

**PERM 3025 Kinesiology (3,3,0) (tbc)**

This course is to introduce basic knowledge on biomechanical information required in performing human movement and exercise as well as in the analysis of human movement. Upon completion of the course, students should be able to (1) acquire the basic biomechanical information necessary for adequate assessment, description, and analysis of human movement and exercise; (2) possess practical laboratory experience to assess fundamental mechanical concepts; and (3) apply the application of these principles in physical and recreational activities.

**PERM 3026 Nutrition and Health (3,3,0) (tbc)**

Prerequisite: PERM 1006 Human Anatomy and Physiology

This course is to provide students with basic nutritional principles and practice as related to health as well as nutrition as related to sports. In addition, students will examine the importance of nutrition throughout life cycle and the problems people facing about nutrition in the modern society.

This course enhance students' understanding of macro and micro-nutrients and their effects on people's health; to understand principles and practice of healthy diet; to comprehend dietary needs throughout life cycle; to understand nutritional needs of athletes and nutritional aids for sport performance; to apply nutritional concepts for weight management; to discuss nutritional issues facing today's society.

**PERM 3027 Prevention and Care of Sports Injuries (3,3,0) (tbc)**

Prerequisite: PERM 1006 Human Anatomy and Physiology

This course covers basic knowledge on the mechanism, types, prevention and treatment of sports injuries of major joints in human body. Upon completion of the course, students should be able to (1) identify the basic classification of sport injury etiology and mechanisms; (2) demonstrate the skills of proper prevention and handling of sports injuries; and (3) have a solid understanding of indications and contraindications of treatment.

**PERM 3035 Public and Community Recreation (3,3,0) (tbc)**

Prerequisite: PERM 2016 Theory and Practice in Physical Education and Recreation

The course covers the updated community recreation development in Hong Kong. The structure, roles and functions of government, voluntary and private sectors will be explored globally and locally. The course aims to (1) enhance students' understanding of how different leisure service providers operate to meet the diverse needs and demands of individuals, families, and societies; (2) help students to appraise the professional recreation management practice and the fundamental forms of the activities promoted and developed as public and community recreation; (3) help students to appreciate a range of social and institutional forces that impact on our leisure; (4) introduce to students different approaches in the management of recreation; (5) develop students' understanding of the roles of recreation and leisure in our society (e.g. social control, for individual and community/social benefits); and (6) increase students' awareness of individual and social problems associated with recreation and leisure.

**PERM 3037 Motor Learning and Development (3,3,0) (tbc)**

This course covers fundamental knowledge about motor learning and motor development throughout the life span. Students can apply the knowledge in laboratory section and service learning. The 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 3110 Research Methods (3,3,0) (E)**

Prerequisite: PERM 1160 Tests and Measurement

This course is designed as an introduction to basic research methods that are applicable to physical education and recreation.

Knowledge acquired in this course will assist students in (1) understanding the nature of the research process and the differentiation of various types of researches; (2) developing the skills necessary for conducting physical education and recreation researches; (3) acquiring the ability and knowledge to understand physical education and recreation journal articles; (4) recognizing some key statistical concepts; and (5) selecting and applying the appropriate research method to conduct research at the undergraduate level.

**PERM 3140 Recreation Programming and Event Management (3,3,0) (E)**

Prerequisite: PERM 2120 Theory and Practice in Physical Education and Recreation

This course focuses on skills and techniques in programme planning by examining elements, processes, and problem solving in planning. The objectives of the course are to (1) develop techniques and skills common in programme planning; (2) identify existing and potential problems in planning; (3) propose alternatives in solving problems in planning; and (4) provide opportunities for students to implement the plan.

**PERM 3590 Honours Project (3,\*,\*) (E/P/C)**

Prerequisite: Year III Physical Education and Recreation Management majors

A required project for all BA (Hons) in Physical Education and Recreation Management students. Students will pursue in-depth research on a specific topic of interest to the student under the guidance of appointed lecturers from the Department offering the programme. Students are to consult with their advisers regarding the necessary field study, experimentation, library or archival research required, and how best to integrate this into their Honours Project. The purpose of the project is to integrate the professional skill which has been taught in the preceding two years with specific application to a topic to produce a well-argued and documented report.

**PERM 3640 Nutrition and Health (3,3,0) (E)**

Prerequisite: PERM 1120 Human Anatomy and Physiology

This course enables students to (1) learn basic knowledge of nutrition for health and fitness; (2) examine the importance of nutrition throughout the human life cycle; and (3) tackle nutritional problems and concerns facing the world today.

**PERM 3650 Kinesiology (3,3,0) (E)**

Prerequisite: PERM 1120 Human Anatomy and Physiology

This course is to (1) provide the students with the basic biomechanical information necessary for adequate assessment, description, and analysis of human movement and exercise; (2) provide practical laboratory experience to assess fundamental mechanical concepts; and (3) emphasize the application of these principles in physical and recreational activities.

**PERM 3660 Financial and Human Resources Management in Leisure Services (3,2,1) (E)**

Prerequisite: PERM 1190 Organization and Administration in Physical Education and Recreation

This course enables students to (1) understand the fundamental concepts on how financial and human resources are managed and utilized effectively in an organization; and (2) obtain experience in the practical aspects of problem-solving and decision making techniques used to manage the financial functions and human resources in leisure services.

**PERM 3670 Fitness and Recreation for Selected Population (3,3,0) (E)**

This course enables students to (1) evaluate and identify the health fitness and recreation programmes needs of selected populations; (2) prescribe exercise and/or life-style inventory programmes according to their needs; (3) be able to explain the available benefits of such exercise and/or life-style inventory programmes; and (4) provide opportunities for students to plan and implement the activity programme for the special population.