

P.E.	1490	Physical Education (Social Dance)	(1,0,2)
P.E.	1500	Physical Education (Softball)	(1,0,2)
P.E.	1510	Physical Education (Special Physical Education)	(1,0,2)
P.E.	1520	Physical Education (Swimming)	(1,0,2)
P.E.	1530	Physical Education (Table Tennis)	(1,0,2)
P.E.	1540	Physical Education (Tennis)	(1,0,2)
P.E.	1550	Physical Education (Volleyball)	(1,0,2)
P.E.	1560	Physical Education (Wushu—Taichi)	(1,0,2)
P.E.	1570	Physical Education (Track and Field)	(1,0,2)
P.E.	1630	Physical Education (Aerobic Fitness and Conditioning)	(1,0,2)
P.E.	1640	Physical Education (Muscular Fitness and Conditioning)	(1,0,2)
P.E.	1660	Physical Education (Golf)	(1,0,2)

These courses are primarily designed for international students. Local students may enrol in the above PE courses after they had completed the non-credit compulsory PE courses under the Complementary Studies Programme subject to quota availability. A basic introduction is given to the principles and prescription of health and physical fitness programmes. Practical experience of selected fitness exercise is also provided. Each of the above-mentioned courses aims to acquaint students with the fundamental knowledge and skills of the sport.

P.E.	1620	Principles and Problems of Coaching	(2,2,0)
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This course introduces students to the role of coaching and highlights the selected concepts and principles of psychosocial aspects in coaching. Special attention is given to dealing with 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.	1650	Wellness in Contemporary Society	(3,3,0)
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This course aims to provide students with an understanding of basic knowledge related to wellness and the scientific principles framing wellness. The course also provides an opportunity to make self-evaluation and take positive actions towards achieving and maintaining personal wellness.

P.E.	1711-2	Physical Education (University Team)	(0,0,2)
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P.E.	2111-2	Physical Education (University Team)	(0,0,2)
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P.E.	3111-2	Physical Education (University Team)	(0,0,2)
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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.	2140	Sports Medicine and Sports Science	(3,2,1)
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Sports medicine and sports science has become a discipline for many years. The importance of applying current knowledge in medicine to prevent the occurrence of sports-related injuries, in the treatment and management of such incident, and in the rehabilitation process plays an important role in maintaining a good quality of life. As people are more health conscious, their active lifestyle might lead to a higher incidence of injuries from participation in physical activities. The knowledge of contemporary theories in sports medicine and sports science will be an asset for those who desire good health and a better quality of life.

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.

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.

PERM	1180	Motor Learning and Development	(3,3,0)
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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 in Physical Education and Recreation	(3,3,0)
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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.