



香港浸會大學  
HONG KONG BAPTIST UNIVERSITY



體育及運動學系  
Department of Sport and Physical Education



# Bachelor of Arts (Hons) Degree in Physical Education and Recreation Management 體育及康樂管理文學士(榮譽)學位課程

Course Areas 科目範疇：

- ▶ Sport Science Foundation 運動科學基礎理論
- ▶ Sport & Recreation Management 運動與康樂管理
- ▶ Internship and Research 實習及研究
- ▶ Sport Skills 各項運動技能

# Message by the Head of Department



“ The UGC-funded undergraduate programme (Physical Education and Recreation Management, since 1992) is the first degree programme specializing in recreation management in Hong Kong. Our alumni work as administrators, sport coaches, physical education teachers, managers, and officers in national sport associations, Leisure & Cultural Services Department, non-government organizations, schools, recreation camps, sport and recreation clubs, fitness clubs, and disciplinary forces. ” — **Prof. Julien S. Baker**

## Introduction

In 1992, Hong Kong Baptist University offered the first Bachelor of Arts (Hons) Degree in Physical Education and Recreation Studies. The programme was retitled to Physical Education and Recreation Management (PERM) in 1997. Totally, over 900 graduates of the programme are now working in PE, sport and recreation fields.

## Objectives

- To provide students with sufficient depth and breadth of knowledge, skills and practical experience in the disciplines of physical education, sport and recreation management.
- To enable students to embark upon a wide variety of careers.



# Selected Courses

## A. Major Required Courses (36 units)

### Theory Courses (3 Units)

#### For Examples:

- ▶ Human Anatomy and Physiology
- ▶ Sport and Exercise Psychology
- ▶ Exercise Physiology
- ▶ Research Methods
- ▶ Theory and Practice in Sport and Recreation Management

### Skill Courses (1 Unit)

#### For Examples:

Swimming, Conditioning & Fitness, Dance, Gymnastics, Track & Field, Outdoor Pursuits



## B. Major Elective Courses (20 units)

### Theory Courses (3 Units)

#### For Examples:

- ▶ Nutrition and Health
- ▶ Facility Management
- ▶ Marketing in Sport and Leisure Services
- ▶ Outdoor Recreation
- ▶ Recreation Programming and Event Management

### Skill Courses (1 Unit)

#### For Examples:

Badminton, Golf, Squash, Table-Tennis, Tennis, Taekwondo, Tai Chi, Basketball, Handball, Soccer, Volleyball



## C. Internship-Local Placement (2 units) and Internship-Overseas Placement (2 units)

Students can acquire practical work experience by fulfilling 250 hours of local internship in agencies such as National Sport Organizations, Leisure and Cultural Services Department and 250 hours of overseas internship in agencies such as Walt Disney World, Recreation and Sports Camp in USA, Australia and Taiwan etc.



## D. Honours Project (6 units)

Students are required to initiate, conduct and write up a research project in the final year of studies by integrating professional knowledge and research skills into the project.



Student exchange programme in Australia



Student exchange programme in Korea

## Career Opportunities

- ▶ Government
- ▶ Non-Government Agencies
- ▶ National Sport Associations
- ▶ Private Clubhouses
- ▶ Fitness Clubs
- ▶ Recreation Camps
- ▶ Sport Media
- ▶ Teaching Physical Education in Schools
- ▶ Disciplinary Forces

Department of Sport and  
Physical Education

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