體育運動科學系
Department of Sports Science and Physical Education

哲學碩士/哲學博士（教育-體育運動科學）課程
M.Phil. / Ph.D. in Sports Science & P.E.

教育碩士（體育運動科學）課程
M.Ed. in Sports Science & P.E.

文學碩士（體育學）課程
M.A. in Sports Studies

理學碩士（運動科學）課程
M.Sc. in Exercise Science

高級學位課程
Higher Degree Programmes

PROMOTING AND DEVELOPING THE HEALTH AND WELL-BEING OF PEOPLE
OVERALL 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.

M.Phil. in Sports Science & P.E.

QUALIFICATION FOR ADMISSION
Applicants must have a recognized Bachelor’s degree, obtained the Postgraduate Diploma in Education or equivalent education qualification, and relevant working experience in the educational sector. Applicants should fulfill the "English Language Proficiency Requirement" as stipulated by the Graduate School. Please refer to the "Postgraduate Prospectus" or website: https://www.gs.cuhk.edu.hk/ for details on this requirement.

PERIOD OF STUDY
Full-time programme: 2 years (maximum period of study: 4 years)
Part-time programme: 3 years (maximum period of study: 5 years)

PROGRAMME DESCRIPTION
The programme reflects the mission of the Department and is based on the assumption that physical activity is a health-related behaviour that influences the health and wellbeing of individuals. It is from the perspective that post-graduate students can study physical activity (including sports) using a biomechanical, psychological, sociological, pedagogical or physiological approach. Consequently, all of the research conducted in the Department is focused on physical activity in terms of its contribution to related fields of sports medicine, health and exercise.

Ph.D. in Sports Science & P.E.

QUALIFICATION FOR ADMISSION
Applicants must have a recognized Master’s degree, obtained the Postgraduate Diploma in Education or equivalent education qualification, relevant working experience and demonstrated research ability (such as publication, master thesis, project report, etc.). Applicants should fulfill the "English Language Proficiency Requirement" as stipulated by the Graduate School. Please refer to the "Postgraduate Prospectus" or website: https://www.gs.cuhk.edu.hk/ for details on this requirement.

PERIOD OF STUDY
Full-time programme: 3 years (maximum period of study: 7 years)
Part-time programme: 4 years (maximum period of study: 8 years)

PROGRAMME DESCRIPTION
The Ph.D. Programme in Education is research-oriented. This programme normally combines seminars with guided independent research in an individually designed course of study under the guidance of a supervisor and two or three other advisors. The programme reflects the mission of the Department and is based on the assumption that physical activity is a health-related behaviour that influences the health and well being of individuals. It is from the perspective that post-graduate students can study physical activity (including sports) using a biomechanical, psychological, sociological, pedagogical or physiological approach. Consequently, all of the research conducted in the Department is focused on physical activity in terms of its contribution to related fields of sports medicine, health and exercise.

The M.Phil. and Ph.D. programmes offer eight areas of investigation:

- Curriculum Policy, Design & Implementation in Sports & Physical Education
- Health and Fitness
- Measurement in Physical Education and Sports
- Sports Biomechanics
- Physical Education and Sports Pedagogy
- Sports Physiology
- Sports Psychology
- Sports Sociology
M.Ed. in Sports Science & P.E.

QUALIFICATION FOR ADMISSION
Applicants must have a recognized Bachelor’s degree, normally with honours not lower than Second Class, or equivalent, obtained the Postgraduate Diploma in Education or equivalent education qualification, and relevant working experience in the educational sector. Applicants should fulfill the "English Language Proficiency Requirement" as stipulated by the Graduate School. Please refer to the "Postgraduate Prospectus" or website: https://www.gs.cuhk.edu.hk/ for details on this requirement.

PERIOD OF STUDY
Full-time programme: 1 year (maximum period of study: 3 years)
Part-time programme: 2 years (maximum period of study: 4 years)

PROGRAMME DESCRIPTION
This programme is designed to provide specialized training in sports science and physical education. Graduates from this programme will possess in-depth understanding in major areas in sports science and physical education, allowing them to either specialize, increase their knowledge in physical education practices or pursue research. Several options are available to students, including either undertaking a programme of specified taught courses or electing to do a research project equivalent to a certain number of the specified units. This latter opportunity is particularly important for those students who may have aspirations to eventually study for a further higher degree such as doctoral degree.

M.A. in Sports Studies

QUALIFICATION FOR ADMISSION
Applicants must have a recognized Bachelor’s degree, normally with honours not lower than Second Class, or equivalent. Applicants should fulfill the "English Language Proficiency Requirement" as stipulated by the Graduate School. Please refer to the "Postgraduate Prospectus" or website: https://www.gs.cuhk.edu.hk/ for details on this requirement.

