

***HONG KONG BAPTIST UNIVERSITY***

Department of Sport, Physical Education and Health

STUDENT HANDBOOK  
FOR THE  
BACHELOR OF ARTS (HONS) DEGREE  
IN  
PHYSICAL EDUCATION AND RECREATION  
MANAGEMENT  
2021 - 2022  
(Section 2 - Programme Structure)

Website: <http://speh.hkbu.edu.hk/>

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## **SECTION 2**

### **PROGRAMME STRUCTURE**

#### **2.1 Basic Structure**

The Programme is designed to emphasize education that trains students with intellectual, physical, and social skills which are important in various occupational areas.

Students are required to complete a minimum 128 units (Major 66 units, General Education 31 units, Free Elective 30 units, Social Sciences Common Core 1 unit) of courses for graduation.

The programme structure of the Bachelor of Arts (Hons) Degree in Physical Education and Recreation Management is divided into 4 main areas of study: Major Courses, General Education Courses, Free Electives Courses and Social Sciences Common Core. This structure requires 128 units distributed as follows:

	Units
Major Courses	66
General Education Courses	31
Free Elective Courses	30
Social Sciences Common Core Courses	1
	<hr/>
Total:	128

A student should take note of specific requirement of General Education Courses as well as the graduation requirements, i.e., completion of a minimum of 36 units of courses (including Honours Project) at the upper level (Level 3 and 4), and attainment of foundation Putonghua proficiency.

#### **2.2 Programme Contents**

The PERM programme consists of 66 units of major courses comprising of 8 major required courses (24 units), 4 research and methodology courses (12 units), 6 required skill courses (6 units), 2 major elective skill courses (2 units), 6 major elective courses (18 units), 2 internship courses (4 units).

The PERM programme offers dual foci in both “Physical Education” and “Recreation Management”. The major required courses are composed of basic sport science courses that are related to the human movement and sports studies, including “Human Anatomy & Physiology”, “Sport & Exercise Psychology”, “Exercise Physiology”, “Prevention & Care of Sport Injuries” & “Motor Learning & Development”... etc. At the same time, other major required courses are management-related, including “History & Philosophy of Physical Education, Sport & Recreation”, “Organization & Administration in Physical Education & Recreation”, and “Theory & Practice in Sport & Recreation Management”.

Based on the same principle, some major elective courses are sport and physical education related: “Fitness & Recreation for Selected Population”, “Health Fitness Evaluation & Assessment”, “Kinesiology”, “Nutrition & Health”, “Coaching Theory and Methodology”, “Outdoor Recreation” and “Principles and Practice of Exercise and Weight Management”.

The other major elective courses are management related: “Sociology of Sport and Recreation”, “Recreation Programming and Event Management”, “Sport Media & Public Relation”, “Introduction to Horticulture”, “Facility Management”, “Financial & Human Resources Management in Leisure Services”, “Leadership and Communication in Sport and Recreation” & “Marketing in Sport & Leisure Services”.

The programme has built-in skill courses with a total of 17 different sport skills. Six of them are required skills: Swimming, Track & Field, Gymnastics, Conditioning & Fitness, Dance and Outdoor Pursuits. Students are asked to take two additional elective skill courses to fulfill the programme requirement.

The PERM programme has established ‘one semester off-campus programme’ in which students can choose to apply for exchange in the first semester of the 3<sup>rd</sup> year.

Since the University degree has an “Honours” component, all students are required to complete the Level 4 course of “Honours Project” in the fourth year of study. Honours Project is intended to prepare a student with individual initiative for independent research and problem solving either at the

postgraduate level or as a physical education and recreation professional. Topic selection takes place near the end of year three and the student is under the guidance of an academic staff who will serve as the Adviser for the Honours Project thereafter.

Lastly, the PERM has a distinct component of a 2-unit “Internship-Local Placement” & a 2-unit “Internship-Overseas Placement” courses. Students are required to complete 250 hours of “Internship-Local Placement” in local sport and recreation agencies such as YMCA or National Sport Associations and 250 hours of “Internship-Overseas Placement” in overseas sport and recreation agencies such as the Walt Disney World International Cultural Programme, USA Camp Site, Taiwan Outward Bound School etc. The internship allows students to gain first-hand knowledge and understanding of community structure. It also gives students opportunities to experience contacts with professionals on the jobs and to integrate knowledge and theories with practical skills. Students are required to possess a valid first-aid qualification offered by Auxiliary Medical Services/Red Cross/St. John’s or equivalent organizations. Students are also required to attend a minimum of two conferences/workshops/seminars/academic activities offered or approved by the Department of Sport, Physical Education and Health or the University before being allowed to take “Internship-Overseas Placement in their Year 3 summer break.

