

**PERM 1365 Team Sport: Volleyball (1,1,2)**

This course is to enhance students' knowledge and practical skills in volleyball. Upon completion of the course, students should be able to master concepts/skills within the following domains: (1) *psychomotor*: skills proficiency in volleyball and the ability to apply skills in various volleyball game situations; (2) *cognitive*: knowledge about volleyball includes the rules, offensive and defensive concepts, tactics and strategies in different game situations, scientific bases of volleyball and the methods of teaching/coaching volleyball to various levels/targets; and (3) *affective*: appreciation of teamwork and its commitment, fair play, sportsmanship, and physical activity/exercise as a lifelong pursuit.

**PERM 1370 Racket Sport: Tennis (1,1,2)**

Upon completion of the course, students should be able to (1) achieve the common objectives of skill courses; (2) have knowledge of the scientific bases of tennis; (3) demonstrate the different techniques of grips, serves, strokes and footworks; (4) demonstrate simple tactics in game situation; (5) understand the methods of teaching; and (6) officiate the game.

**PERM 1380 Racket Sport: Squash (1,1,2)**

Upon completion of the course, students should be able to (1) achieve the common objectives of skill courses; (2) have the knowledge of the scientific bases of squash; (3) demonstrate the different techniques of grips, serves, strokes and footwork; (4) demonstrate simple tactics in game situation; (5) understand the methods of teaching; and (6) officiate the game.

**PERM 1390 Alternative Sports and Games (1,1,2) (C)**

This course enables students to (1) comprehend and demonstrate an understanding of the latest trends of the "City Sports and X Games" such as golf, bicycling, war games, roller skating and water skiing; (2) acquire essential skills to participate in various most up-to-date "City Sports and X Games"; and (3) understand the social and physical influences of the "City Sports and X Games".

**PERM 2005 Exercise Physiology (3,3,1) (E)**

Prerequisite: PERM 1006 Human Anatomy and Physiology  
The course covers fundamental knowledge about the acute and chronic physiological responses in different biological systems of human participating in exercise. In addition, students will gain laboratory experiences that are vital to the understanding of the responses. The course aims to (1) enable students to learn the acute and chronic physiological responses, and its interrelationship, in biological systems that are essential for exercise performance; and (2) help students to acquire knowledge in basic physiological evaluation and assessment through laboratory practicum and independent works.

**PERM 2006 Organization and Administration of Physical Education and Recreation (3,3,0) (E)**

This course aims to give students a solid understanding of organizational theory and administrative process, to equip students with the knowledge and techniques of administration to improve programmes and to train students in problem analysis and problem solving in the areas of physical education and recreation. Upon completion of the course, students should have (1) the basic concepts in organization and administration of Physical Education and Recreation; (2) understand the different management processes; and (3) be conversant with the techniques and current practices used in sports organizations.

**PERM 2007 Tests and Measurement (3,3,0) (E)**

The course introduces the concepts of measurement and evaluation and their importance in decision making in physical education and recreation settings. It covers the skills necessary to make valid measurement decisions including criteria for test selection, test administration and data analysis and interpretation.

**PERM 2016 Theory and Practice in Physical Education and Recreation (3,3,0) (E)**

This course is to provide students with a social science foundation of recreation management and physical education through the examination of contemporary issues of recreation and physical education. Upon completion of the course, students should be able to (1) understand the roles of physical educators and recreation leaders in the provision of physical education and recreation services; (2) understand the concepts and practice in the provision of physical education and recreation activities; and (3) apply the concepts in analysing physical education and recreation activities.

**PERM 2120 Theory and Practice in Physical Education and Recreation (3,3,0)**

Prerequisite: PERM 1110 Historical and Philosophical Foundation in Physical Education and Recreation

This course aims to (1) provide students with a social science discipline foundation to recreation management and physical education; (2) develop students' understanding of the theoretical basis of recreation/leisure behaviours that have practical implications to the performance of their future professional duties; (3) prepare students for their professional development as activity leaders, programmers, recreation managers/providers, policy makers and physical educators; (4) help students to develop a strong theoretical base for their subsequent studies in the course, and a firm base for their future professional practice; and (5) provide students an opportunity to examine contemporary issues of recreation and physical education from different disciplinary perspectives, including psychological, sociological, philosophical and management perspectives.

**PERM 2170 Prevention and Care of Sports Injuries (3,3,0) (E)**

Prerequisite: PERM 1120 Human Anatomy and Physiology  
Upon completion of the course, students are expected to (1) identify the basic classification of injury etiology and mechanisms; (2) demonstrate the skills of proper handling of acute sports injuries; (3) have a solid understanding of indications and contraindications of treatments related to specific injury trauma; and (4) obtain a certificate of first aid and safety.

**PERM 2220 Internship (2,0,2)**

This two-unit course requires the second year students to work in an organization for at least 300 hours. Students can choose their placement in different types of sports and recreation agencies locally as well as overseas. These agencies could be public, private, voluntary or commercial.

**PERM 2610 Health Fitness Evaluation and Assessment (3,3,1) (E)**

Prerequisite: PERM 1120 Human Anatomy and Physiology  
This course enables students to have (1) a thorough understanding of both the laboratory and field assessment of various health fitness components; (2) practical hands-on experiences for such assessment; and (3) the ability to interpret health fitness testing results as well as to prescribe proper health fitness programmes thereafter.

**PERM 2760 Sociology of Sport and Recreation (3,3,0) (E)**

Prerequisite: PERM 1110 Historical and Philosophical Foundation in Physical Education and Recreation  
This course enables students to (1) understand the sociological method of enquiry, its key ideas, concepts and perspectives and its application to the study of the relationships between sport, recreation, culture and society; (2) understand the different issues of sport and recreation in society with key sociological concepts; (3) critically evaluate modern organized sport and recreation in the society; and (4) think critically about sports and recreation as parts of social life.