellent research and teaching in Sports Science and Physical Education in order to promote and develop the health and well being of people.

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**5-year B.Ed. in Physical Education, Exercise Science and Health**

**Programme Description**

The programme is a five-year full time degree programme, aiming at training physical education teachers, coaches, sports management and health promotion personnel for local academic institutions, government and private organisations. Completion of the programme leads to the award of a Bachelor of Education degree, including a recognition as equivalent to a Postgraduate Diploma in Education, thereby entitling graduates to enter the teaching profession immediately after graduation. There is increasing recognition of the importance of health improvement through sport and physical education. The programme has four core components: health, physical education, exercise science and advanced professional skills, as well as capstone experience such as Teaching Practice, Internship and Research Project.
Teaching Practice

Teaching practice is an integral part of our undergraduate programme. Students must attain a pass in teaching practice before graduation. Each student-teacher is supervised by a department mentor, and his/her teaching performance will also be simultaneously monitored by a school Teaching Advisor. This arrangement is intended to encourage students to effectively apply their theoretical and professional knowledge within an authentic teaching situation.

Internship and Research Project as Capstone Experience

To help students to broaden their horizons and achieve an all-round development, a variety of experiential learning opportunities such as internship and research project are provided.

Admission Requirements

HKDSE students

Candidates who meet the following admission requirements are eligible to apply for admission to the Programme:

<table>
<thead>
<tr>
<th>Core Subjects</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chinese Language</td>
<td>3</td>
</tr>
<tr>
<td>English Language</td>
<td>3</td>
</tr>
<tr>
<td>Mathematics</td>
<td>2</td>
</tr>
<tr>
<td>Liberal Studies</td>
<td>2</td>
</tr>
</tbody>
</table>

Any 2 Subjects Note

Note: These two subjects may include:
(i) 2 New Senior Secondary elective subjects; or
(ii) 1 New Senior Secondary elective subject and Mathematics (Extended Part) Module I or Module II.
Scholarships

University Scholarships
With the generous donations from numerous donors, the University offers a number of scholarships, prizes and academic awards to recognize students who have demonstrated academic excellence and outstanding performance in other areas, such as creativity, community services and leadership.
http://admission.cuhk.edu.hk/finance.html

Department Scholarships
In addition to the University scholarships, the Department offers a wide range of scholarships to outstanding students.
http://www.cuhk.edu.hk/spe

Academic Exchange

University Student Exchange
All full-time undergraduate students can apply to go on exchange. Specific requirements of admission vary according to the exchange programme. For details, please visit the Office of Academic Links at http://www.cuhk.edu.hk/oal/

Department Academic Exchange
Our department also offers academic exchange in:
- Beijing Normal University, China
- Beijing Sport University, China
- Certification and Workshop Programme with the American College of Sports Medicine, USA; and the Physical Fitness Association of Hong Kong, China.

Career Development / Prospects

- 1% P.E. Lecturers / Instructors in Tertiary Institutions
- 4% Further Study on Higher Degree
- 12% Sport Elites / Coaches / Others
- 46% P.E. Teachers in Secondary Schools
- 29% P.E. Teachers in Primary Schools
- 8% Administrators in Government Subvented / Sports Associations

Employment Statistics Since 1996

- Physical Education teachers in primary / secondary schools
- Physical Education lecturers / instructors in tertiary institutions
- Administrators in government subvented / national sports associations
- Physical training officers or inspectors
- Executives in fitness and leisure industries
- Supervisors / officers in private and commercial sectors
- Further study on higher degree in physical education, exercise science and health
Lo Ho Yau  |  B.Ed. in Physical Education, Exercise Science and Health (Year-5 student)
Admitted through School Principal's Nominations

Gaining admission to the PESH programme of CUHK has been one of the proudest achievements of my life. The programme provides a diversified syllabus which allows us to obtain various practical knowledge. Apart from traditional sports, undergraduates are fortunate to experience some alternative sports like Tai Chi, Gaelic Football and Tchoukball. Together with the academic courses ranging from sports science, education and health, they broaden our horizons and better equip us to become a skillful and presentable educator in the sports field. I feel so blessed to have spent 5 years in the SSPE department at CUHK. Throughout my time there, I have always felt supported and nurtured and the department has acted as my second home.

