

Undergraduate Programme Course List (2025/26)

Programme Title:	Bachelor of Science (Honours) in Sports Science and Coaching (Four-year Full-time)
Programme Short Name:	BSc(SPSC)
Programme Code:	A4B096
Year of Entry:	2025/26

Major Course List (Year 1 Admissions)

Course Code	Course Title	Remarks	
Major Core (33 cps)		Students who are admitted to the BSc(SPC) programme through Year 1 admissions will be eligible to select one of the two strands, namely Sports Coaching, or Digital Technology and Sports, in their Years 3 and 4 studies.	
PES1272	Introduction to Practical and Theoretical Considerations in Sports Coaching		
PES1273	Physical Activity and Health Promotion		
PES1274	Sports Management and Development		
PES1275	Sports and Exercise for Special Populations		
PES2276	Human Anatomy		
PES2277	Exercise Programme and Design		
PES2278	Exercise Physiology		
PES3280	Pedagogy and Practice in Sports Coaching		
PES3297	Sports Performance and Movement Analysis		
PFS3065	Life Education and Whole-person Development		
TBC (Level 4)	Sports Development: Elite Sports, Sports Marketing and Sports Event		
Major Core (for Sports Coaching Strand only) (15 cps)			
PES3283	Motor Skill Acquisition, Control and Development		
PES3284	Introduction of Sports Injury and Prevention		
PES3285	Sports Nutrition for High Performance		
PES4289	Strength and Conditioning		
PES4290	Psychology for Sports and Exercise		
Major Core (for Digital Technology & Sports Strand only) (15 cps)			
TBC (Level 3)	Introduction to Sports Technology		
TBC (Level 3)	Measurement and Statistics in Exercise and Sports Science		
TBC (Level 3)	Data Science in Sports and Exercise		
TBC (Level 4)	Sports Event and Environmental Management		
TBC (Level 4)	Application of Technology in Physical Activity and Health Promotion for Contemporary Society		
Major Interdisciplinary Course (3 cps)			
PFS4067	Life Coaching Through Sports		
Living and Working in Our Country (3 cps)			
* TBC	Sports Science and Coaching in Mainland China		
Cross-Faculty Core Course (3 cps, 1 cp for each Component)			
Component I: Basic Law and National Security Education			
Component II: Visits in Greater Bay Area			
Component III: Various Themes (linked to the University’s development niche areas)			
Internship (3 cps)			

Course Code	Course Title	Remarks
PES4292	Internship	
Final Year Project (6 cps)		
PES4293	Honours Project I: Research Methods and Proposal	Students can opt for an Honours Project or a Capstone Project.
PES4294	Honours Project II: Research Report	
PES4295	Capstone Project I: Research Methods and Proposal	
PES4296	Capstone Project II: Project Output	

Major Course List (Senior Year Admissions)

Course Code	Course Title	Remarks
Major Core (24 cps)		
PES3297	Sports Performance and Movement Analysis	
PES3283	Motor Skill Acquisition, Control and Development	
PES3284	Introduction of Sports Injury and Prevention	
PES3285	Sports Nutrition for High Performance	
PFS3065	Life Education and Whole-person Development	
PES4289	Strength and Conditioning	
PES4290	Psychology for Sports and Exercise	
PES4291	Sports Marketing and Event Management	
Major Interdisciplinary Course (3 cps)		
PFS4067	Life Coaching Through Sports	
Cross-Faculty Core Course (3 cps, 1 cp for each Component)		
Component I: Basic Law and National Security Education		
Component II: Visits in Greater Bay Area		
Component III: Various Themes (linked to the University’s’ development niche areas)		
Internship (3 cps)		
PES4292	Internship	
Final Year Project (6 cps)		
PES4293	Honours Project I: Research Methods and Proposal	Students can opt for an Honours Project or a Capstone Project.
PES4294	Honours Project II: Research Report	
PES4295	Capstone Project I: Research Methods and Proposal	
PES4296	Capstone Project II: Project Output	

Programme Package

Course Code	Course Title	Remarks
Compulsory Course (3 cps)_		The Programme Package falls under the Minor / Elective domain and is compulsory.
PFS3066	21 st Century Skills and Values Education	
Elective(s) (Year 1 Admissions: Choose 2 out of 3 courses, 6 cps; Senior Year Admissions: Choose 1 out of 3 courses, 3 cps)		
PES3287	Practical Sports Skill Training	
PSY3087	Mindfulness, Sports and Wellbeing	
PSY4086	Positive Psychology in Sports	