

sports injuries and ergogenic aids. The course also emphasizes coaching problems associated with motivation and emotion, the planning, training and conditioning methods of the individual and the whole team. This course is especially designed to broaden the knowledge of students seeking a career in human services like social work, recreation and sports management, teaching and working in community agencies and for those who will be serving as voluntary coaches in schools, companies and community agencies.

P.E.	1711-2 Physical Education (University Team)	(0,0,2)
P.E.	2111-2 Physical Education (University Team)	(0,0,2)
P.E.	3111-2 Physical Education (University Team)	(0,0,2)

Prerequisite: University team member

These courses cover the rules, skills and refereeing involved in several popular sports, including basketball, football, volleyball, badminton, tennis, table-tennis, swimming, squash, cross country and track and field.

P.E.	7010 Programme and Event Planning and Management	(3,3,0)
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This course aims to provide a common foundation for students by presenting a coherent vocabulary for conceptualizing and discussing the functions of programme, event and facility management. Upon completing the course, students are expected to be conversant with current development in design, planning in programme, event and facilities; have an overview of programme, event and facilities management; and have some insights in the implications of programme/event planning and management in specific cases locally as well as in mainland China and overseas.

PEDU 1005	Principles and Practice of Resistance Training	(3,2,1)
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Like all fields of study, resistance training is based on underlying principles, concepts, and definitions. The knowledge presented in the course is necessary to understand and successfully design any resistance training program. Through lectures, discussions/tutorials, as well as practical hands-on experiences, students will acquire knowledge on: a) the principles of various types of resistance training, b) how muscles function and how they are controlled and adapt to resistance training, c) exercise prescription of resistance training, d) advanced training strategies, with particular focus on periodization, power development, and plyometrics, e) application of resistance training to a total conditioning program.

PEDU 1006	Weight Management and Healthy Living	(3,3,0)
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This introductory course provides students with essential knowledge and skills in weight management. The students will also be able to identify various measures in managing body composition toward maintaining a healthy living. Through lectures, discussions/tutorials, as well as practical hands-on experiences, students will acquire knowledge on: a) human growth & development, b) factors contributing to weight gain & weight loss, c) the implications of body composition on diseases & health, d) malnutrition & eating disorders, e) physical activity & diet strategies for optimal body composition management, and f) methods of assessing body composition, nutritional status & activity status.

PERM 1005	Historical and Philosophical Foundation in Physical Education and Recreation	(3,3,0) (E)
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The course covers the historical and philosophical knowledge of sport, physical education and recreation in the Western and

Chinese history. It enables students to (1) trace the roots of modern physical education, sport and recreation in respect to philosophical and historical concepts; (2) critically evaluate modern programs in physical education, sport and recreation in Hong Kong; (3) understand the different issues of physical education, sport and recreation sport in society with key philosophical and historical approaches; and (4) be competent in assessing the ethical and moral impact of what presently constitutes organized physical activity in schools and community.

PERM 1006	Human Anatomy and Physiology	(3,3,1) (E)
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The course covers fundamental knowledge about the structures and functions of several major human organ systems that are important for human movement. In addition, students will gain laboratory experiences that are vital to the understanding of human anatomy and physiology.

PERM 1007	Sport and Exercise Psychology	(3,3,0) (E)
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This course covers fundamental knowledge about exercise and sport psychology, such as motivation, stress management. It aims to (1) enable students to learn basic knowledge and understanding of sports and exercise psychology; (2) introduce basic concept, causes, and consequences of stress; and (3) enrich students' knowledge and practical experiences for stress interventions.

PERM 1110	Historical and Philosophical Foundation in Physical Education and Recreation	(3,3,0)
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This course enables students to (1) trace the roots of modern physical education, sport and recreation in respect to philosophical and historical concepts; (2) critically evaluate modern programmes in physical education, sport and recreation in Hong Kong; (3) understand the different issues of physical education, sport and recreation sport in society with key philosophical and historical approaches; (4) be competent in assessing the ethical and moral impact of what presently constitutes organized physical activity in schools and community.

PERM 1120	Human Anatomy and Physiology	(3,3,1)
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This course enables students to (1) identify the human structure of body parts, their forms and arrangement; (2) comprehend the functions and the interrelationship of the main systems of human body; and (3) gain laboratory experiences that are vital to an understanding of anatomy and physiology.

PERM 1140	Sport and Exercise Psychology	(3,3,0)
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This course is to provide students with (1) the basic knowledge and understanding of sport and exercise psychology; (2) the basic concept, causes and consequences of stress; (3) the knowledge and practice experiences for stress interventions; and (4) the knowledge of psychology in physical education and recreation.

PERM 1160	Tests and Measurement	(3,3,0)
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This course aims to prepare students to effectively implement measurement and evaluation techniques in physical education and recreation. Emphasis is upon developing the ability to select good tests based on the principles of measurement and evaluation in individual performance and programme effectiveness. On completing the course the students will be able to (1) identify topics amenable to investigation, and test, construct appropriate procedures; (2) select valid and reliable tests for their programme; and (3) apply appropriate statistical techniques in data analysis.

PERM 1170	Exercise Physiology	(3,3,1)
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Prerequisite: PERM 1120 Human Anatomy and Physiology
This course enables students to (1) comprehend the physiological aspects of human body during exercise; (2) understand the physiological adaptation following exercise and physical training; (3) acquire the knowledge of human performance under special environments; and (4) become acquainted with basic physiological evaluation and assessment through laboratory practicum and independent works.