

PERM 1210 Swimming I (1,1,2)
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)
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)
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)
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)
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)
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)
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)
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)
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.

PERM 1310 Team Sport: Basketball (1,1,2)
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 basketball, (3) be acquainted with the methods and teaching of individual skills and team play, (4) learn various types of offences and defences under game situations, and (5) be familiar with the rules and regulations of basketball.

PERM 1320 Team Sport: Volleyball (1,1,2)
Upon completion of the course, students should be able to (1) achieve the common objectives of skill courses, (2) have knowledge of the scientific bases of volleyball, (3) be acquainted with the methods and teaching of individual skills and team play, (4) learn various types of offences and defences under game situations, and (5) be familiar with the rules and regulations of volleyball.

PERM 1330 Team Sport: Handball (1,1,2)
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 handball, (3) be acquainted with the methods and teaching of individual skills and team play, (4) learn various types of offences and defences under game situation, and (5) be familiar with the rules and regulations of handball.

PERM 1340 Team Sport: Soccer (1,1,2)
Upon completion of the course, students should be able to (1) achieve the common objectives of skill courses, (2) have knowledge of the scientific bases of soccer, (3) be acquainted with the methods and teaching of individual skills and team play, (4) learn various types of offences and defences under game situation, and (5) be familiar with the rules and regulations of soccer game.

PERM 1350 Racket Sport: Badminton (1,1,2)
Upon completion of the course, students should be able to (1) achieve the common objectives of skill courses, (2) have knowledge of the scientific bases of badminton, (3) demonstrate the different techniques of grips, serves, strokes and footwork, (4) demonstrate simple tactics in game situation, (5) understand the methods of teaching, and (6) officiate the game.

PERM 1360 Racket Sport: Table-tennis (1,1,2)
Upon completion of the course, students should be able to (1) achieve the common objectives of skill courses, (2) have knowledge of the scientific bases of table-tennis, (3) demonstrate the different techniques of grips, serves, strokes and footwork, (4) demonstrate simple tactics in game situation, (5) understand the method of teaching, and (6) officiate the game.

PERM 1370 Racket Sport: Tennis (1,1,2)
Upon completion of the course, students should be able to (1) achieve the common objectives of skill courses, (2) have knowledge of the scientific bases of tennis, (3) demonstrate the different techniques of grips, serves, strokes and footworks, (4) demonstrate simple tactics in game situation, (5) understand the methods of teaching, and (6) officiate the game.

PERM 1380 Racket Sport: Squash (1,1,2)
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 squash, (3) demonstrate the different techniques of grips, serves, strokes and footwork, (4) demonstrate simple tactics in game situation, (5) understand the methods of teaching, and (6) officiate the game.

PERM 1390 Alternative Sports and Games (1,1,2)
This course enables students to (1) comprehend and demonstrate an understanding of the latest trends of the "City Sports and X Games" such as golf, bicycling, war games, roller skating and water skiing; (2) acquire essential skills to participate in various most up-to-date "City Sports and X Games"; and (3) understand the social and physical influences of the "City Sports and X Games".

PERM 2120 Theory and Practice in Physical Education and Recreation (3,3,0)
Prerequisite: PERM 1110 Historical and Philosophical Foundation in Physical Education and Recreation
This course aims to (1) provide students with a social science discipline foundation to recreation management and physical education; (2) develop students' understanding of the theoretical basis of recreation/leisure behaviours that have practical

implications to the performance of their future professional duties; (3) prepare students for their professional development as activity leaders, programmers, recreation managers/providers, policy makers and physical educators; (4) help students to develop a strong theoretical base for their subsequent studies in the course, and a firm base for their future professional practice; and (5) provide students an opportunity to examine contemporary issues of recreation and physical education from different disciplinary perspectives, including psychological, sociological, philosophical and management perspectives.

PERM 2170 Prevention and Care of Sports Injuries (3,3,0)

Prerequisite: PERM 1120 Human Anatomy and Physiology
Upon completion of the course, students are expected to (1) identify the basic classification of injury etiology and mechanisms, (2) demonstrate the skills of proper handling of acute sports injuries, (3) have a solid understanding of indications and contraindications of treatments related to specific injury trauma, and (4) obtain a certificate of first aid and safety.

PERM 2220 Internship (2,0,2)

This two-unit course requires the second 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.

PERM 2610 Health Fitness Evaluation and Assessment (3,3,1)

Prerequisite: PERM 1120 Human Anatomy and Physiology
This course enables students to have (1) a thorough understanding of both the laboratory and field assessment of various health fitness components, (2) practical hands-on experiences for such assessment, and (3) the ability to interpret health fitness testing results as well as to prescribe proper health fitness programmes thereafter.

PERM 2760 Sociology of Sport and Recreation (3,3,0)

Prerequisite: PERM 1110 Historical and Philosophical Foundation in Physical Education and Recreation
This course enables students 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.

PERM 3110 Research Methods (3,3,0)

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)

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,*,*)

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)

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)

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)

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)

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.

PERM 3710 Public and Community Recreation (3,3,0)

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

This 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) introduce to students different approaches in the management of recreation; (4) provide students with a greater awareness of the ways in which community sports may differ from traditional sport; and (5) develop students' understanding of the roles of recreation and leisure in our society.

PERM 3720 Marketing in Leisure Services (3,2,1)

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

This course focuses on the importance of marketing in leisure services. The techniques and applications are also included in the course so as to enable the students to understand the concepts through implementation as a whole. The objectives of the course