#### **PERM Curriculum Structure**

Major Required Courses	<u>Units</u>	<u>Units</u>
Core Courses		24
Research & Methodology Courses		12
Skill Courses		8
(1) Required Skills Courses	6	
(2) Elective Skills Courses	2	
Internship		4
(1) Internship-Local Placement	2	
(2) Internship-Overseas Placement	2	
Major Elective Courses		<u>18</u>
	Total:	66

## A MAJOR REQUIRED COURSES

The Major Required Courses include 66 Units.

(1)	<u>Core Courses</u>		Units
	PERM 1006	Human Anatomy and Physiology	3
	PERM 1007	Sport and Exercise Psychology	3
	PERM 1015	History and Philosophy of Physical Education Sport and Recreation	3
	PERM 2005	Exercise Physiology	3
	PERM 2006	Organization and Administration in Physical Education and Recreation	3
	PERM 3027	Prevention and Care of Sports Injuries	3
	PERM 3037	Motor Learning and Development	3
	PERM 3046	Theory and Practice in Sport and Recreation Management	3 —
			24
(2)	<u>Research and Methodology Courses</u>		
	PERM 2007	Tests and Measurement	3
	PERM 3006	Research Methods	3
	PERM 4898	Honours Project	3
	PERM 4899	Honours Project	3
			—
			12
(3)	<u>Skill Course</u>		
	<u>Required Skills Courses</u>		
	PERM 1305	Swimming	1
	PERM 1306	Conditioning & Fitness	1
	PERM 1307	Dance	1
	PERM 1315	Gymnastics	1
	PERM 1316	Track & Field	1
	PERM 1317	Outdoor Pursuits	1
			—
			6
	<u>Elective Skills Courses</u>		
	PERM 1425	Badminton	1
	PERM 1426	Golf	1
	PERM 1427	Squash	1
	PERM 1435	Table-Tennis	1
	PERM 1436	Tennis	1
	PERM 1445	Taekwondo	1
	PERM 1446	Tai Chi	1

	PERM 1447	Basketball	1	
	PERM 1455	Handball	1	
	PERM 1456	Soccer	1	
	PERM 1465	Volleyball	1	2
			—	
(4)	Internship			
	PERM 3056	Internship – Local Placement	2	
	PERM 3057	Internship – Overseas Placement	2	4
			—	—
		Sub-Total:		48

## B MAJOR ELECTIVE COURSES

Students are required to select 6 courses\* among the following 15 courses offered by the Department according to their interest for more specialized study.

*\*Students have to fulfil the 3-unit coursework derived from Social Sciences Common Core-Experiential Learning in Action by taking one more PERM Major Elective course. Hence, students are required to take a total of 18 units of PERM Major Elective Theory courses and not required to SOSC 3005 and SOSC 3006.*

PERM 3007	Sociology of Sport and Recreation	3
PERM 3015	Recreation Programming and Event Management	3
PERM 3016	Fitness and Recreation for Selected Population	3
PERM 3017	Health Fitness Evaluation and Assessment	3
PERM 3025	Kinesiology	3
PERM 3026	Nutrition and Health	3
PERM 3045	Sport Media and Public Relation	3
PERM 3047	Coaching Theory and Methodology	3
PERM 3055	Introduction to Horticulture	3
PERM 4005	Facility Management	3
PERM 4006	Financial and Human Resources Management in Leisure Services	3
PERM 4007	Leadership and Communication in Sport and Recreation	3

PERM 4016	Outdoor Recreation	3	
PERM 4017	Principles and Practice of Exercise and Weight Management	3	
PERM 4115	Marketing in Sport and Leisure Services	3	18
		—	—
	Sub-Total:		18
	Total:		66

### 2.3 General Education Courses

The General Education Courses comprised of 31 units, included 13 units of University Core Requirements and 18 units of General Education Requirements.

I.	University Core			13
	University English I & II		6	
	University Chinese		3	
	Healthy Lifestyle		2	
	The Art of Persuasion		2	
II.	General Education Programme			18
	Level I	Foundational Courses	9	
		All students are required to take one 3-unit course in each of the categories: 1. History and Civilization (3 units) 2. Values and the Meaning of Life (3 units) 3. Quantitative Reasoning (3 units)		
	Level II	Interdisciplinary Thematic Courses	6	
		All students are required to take two 3-unit courses under any one or two of the following themes: 1. Science, Technology and Society 2. Sustainable Communities 3. Culture, Creatively and Innovation		
	Level III	GE Capstone	3	
		Total:		31

### 2.4 Free Elective Courses

The Elective Courses include 30 units.



## 2.5 Social Sciences Common Core

(1)	Core Course			1
	SOSC 1006	Invitation to Social Sciences		
(2)	Experiential Learning in Action* <i>*Students have to fulfil the 3-unit coursework derived from Experiential Learning in Action by taking one more PERM Major Elective course. Hence, students are required to take a total of 18 units of PERM Major Elective Theory courses and not required to SOSC 3005 and SOSC 3006.</i>			3
	SOSC 3005	Community and Civic Engagement	3	
	SOSC 3006	Global Outreach	3	
		Total:		4