Poon Hang Wai  |  B.Ed. in Physical Education, Exercise Science and Health (Year-4 student)
Representative, Hong Kong Athletics Team
Sports Scholarship Scheme and Multi-faceted Excellence Scholarship Awardee

This is my fourth year in CUHK and I plan to be a teacher after I graduate. I enjoy every lesson with my classmates, as they are full of laughter and joy. We are like a one big family. Despite my limited knowledge on my area of study, professors and seniors were very helpful to assist me overcome any difficulties. I am privileged to be a member of the Athletic. Everyone plays an important role and gives 100% effort. This must be the most precious moment of my university life. I hope I can achieve more in the coming year in both of the role as a student and athlete.

Lee Ho Ching  |  B.Ed. in Physical Education, Exercise Science and Health (Year-3 student)
Representative, Hong Kong Table Tennis Team
Sports Scholarship Scheme Awardee, Full-time athlete of Hong Kong Sports Institute

I am most grateful to CUHK for giving me the opportunity to be a student athlete. I can continue my study after several years of full-time training. Teachers and staff are patient and willing to help me to catch up on my study and show me how to balance study and training. I regularly travel overseas for competition and the SSPE department are extremely supportive and understanding. University life is very exciting for a freshman like me. I have really enjoyed every moment in CUHK. One of my goals is to participate in World University Games and win gold medals. I believe that SSPE will be the ideal place for me to work towards achieving that goal.

Tsang Cheung Sing Nicholas  |  B.Ed. in Physical Education, Exercise Science and Health (Year-2 student)
Representative, Hong Kong Triathlon Team
Sports Scholarship Scheme Awardee, Full-time athlete of Hong Kong Sports Institute

I am privileged to be a year 2 student at SSPE. I am also a full-time triathlete for Hong Kong, which allows me to strengthen my athletic career while concurrently continuing my education. This course offers excellent training and preparation for a career as a PE teacher or a Sport Scientist. Being a freshman was a very exciting experience, with the teachers and fellow students welcoming me and providing the best experience of being a university student. I am also fortunate to be able to compete for CUHK at the inter-university competitions, and one of my goals is to win the Asian Junior Championships and to compete at the Asian Games during my time at university.

Lam Yin Chun  |  B.Ed. in Physical Education, Exercise Science and Health (Year-1 student)
Representative, Hong Kong Volleyball Team
Admitted through School Principal’s Nominations,
Sports Scholarship Scheme and Multi-faceted Excellence Scholarship Awardee

I am proud that I can be a part of the SSPE family. Professors and students always help one another patiently. The senior students are very kind and always take good care of us. Also, the teaching of professors and lecturers is of high quality, while the programme provides a diversified syllabus and allows us to obtain various practical knowledge.
Teachers

- **Prof. WONG Heung-sang Stephen (王善生)** / Chair and Professor
  BED (Hons) (Liverpool University), MSc, PhD (Loughborough University).
  **Research Interest:** Nutritional and metabolic aspects of exercise, Physical activity and sedentary behavior.

- **Dr. CHAN Ka-wai Jacky (陳嘉威)** / Lecturer
  BED, MEd, PhD (The Chinese University of Hong Kong).
  **Research Interest:** Measurement and evaluation of fitness and physical activity, Exercise prescription for general and special population, Pedagogy of PE, Sports skills.

- **Dr. CHAN Wan-ka Daniel (陳連家)** / Senior Lecturer
  BED (Taiwan Normal University), MEd, PhD (University of Manchester).
  **Research Interest:** Physical Education Curriculum, Assessment in PE and sport, Portfolio learning approach, Student attitudes towards physical activities, Sports climbing.

