The Chinese University of Hong Kong
Faculty of Education

Years B.Ed. Programme
JS4329 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.

JS4329

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>
<tr>
<td>Any 2 Subjects Note</td>
<td>3</td>
</tr>
</tbody>
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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
- Nanyang Technological University (NTU), Singapore
- Certification and Workshop Programme with the American College of Sports Medicine, USA; and the Physical Fitness Association of Hong Kong, China.

Career Development / Prospects

Employment Statistics Since 1996
- Physical Education teachers in primary / secondary schools
- Physical Education lectures / 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
Tai Kam Fung | B.Ed. in Physical Education, Exercise Science and Health (Year-5 student)
Representative, Hong Kong Volleyball Team
Admitted through Sports Scholarship Scheme

Thanks for the guidance and support from the Department of Sports Science and Physical Education. Over the past few years, I have enhanced my knowledge and skills through lessons which have been extremely beneficial to my teaching and sports career. In addition, the size of the department is small, but it is warm and friendly, with a family atmosphere. Professors, lecturers and students all get along very well together. Students are welcomed to voice their personal opinions and professors are also willing to respond to our needs. The department provides a good atmosphere and platform for learning at CUHK. It has an invaluable experience in my university life.

Lo Ho Yau | B.Ed. in Physical Education, Exercise Science and Health (Year-4 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 so far. The programme provides a diversified syllabus which allows us to gain various practical knowledge. Apart from the 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 sport field. Moreover, professors and lecturers are knowledgeable and they educate students wholeheartedly by sharing their own experiences with us, which creates a valuable connection between students and teachers. I feel so blessed to have spent the 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.

Wong Pui Ling | B.Ed. in Physical Education, Exercise Science and Health (Year-4 student)
Admitted through School Principal’s Nominations, Sports Scholarship Scheme and Multi-faceted Excellence Scholarship

It is my pleasure to be a part of SSPE student body. My third year in CUHK was enjoyable and remarkable. This is my second last year in CUHK, so I exceptionally treasure the remaining time with my classmates. I am extremely lucky to be in such a warm family and, as a year 4 student, I hope to do as much as I can to help my fellow students during their university study. In SSPE, teachers guided us with all their heart and they also sacrificed their leisure time to give us advice and practice with us. These are the knowledge and skills that build the foundation and equip us for our future careers in the education sector. University is the place where we can define ourselves, gain resources and reach our goals. One of my targets is to enter the World University Games in 2019. It is my wish to increase engagement of the general public in sport and I will definitely do my best to promote sports participation and physical activity throughout my future career.

Poon Hang Wai | B.Ed. in Physical Education, Exercise Science and Health (Year-3 student)
Representative, Hong Kong Athletics Team
Admitted through Sports Scholarship Scheme and Multi-faceted Excellence Scholarship

This is my third year in CUHK. Entering SSPE was my target and I am glad that I achieved it. University is a stepping stone for me to achieve my dream of becoming a teacher. The second year in SSPE was wonderful and remarkable. I enjoy every lesson with my classmates. It is full of laughter and joyful moments. We are like a one big family. When I first came to CUHK, I had very limited knowledge on my area of study. Luckily, professors and seniors are nice and helpful. They provided a lot of help when I faced any difficulties with my homework or even in training. I am a member of the Athletic Team. Our team won the Girls and Overall Champion in the 56th USHK Annual Athletic Meet. I am privileged to be a part of this team. We worked together and fought hard for our university. Everyone played an important role and gave 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 the role of a student and athlete.

Lee Ho Ching | B.Ed. in Physical Education, Exercise Science and Health (Year-2 student)
Representative, Hong Kong Table Tennis Team
Admitted through Sports Scholarship Scheme, Full-time athlete of Hong Kong Sports Institute

I am very glad to be a student of SSPE this year. Being a student athlete is not an easy task. I am most grateful to CUHK for giving me this opportunity, so that I can continue my study after several years of full-time athlete training. Teachers and staff are patient and they are willing to help me to catch up on my study. They give me lots of suggestions on how to balance study and training, which are very useful for me. Since I am a member of Hong Kong table tennis team, I regularly travel overseas for international competition. In spite of this, SSPE teachers and the entire department gave me the biggest support, so that I can continue to strive for success. 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-1 student)
Representative, Hong Kong Triathlon Team
Admitted through Sports Scholarship Scheme, Full-time athlete of Hong Kong Sports Institute

It has been a massive privilege for me to be part of the SSPE department at CUHK. I am a year one student, along with being a full time triathlete for Hong Kong. Being able to have this opportunity is a fantastic way for me to strengthen my athletic career while concurrently continuing my education. This course gives me a range of different aspects of knowledge in preparation to be a PE teacher or a Sports Scientist. Being a freshman at CUHK and in the SSPE program has been a very exciting experience, with the teachers and fellow students welcoming me with open arms and giving me 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.
Academic Staff

Teachers

Prof. WONG Heung-sang Stephen (王國生) / Chair and Professor
BED (Hon) (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 (陳運家) / Senior Lecturer
BED (Taiwan Normal University), MEd (University of Manchester).
Research Interest: Physical Education Curriculum, Assessment in PE and sport, Portfolio learning approach, Student attitudes towards physical activities, Sports climbing.

Prof. CHENG Chik-chi Kenneth (鄭植之) / Assistant Professor
BSc (Hons) - First Class Honors (Simon Fraser University), MSc, PhD (University of Toronto).
Research Interest: Aging, Balance and mobility, Biomechanics, Fall prevention.

Ms. CHEUNG Sin-ting Juanna (張善婷) / Lecturer
BED (Hong Kong Institute of Education), MA (The Chinese University of Hong Kong), MSc (The Hong Kong Baptist University).
Research Interest: Teacher Education, Physical Education, Motivation in Physical Activity, Physical Activity and Health.

Prof. HA Sau-ching Amy (夏秀楨) / Professor
BA (Fu-jiy Catholic University), MPE (Springfield College), PhD (Walden University).
Research Interest: Teacher Education, Sports and Physical Activity, Professional Development.

Prof. HUI Sai-chuen Stanley (許世全) / Professor
Advanced Certificate in P.E. (Grahamton College of Education), BPE, MSc (Springfield College), EdD (University of Houston).

Mr. LEE Chi-wo Daniel (李致和) / Lecturer
BED, MEd (The Chinese University of Hong Kong).
Research Interest: Compression Garment and Recovery Efficacy, Hemodynamics during Exercise and Recovery.

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

Prof. SIT Hui-ping Cindy (薛慧萍) / Associate Professor
BA (Hong Kong Baptist University), MPhil, PhD (University of Hong Kong).
Research Interest: Participation motivation for sport and exercise, Physical activity and fundamental movement skills, Adapted physical activity.

Prof. SUM Kim-wai Raymond (沈劍威) / 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.

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.

Prof. MAUGHAN Ronald J. / Professor
Loughborough University, Loughborough.

Adjunct Associate Professor

Dr. LEAHY Trisha (李碧霞) / Chief Executive
Hong Kong Sports Institute.

Adjunct Assistant Professor

Dr. ALI Al-jom / Associate Professor
Massey University.

Prof. WHITBY Dennis George (韋德比) / Director
SportPlus Ltd.

Professional Consultant (Honorary)

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

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

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