

**PERM 1180 Motor Learning and Development (3,3,0)**

This course enables students to (1) understand the fundamental motor skill development from babyhood to adolescence; (2) trace the path of human perceptual-motor development throughout the life span; (3) be acquainted with the process of how learning and performance of motor skill occur; and (4) discuss the implications and applications of the general principles and concepts of motor learning.

**PERM 1190 Organization and Administration (3,3,0) in Physical Education and Recreation**

The objectives of this course are to (1) give students a solid understanding of organizational theory and administrative process; (2) equip students with the knowledge and techniques of administration to improve programmes; and (3) train students in problem analysis and problem solving in the areas of physical education and recreation.

**PERM 1210 Swimming I (1,1,2)**

Upon completion of the course, the students should be able to (1) achieve the common objectives of skill courses; (2) have knowledge of the scientific bases of swimming; (3) master two swimming strokes, namely crawl stroke and breaststroke; and (4) able to teach swimming to beginners.

**PERM 1220 Swimming II (1,1,2)**

Prerequisite: PERM 1210 Swimming I

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 swimming; (3) master two swimming strokes, namely backstroke and butterfly; and (4) able to teach swimming to beginners.

**PERM 1230 Track and Field I (1,1,2)**

Upon completion of the course, students should be able to (1) achieve the common objectives of the skills courses; (2) have the knowledge of the scientific bases of track and field; (3) develop a large movement repertoire; and (4) be familiar with the rules and regulations of track and field.

**PERM 1240 Track and Field II (1,1,2)**

Prerequisite: PERM 1230 Track and Field I

Upon completion of the course, students should be able to (1) achieve the common objectives of the skill courses; (2) have the knowledge of the scientific bases of track and field; (3) develop a large movement repertoire; and (4) be familiar with the rules and regulations of track and field.

**PERM 1250 Gymnastics I (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 gymnastics; (3) learn dominant movement patterns characteristics of gymnastics; and (4) be familiar with the rules and regulations of gymnastics.

**PERM 1260 Gymnastics II (1,1,2)**

Prerequisite: PERM 1250 Gymnastics I

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 gymnastics; (3) master basic gymnastics skills; (4) able to teach basic gymnastics to beginners; and (5) be familiar with the rules and regulations of gymnastics.

**PERM 1270 Conditioning and Fitness (1,1,2)**

This course is designed to (1) introduce to students the scientific knowledge about physical fitness; (2) provide practical exposure and participation in a variety of conditioning and fitness programmes; and (3) help students to develop an active lifestyle.

**PERM 1280 Dance (1,1,2) (C)**

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 dance; (3) develop the sense

of rhythm as well as aesthetic appreciation; and (4) be acquainted with the methods and teaching of various dance skills.

**PERM 1290 Outdoor Pursuits (1,1,2)**

Prerequisite: PERM 1210 Swimming I

Upon completion of the course, students should have (1) achieved the common objectives of skill courses; (2) a thorough scientific knowledge of outdoor adventure activities; and (3) been instilled with a healthy respect for the natural environment.

**PERM 1305 Swimming (1,1,2) (C)**

This course is to enhance students' knowledge and practical skills in swimming. It aims to introduce the scientific bases and techniques of swimming events mainly including front crawl stroke, backstroke and breaststroke (starting and finishing included). Students will also come to understand the competition rules and officiating of all swimming events.

**PERM 1306 Conditioning and Fitness (1,1,2) (C)**

This course is to enhance students' knowledge and practical skills in conditioning and fitness. It aims to (1) introduce to students the scientific knowledge about physical fitness; (2) provide practical exposure and participation in a variety of conditioning and fitness programmes; and (3) help students to develop an active lifestyle.

**PERM 1307 Dance (1,1,2) (C)**

This course is to enhance students' knowledge and practical skills in dance. It aims to enable students to achieve the common objectives of skill courses, to have knowledge of the scientific bases of dance, to develop the sense of rhythm as well as aesthetic appreciation and to learn the methods of teaching various dance skills.

**PERM 1310 Team Sport: Basketball (1,1,2) (P)**

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 basketball; (3) be acquainted with the methods and teaching of individual skills and team play; (4) learn various types of offences and defences under game situations; and (5) be familiar with the rules and regulations of basketball.

**PERM 1315 Gymnastics (1,1,2) (C)**

This course covers fundamental knowledge about gymnastics and students will be able to perform routines in gymnastics. Upon completion of the course, students should be able to (1) achieve the common objectives of skill subjects; (2) have knowledge of the scientific bases of gymnastics; (3) learn dominant movement patterns characteristics of gymnastics; and (4) be familiar with the rules and regulations of gymnastics.

**PERM 1316 Track and Field (1,1,2) (C)**

This course is to enhance students' knowledge and practical skills in selected events of track and field. It aims to introduce the scientific bases and techniques of track and field events including shot put, high jump and short distance running, middle distance running and relay races. Students will come to understand the competition rules and officiating of the above events.

**PERM 1317 Outdoor Pursuits (1,1,2)**

Prerequisite: PERM 1305 Swimming

This course is to enhance students' knowledge and practical skills in outdoor pursuits. Upon completion of the course, students should be able to achieve the common objectives of skill courses in outdoor settings, have a thorough scientific knowledge of outdoor adventure activities, and be instilled with a healthy respect for the natural environment.

**PERM 1320 Team Sport: Volleyball (1,1,2) (C)**

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 volleyball; (3) be acquainted with the methods and teaching of individual skills and team