

**PCMD 4898-9 Honours Project I & II (3,0,0) (tbc)**

This Honours Project will focus on the following five research fields: (1) identification of crude drugs and Chinese patent drugs; taxonomy of medicinal plants; (2) natural products chemistry and quality assessment of Chinese materia medica; (3) research and development of new products from Chinese medicines; pharmaceutics of Chinese medicines; (4) pharmacology and toxicology of Chinese medicines; (5) intellectual property and administration of proprietary Chinese medicines.

Under the supervision of a teaching staff (Principal Supervisor or Co-supervisor) of the School of Chinese Medicine, each final year student will carry out an independent research topic belonging to one of the said fields. During the period of the Honours Project, the students will conduct literature searching and review, lab procedure design, experimental operation and handling, data analysis and interpretation, and summarization of the research results. At the end of the projects, the students are required to deliver an oral presentation and write a thesis.

P.E.	1110	Physical Education (Badminton)	(0,2,0) (C)
P.E.	1120	Physical Education (Basketball)	(0,2,0) (C)
P.E.	1140	Physical Education (Folk Dance)	(0,2,0) (C)
P.E.	1150	Physical Education (Gymnastics)	(0,2,0) (tbc)
P.E.	1160	Physical Education (Handball)	(0,2,0) (tbc)
P.E.	1170	Physical Education (Jazz Dance)	(0,2,0) (C)
P.E.	1180	Physical Education (Soccer)	(0,2,0) (C)
P.E.	1190	Physical Education (Social Dance)	(0,2,0) (C)
P.E.	1200	Physical Education (Softball)	(0,2,0) (C)
P.E.	1220	Physical Education (Swimming)	(0,2,0) (C)
P.E.	1230	Physical Education (Table Tennis)	(0,2,0) (C)
P.E.	1240	Physical Education (Tennis)	(0,2,0) (C)
P.E.	1250	Physical Education (Volleyball)	(0,2,0) (C)
P.E.	1260	Physical Education (Wushu—Taichi)	(0,2,0) (C)
P.E.	1270	Physical Education (Track and Field)	(0,2,0) (tbc)
P.E.	1280	Physical Education (Special Physical Education I)	(0,2,0) (C)
P.E.	1290	Physical Education (Special Physical Education II)	(0,2,0) (C)
P.E.	1330	Physical Education (Aerobic Fitness and Conditioning)	(0,2,0) (C)
P.E.	1340	Physical Education (Muscular Fitness and Conditioning)	(0,2,0) (C)
P.E.	1360	Physical Education (Golf)	(0,2,0) (C)

These non-credit compulsory courses are required of all students under the Complementary Studies Programme except those students who study Physical Education and Recreation Management (or Sport and Recreation Leadership). Each of the undergraduate students is required to take two different Physical Education courses throughout their studies in the University and only one Physical Education course in any semester. 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. Subject to approval by the Department of Physical Education, students with health problems may apply to enrol in a special Physical Education course.

P.E.	1410	Physical Education (Badminton)	(1,2,0) (C)
P.E.	1420	Physical Education (Basketball)	(1,2,0) (C)
P.E.	1440	Physical Education (Folk Dance)	(1,2,0) (C)
P.E.	1450	Physical Education (Gymnastics)	(1,2,0) (tbc)
P.E.	1460	Physical Education (Handball)	(1,2,0) (tbc)
P.E.	1470	Physical Education (Jazz Dance)	(1,2,0) (C)
P.E.	1480	Physical Education (Soccer)	(1,2,0) (C)
P.E.	1490	Physical Education (Social Dance)	(1,2,0) (C)
P.E.	1500	Physical Education (Softball)	(1,2,0) (C)
P.E.	1510	Physical Education (Special Physical Education)	(1,2,0) (tbc)
P.E.	1520	Physical Education (Swimming)	(1,2,0) (C)

P.E.	1530	Physical Education (Table Tennis)	(1,2,0) (C)
P.E.	1540	Physical Education (Tennis)	(1,2,0) (C)
P.E.	1550	Physical Education (Volleyball)	(1,2,0) (C)
P.E.	1560	Physical Education (Wushu—Taichi)	(1,2,0) (C)
P.E.	1570	Physical Education (Track and Field)	(1,2,0) (tbc)
P.E.	1630	Physical Education (Aerobic Fitness and Conditioning)	(1,2,0) (C)
P.E.	1640	Physical Education (Muscular Fitness and Conditioning)	(1,2,0) (C)
P.E.	1660	Physical Education (Golf)	(1,2,0) (C)

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) (tbc)**

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

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)**

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 1005 Historical and Philosophical Foundation in Physical Education and Recreation (3,3,0) (E)**

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)**

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) (tbc)**

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) (E)**

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) (E)**

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) (E)**

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) (E)**

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) (E)**

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) (E)**

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) (E)**

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) (C)**

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) (tbc)**

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) (C)**

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) (C)**

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) (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 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) (C)**

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) (C)**

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) (C)**

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.