

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

ability to apply skills in various game situations; (2) understand the knowledge about basketball includes the rules, offensive and defensive concepts, different game situations, scientific bases of basketball and ways to teach basketball to various age levels; and (3) develop an appreciation for and commitment to movement activity as lifelong pursuit.

PERM 1355 Team Sports: Handball (1,1,2)

The course covers fundamental handball skill of passing, catching and shooting, basic individual and team offensive and defensive tactics, refereeing knowledge, and teaching methods of individual skills and team play. It aims to provide students with the knowledge of the scientific bases of handball. They will learn various types of offences and defenses under game situations, and be familiar with the rules and regulations of handball. Further, they will be acquainted with the methods of teaching of individual skills and team play.

PERM 1356 Team Sport: Soccer (1,1,2)

This course is to enhance students' knowledge and practical skills in soccer. 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 soccer; (3) demonstrate the different techniques of soccer; (4) apply various types of offenses and defenses under game situation; (5) be familiar with the rules and regulations of soccer game; and (6) understand the methods of teaching/coaching.

PERM 1357 Team Sport: Softball (1,1,2)

This course is to enhance students' knowledge and practical skills in softball. It aims to introduce the scientific bases and techniques of fast-pitch softball. Students will learn basic softball techniques for throwing, fielding, batting and base-running. Students will also acquire knowledge of the competition rules and umpire signals. In addition, basic principles for teaching of basic softball skills will be introduced.

PERM 1365 Team Sport: Volleyball (1,1,2)

This course is to enhance students' knowledge and practical skills in volleyball. Upon completion of the course, students should be able to master concepts/skills within the following domains: (1) *psychomotor*: skills proficiency in volleyball and the ability to apply skills in various volleyball game situations; (2) *cognitive*: knowledge about volleyball includes the rules, offensive and defensive concepts, tactics and strategies in different game situations, scientific bases of volleyball and the methods of teaching/coaching volleyball to various levels/targets; and (3) *affective*: appreciation of teamwork and its commitment, fair play, sportsmanship, and physical activity/exercise as a lifelong pursuit.

PERM 2005 Exercise Physiology (3,3,1)

Prerequisite: PERM 1006 Human Anatomy and Physiology
The course covers fundamental knowledge about the acute and chronic physiological responses in different biological systems of human participating in exercise. In addition, students will gain laboratory experiences that are vital to the understanding of the responses. The course aims to (1) enable students to learn the acute and chronic physiological responses, and its interrelationship, in biological systems that are essential for exercise performance; and (2) help students to acquire knowledge in basic physiological evaluation and assessment through laboratory practicum and independent works.

PERM 2006 Organization and Administration in Physical Education and Recreation (3,3,0)

This course aims to give students a solid understanding of organizational theory and administrative process, to equip students with the knowledge and techniques of administration to improve programmes and to train students in problem analysis and problem solving in the areas of physical education and recreation. Upon completion of the course, students should have (1) the basic concepts in organization and administration of Physical Education and Recreation; (2) understand the different

management processes; and (3) be conversant with the techniques and current practices used in sports organizations.

PERM 2007 Tests and Measurement (3,3,0)

The course introduces the concepts of measurement and evaluation and their importance in decision making in physical education and recreation settings. It covers the skills necessary to make valid measurement decisions including criteria for test selection, test administration and data analysis and interpretation.

PERM 2016 Theory and Practice in Physical Education and Recreation (3,3,0)

This course is to provide students with a social science foundation of recreation management and physical education through the examination of contemporary issues of recreation and physical education. Upon completion of the course, students should be able to (1) understand the roles of physical educators and recreation leaders in the provision of physical education and recreation services; (2) understand the concepts and practice in the provision of physical education and recreation activities; and (3) apply the concepts in analysing physical education and recreation activities.

PERM 3005 Internship (3,*,*)

The course arranges the students to work in the recreation and sport agencies for 300 hours in order to link up the application and theoretical concepts in the real world.

This three-unit course requires the third year students to work in an organization for at least 300 hours. Students can choose their placement in different types of sports and recreation agencies locally as well as overseas. These agencies could be public, private, voluntary or commercial.

This course aims to provide the students with first hand knowledge and understanding of community structure and forces which affect them; to provide the students with the opportunities to interact with the professionals on the job and to gain working experience in the real world; to provide the students with the opportunities to put knowledge and theory into practice. Through the internship experience, the students are expected to develop techniques and skills commonly practiced in the related fields locally and/or overseas, in order to prepare for their professional career after graduation.

PERM 3006 Research Methods (3,3,0)

Prerequisite: PERM 2007 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 developing skills necessary in conducting physical education and recreation research. The course aims to (1) help students' understanding of the processes and ethical issues involved in research; (2) aid students' understanding the designs and procedures of quantitative and qualitative research methods; (3) enhance students' application and interpretation of data analytical skills; and (4) help students developing a research proposal.

PERM 3007 Sociology of Sport and Recreation (3,3,0)

Prerequisite: PERM 1005 Historical and Philosophical Foundation in Physical Education and Recreation

The course covers the ways that sociology can be used to study sport. It also introduces the relationships between sport and society, and the cultural implications in our daily lives. Upon completion of the course, students should be able to (1) understand the sociological method of enquiry, its key ideas, concepts and perspectives and its application to the study of the relationships between sport, recreation, culture and society; (2) understand the different issues of sport and recreation in society with key sociological concepts; (3) critically evaluate modern organized sport and recreation in the society; and (4) think critically about sports and recreation as parts of social life.