PERIOD OF STUDY
Full-time programme: 1 year (maximum period of study: 3 years)
Part-time programme: 2 years (maximum period of study: 4 years)

PROGRAMME DESCRIPTION
The Programme will facilitate the study of sports science by focusing on the provision and practice of sports in modern societies. It will provide a sound theoretical background to enrich students’ knowledge base and enable them to apply this knowledge to their specific sports setting. Key areas of study include sports administration, management and promotion. Elective courses are provided to enable students to enrich their knowledge in psychology, physiology and biomechanics in addition to strategic planning for sports development. This programme is suitable for those in the profession of sports and education including sports science/medicine practitioners, teachers, social workers, coaches, athletes, team managers and others who are interested in pursuing a career in sports studies.
M.Sc. in Exercise Science

QUALIFICATION FOR ADMISSION
Applicants must have a recognized Bachelor’s degree, normally with honours not lower than Second Class, or equivalent. Applicants should fulfill the "English Language Proficiency Requirement" as stipulated by the Graduate School. Please refer to the "Postgraduate Prospectus" or website: https://www.gs.cuhk.edu.hk/ for details on this requirement.

PERIOD OF STUDY
Full-time Programme: 1 year (maximum period of study: 3 years)
Part-time Programme: 2 years (maximum period of study: 4 years)

PROGRAMME DESCRIPTION
The structure and philosophy of this programme is consistent with all postgraduate programmes offered in the Department by closely reflecting the mission of the Department. The basis of the programmes rests on the assumption that physical activity is a health-related behavior that may influence the health and well being of individuals. It is from this perspective that M.Sc. postgraduate students can study physical activity and exercise from a number of sub-disciplinary approaches originating in biomechanical, psychological, sociological, pedagogy or physiology. Students are encouraged to engage in a critical approach to understanding the relationship of physical activity in terms of its contribution to the related fields of sports medicine, health and exercise. Consequently, the qualification is suitable for those in the profession of sports, education, health and social services, including sports science and medicine practitioners, school teachers, nurses, allied health professionals, health administrators, social workers, coaches, athletes, team managers and others interested in the profession of sports and exercise science.
Words from Students

"After completing my Bachelor’s degree in the field of Nutrition and Exercise Science, I continued my education by enrolling in the M.Sc. (Exercise Science) Program here at SSPE in 2014. The program has provided an excellent research experience and in-depth theoretical knowledge in the disciplines I am interested in. All the academic staff members are very supportive and the courses are well-organized to help students put sport theory into practice. I will keep pursuing my career in this research field and look forward to my Ph.D. study this year."

POON Tse Chun
M.Sc. in Exercise Science (2015)
Hong Kong Ph.D. Fellow (2015 - 2019)

"The full-time MSc program offers me in-depth theoretical knowledge and valuable research experience. The independent project is a challenging yet enriching and rewarding experience, and is definitely the highlight of the program. Under the guidance and support from my supervising professor, I am capable to develop my own research proposal and conduct a study on rowing biomechanics. It is amazing to study with students from different sectors and explore various topics with knowledgeable teaching staff. I am looking forward to put the insights I obtained from the program into practical coaching work."

CHEUNG Ming Hang, Keith
M.Sc. in Exercise Science (2016)
2016 Asian Beach Games (Delegate - Beach Rowing)

"After completing my bachelor in architecture, I opted to further my studies in sports science and physical education because as a sports enthusiast, this area has always interested me. Switching from a completely different study area was challenging at first but thanks to inspiring professors, high-quality teaching facilities, and supportive classmates, it was easy to familiarize. The MEd programme also opens up a wider range of career opportunities - currently I am a research assistant at the Department of Sports Science and Physical Education. Overall, the MEd programme was a truly enjoyable learning journey and I hope to take on this passion of mine to inspire other like-minded sports enthusiasts."

LEUNG Man Ling Elizabeth
M. Ed. in Sports Science and Physical Education (2017)

"As a journalist, writer and editor with more than 30 years’ experience, and an endurance running enthusiast, I chose to adopt a new mission: to try to understand how to motivate older adults to get and stay physically active. The MA in Sports Studies allowed me to do just that. The professors and research staff are top-notch, staying current and passionate in their fields, reigniting my own quest to search for answers so that I might help others add not only years to their lives but life to their years."

