

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