

Physical Education Programmes Study Scheme

I. Required Physical Education Programme

Required physical education programme aims at fostering the whole-person development of students. Hence, our programme makes great effort and take an active role in helping students improve their physical abilities, increase their knowledge of physical activities, and have confidence and motivation to participate in physical activities, so that they can ultimately cultivate a lifelong habit of participating in physical activities and enhance their physical fitness and health. Through taking part in different sports activities, students can strengthen their generic skills and develop positive psychological traits, which enable them to become physically, mentally and socially fit to confront difficulties in the challenging workplace in the future.

All Year 1 full-time students are required to take one credit unit of Physical Education in the first and second terms respectively during their first year of attendance, except for Exercise Science and Health Education Majors, and Physical Education, Exercise Science and Health Majors. A course can be taken only once. The number of units earned in required Physical Education shall not exceed 2.

Students admitted to first-year-first-degree (FYFD) places with Advanced Standing (AS) and Associate Degree/Higher Diploma Holders admitted to senior-year places are only required to take one credit unit of Physical Education in the first or second term during their first year of attendance. The number of units earned in required Physical Education shall not exceed 1. Students under Dual Degree Programme should take the required Physical Education according to the regulations of their departments.

The basis of assessment for each course will be students' achievement in basic sports skills and knowledge, attendance and learning attitude. Courses with two different course codes are being offered with men's and women's classes. All courses with one course code are co-ed classes.

Course List		
Course Code	Course Title	Unit(s)
PHED1010	Special Physical Education (I)	1
PHED1011	Track and Field (Men)	1
PHED1012	Track and Field (Women)	1
PHED1015	Swimming (Men)	1
PHED1016	Swimming (Women)	1
PHED1020	Swimming	1
PHED1017	Physical Conditioning (Men)	1
PHED1018	Physical Conditioning (Women)	1
PHED1220	Physical Conditioning	1
PHED1021	Basketball (Men)	1
PHED1022	Basketball (Women)	1
PHED1023	Volleyball (Men)	1
PHED1024	Volleyball (Women)	1
PHED1025	Softball (Men)	1
PHED1026	Softball (Women)	1
PHED1027	Team Handball (Men)	1
PHED1028	Team Handball (Women)	1
PHED1029	Soccer (Men)	1
PHED1038	Soccer (Women)	1
PHED1030	Special Physical Education (II)	1
PHED1031	Tennis (Men)	1
PHED1032	Tennis (Women)	1
PHED1170	Tennis	1
PHED1033	Squash (Men)	1
PHED1034	Squash (Women)	1
PHED1040	Woodball	1
PHED1041	Badminton (Men)	1
PHED1042	Badminton (Women)	1
PHED1180	Badminton	1
PHED1043	Table Tennis (Men)	1
PHED1044	Table Tennis (Women)	1
PHED1140	Table Tennis	1
PHED1045	Yoga (Men)	1
PHED1046	Yoga (Women)	1

PHED1150	Yoga	1
PHED1122	Taekwondo	1
PHED1130	Modern Dance	1
PHED1210	Tai Chi	1

Students with disabled conditions or long term special health problems may take a special programme, Special P.E., designed to meet their individual needs, and are admitted to either Alternative I or II according to the recommendations of the Physical Education Unit and a physician of the University Health Service.

Alternative I:

(a) Reading and written assignments on one of the following topics:

- Comparative Physical Education
- Foundation of Physical Education
- History of Physical Education
- Physical Conditioning
- Principle of Physical Education
- Psychology of Sport
- Sociology of Sport

(b) Written test at the end of each term

Alternative II:

(a) and (b) as in Alternative I; plus

(c) Light exercises under close supervision of a lecturer, such as physical conditioning, strengthening exercises, table tennis, lawn bowling, woodball, badminton, archery, swimming, jogging, etc., depending on the physical capabilities of the student.

II. Elective Physical Education Programme

This elective programme is open to all students who are interested in physical education and keen to acquire more skills. The programme is composed of the following 1-unit term courses. Each student can only take one elective course in a term and no student can take the same course twice.

Course List		
Course Code	Course Title	Unit(s)
PHED1050	Soccer (Men)	1
PHED1060	Table Tennis	1
PHED1063	Squash (Men)	1
PHED1064	Squash (Women)	1
PHED1065	Yoga (Men)	1
PHED1066	Yoga (Women)	1
PHED1160	Yoga	1
PHED1070	Archery	1
PHED1071	Tennis (Men)	1
PHED1072	Tennis (Women)	1
PHED1270	Tennis	1
PHED1073	Badminton (Men)	1
PHED1074	Badminton (Women)	1
PHED1280	Badminton	1
PHED1100	Woodball	1
PHED1110	Tai Chi	1
PHED1120	Taekwondo	1
PHED1190	Karate	1
PHED1200	Cycling and Fitness	1
PHED1221	Basketball (Men)	1
PHED1222	Basketball (Women)	1
PHED1230	Hip-hop Dance	1
PHED1240	Golf	1
PHED1320	Physical Conditioning	1
PHED2021	Intermediate Basketball (Men)	1
PHED2022	Intermediate Basketball (Women)	1
PHED2060	Intermediate Table Tennis	1