- **Dr. CHEUNG Sin-ting Juanita (張幸婷)** / Lecturer
  BED (Hong Kong Institute of Education), MA (The Chinese University of Hong Kong),
  MSc (The Hong Kong Baptist University), PhD (The Chinese University of Hong Kong).
  **Research Interest:** Teacher Education, Physical Education, Motivation in Physical Activity, Physical Activity and Health.

- **Prof. HA Sau-ching Amy (夏秀禎)** / Professor
  BA (Fu-Jen Catholic University), MPE (Springfield College), PhD (Walden University).

- **Prof. HUI Sai-chuen Stanley (許世全)** / Professor
  Advanced Certificate in P.E. (Grantham College of Education), BPE, MSc (Springfield College),
  EdD (University of Houston).
  **Research Interest:** Health and Fitness, Testing and Measurement Techniques in Fitness, Exercise and Sports, Exercise Prescription and Promotion, Children and Elderly Fitness, Physical Activity and Health.

- **Dr. John O'REILLY (司禮修)** / Lecturer
  BA Accounting (Waterford Institute of Technology),
  BSc Sports Science and Health (Dublin City University),
  MSc, PhD (The Chinese University of Hong Kong).

- **Prof. SIT Hui-ting Cindy (薛慧敏)** / Associate Professor
  BA (Hong Kong Baptist University), MPhil, PhD (University of Hong Kong)
  **Research Interest:** Participation motivation for exercise and sport, Physical activity and sedentary behavior of children with disabilities, Adapted physical activity and fundamental movement skills.

- **Prof. SUM Kim-raymond (沈家福)** / Associate Professor
  BED (Taiwan Normal University), MPE (Springfield College), EdD (University of Leicester).
  **Research Interest:** Physical Literacy, Professionalization of PE teachers and their learning communities, Elite athletes' career and their lives.

- **Prof. YANG Yijian (楊偉健)** / Assistant Professor
  B.Sc. (Sun Yat-Sen University of Medical Sciences, China), M.Sc. (Lakehead University, Canada),
  Ph.D. (Simon Fraser University, Canada), Postdoctoral Fellowship (University of British Columbia, Canada).
  **Research Interest:** Fall and injury prevention in seniors, Mobility and Balance, Physical Activity in Aging, Sports Biomechanics.

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Professor (by Courtesy)

- **Prof. WONG Chi-sang Martin (黃至生)** / Professor
  The Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong

Adjunct Professor

- **Prof. LONSDALE Chris** / Professor
  Australian Catholic University, Australia

- **Prof. LUBANS David** / Professor
  The University of Newcastle, Callaghan, Australia

Adjunct Associate Professor

- **Dr. LEAHY Trisha (李翠莎)** / Chief Executive
  Hong Kong Sports Institute

Adjunct Assistant Professor

- **Prof. ALI Ajmal** / Associate Professor
  Massey University

Professional Consultant (Honorary)

- **Mr. CHU Fook-wing Charles (朱福榮)** / Sports Management

- **Ms. FUNG Man-yi Wendy (馮敏兒)** / Principal
  Ka Ling School of the Precious Blood

- **Mr. LAI Yiu-keung (黎耀強)** / Director of Sports Development
  Lam Tai Fai College

- **Mr. NG Ching Kong (黃清江)** / Principal
  Steward Poon Kei Primary School

- **Dr. SO Chi-hung (蘇志雄)** / Director, Elite Training, Science and Technology
  Hong Kong Sports Institute

- **Dr. WONG Allison (黃嘉儀)** / Executive Director
  Hong Kong Sports Association for Persons with Intellectual Disability

- **Mr. WONG Ah Ngok (黃亞鴻)** / Chief Executive
  South China Athletic Association

- **Mr. WONG Shun Ki (黃順基)** / Principal
  Christian Alliance S C Chan Memorial College

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**Enquiry**

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