

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)

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)

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 1305 Swimming (1,1,2)

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)

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)

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 1315 Gymnastics (1,1,2)

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)

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 1325 Individual Sport: Badminton (1,1,2)

This course is to enhance students' knowledge and practical skills in badminton. Upon completion of the course, students

should be able to master concepts/skills within the following domains: (1) *psychomotor*: skills proficiency in badminton and the ability to apply skills in various badminton game situations; (2) *cognitive*: knowledge about badminton includes the rules, offensive and defensive concepts, tactics and strategies in different game situations, scientific bases of badminton and the methods of teaching/coaching badminton to various levels/targets; and (3) *affective*: appreciation of skill execution and its complexity, fair play, sportsmanship, and physical activity/exercise as a lifelong pursuit.

PERM 1326 Individual Sport: Golf (1,1,2)

This course is to enhance students' knowledge and practical skills in golf. Upon completion of the course, students should be able to (1) understand the golf terminology and etiquette; (2) perform the basic golf swing with drives, irons, and putters; (3) understand the basic rules of a 18 hole-game; and (4) be familiar with the fundamental management of a golf course.

PERM 1327 Individual Sport: Squash (1,1,2)

This course is to enhance students' knowledge and practical skills in squash. It aims to (1) introduce to students the knowledge of the scientific bases of squash; (2) help students to develop the different techniques of grips, serves, strokes and footwork; (3) enable students to perform simple tactics in game situation; (4) introduce the methods of teaching; and (5) game officiating.

PERM 1335 Individual Sport: Table-Tennis (1,1,2)

This course is to enhance students' knowledge and practical skills in table-tennis. 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 table-tennis; (3) demonstrate the different techniques of table-tennis; (4) apply simple tactics in game situation; and (5) understand the methods of teaching/coaching.

PERM 1336 Individual Sport: Tennis (1,1,2)

This course is to enhance students' knowledge and practical skills in tennis. It aims to introduce students to the foundation of tennis. Students learn the different techniques of grips, serves, strokes and footwork. Students will come to understand the knowledge of the scientific bases of tennis, simple tactics in game situation, the methods of teaching and how to officiate the matches.

PERM 1337 Martial Art: Judo (1,1,2)

This course is to enhance students' knowledge and practical skills in Judo. Upon completion of the course, students should be able to (1) achieve the common objectives of skill courses; (2) have the knowledge of the rules for Judo; (3) master basic Judo skills including falling, throwing and ground work techniques; and (4) learn the methods of teaching Judo.

PERM 1345 Martial Art: Taekwondo (1,1,2)

This course is to enhance students' knowledge and practical skills in Taekwondo. Upon completion of the course, students should be able to (1) achieve the common objectives of skill courses; (2) have the knowledge of the rules for Taekwondo; (3) master basic Taekwondo skills including kicking, punching, and Poomse (forms); and (4) learn the methods of teaching Taekwondo.

PERM 1346 Martial Art: Tai Chi (1,1,2)

This course is to enhance students' knowledge and practical skills in Tai Chi. Upon completion of the course, students should be able to (1) achieve the common objectives of skill courses; (2) understand the principles and philosophies of Tai Chi; (3) master the basic skills of Tai Chi; and (4) learn the methods of teaching Tai Chi.

PERM 1347 Team Sport: Basketball (1,1,2)

This course is to enhance students' knowledge and practical skills in basketball. It aims to introduce students to the foundation of basketball. Upon completion of the course, students should be able to (1) acquire skills proficiency in basketball and the