HILBORN FENG, Cathy
M.A. in Sports Studies (2016)

Scholarships

Scholarships are provided for students with proven record of academic excellence, and/or outstanding sporting achievements. Please visit the website at http://www.cuhk.edu.hk/spe/ for more information.
Academic Staff Profiles

Academic Staff

Prof. WONG Heung-sang Stephen (王 escre)  
Chairperson and Professor  
BEd (Hong Kong Polytechnic University)  
MSc, PhD (Loughborough University)  
Research Interests:  
Nutritional and Metabolic Aspects of Exercise,  
Physical Activity and Sedentary Behavior.

Dr. CHAN Wan-ka Daniel (陳逸家)  
Senior Lecturer  
BEd (Taiwan Normal University)  
MA, PhD (University of Manchester)  
Research Interests:  
Physical Education Curriculum,  
Assessment in PE and Sport, Portfolio Learning Approach,  
Student Attitudes Towards Physical Activities,  
Sports Climbing.

Prof. CHENG Chik-ki Keneth (鄭植之)  
Assistant Professor  
BA, Sc. (Hong Kong Simon Fraser University)  
MA, Sc. (University of Toronto)  
Research Interests:  
Aging, balance and mobility,  
Biomechanics, Fall Prevention.

Ms. CHEUNG Sin-lung Juanita (張善婷)  
Lecturer  
BEd (Hong Kong Institute of Education)  
MA (The Chinese University of Hong Kong)  
MSc (The Hong Kong Baptist University)  
Research Interests:  
Teacher Education, Management in PE & Sports,  
Sports Psychology (Motivation), Physical Activity & Health.

Prof. HA Sau-ching Amy (夏秀禎)  
Professor  
BA (Fudan Catholic University)  
MPE (Springfield College)  
PhD (Walden University)  
Research Interests:  
Teacher Education, Sports and Physical Activity,  
Professional Development.

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

Mr. LEE Chi-wo Daniel (李志和)  
Lecturer  
BEd, MEd (The Chinese University of Hong Kong)  
Research Interests:  
Compression Garment and Exercise Performance,  
Jumping Activity and Bone Health.

Dr. John O’REILLY (何偉樂)  
Lecturer  
BA (Waterford Institute of Technology)  
BSc (Jiaotong City University)  
MSc, PhD (The Chinese University of Hong Kong)  
Research Interests:  
Nutritional and Metabolic Aspects of Exercise,  
Applied Physiology of Soccer,  
Fluid Replacement and Exercise Performance,  
Physical Activity and Health Promotion.

Prof. SIT Huiping Cindy (謝張萍)  
Associate Professor  
BA (Hong Kong Baptist University)  
MPH, PhD (University of Hong Kong)  
Research Interests:  
Participation Motivation for Sport and Exercise,  
Physical Activity and Fundamental Movement Skills,  
Adapted Physical Activity.

Prof. SUM Kim-wai Raymond (沈劍威)  
Assistant Professor  
BEd (Taiwan Normal University)  
MPE (Springfield College)  
EdD (University of Leicester)  
Research Interests:  
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 Chinese University of Hong Kong

Adjunct Professor  
Prof. MAUGHAN Ronald J.  
Professor  
Loughborough University  
Professor LUBAMS David  
Professor  
University of Newcastle, Australia

Adjunct Associate Professor  
Dr. LEAHY Trisha (李慈莎)  
Chief Executive  
Hong Kong Sports Institute

Adjunct Assistant Professor  
Dr. ALI Ajmol  
Senior Lecturer  
Massey University  
Dr. WHITBY Dennis George (韋德比)  
Director  
SportPlus Ltd.

Professional Consultant (Honorary)  
Mr. CHU Fook-wing Charles (朱福銘)  
Sports Management  
Ms. FUNG Man-yi Wendy (馮敏兒)  
Principal  
Pui Ling School of the Precious Blood  
Dr. SO Chi-hung (蘇志雄)  
Director  
Elite Training Science & Technology,  
Hong Kong Sports Institute  
Dr. WONG Alison  
National Director  
Special Olympics Hong Kong  
Executive Director  
Hong Kong Sports Association for Person with Intellectual Disability  
Mr. WONG Ah Ngok (黃亞聰)  
Chief Executive  
South China Athletic Association  
Mr. WONG Shun Ki (黃顯琪)  
Principal  
Christian Alliance S.C. Chan Memorial College

Application:
For details, please visit: https://www.gs.cuhk.edu.hk/admissions

Application Deadline:
- Hong Kong PhD Fellowship Scheme (HKPFS):  
  December 1, 2017
- Ph.D., M.Phil.:  
  January 31, 2018
- M.A., M.Ed., M.Sc.:  
  February 28, 2018

Commencement of Classes:  
September 2018

Enquiry
Phone: 3943 5346  
Email: hp_admission_sspe@cuhk.edu.hk

http://www.cuhk.edu.hk/spe