



香港教育大學
The Education University
of Hong Kong

Bachelor of Science (Honours) in Sports Science and Coaching

Year 1 Admissions

Senior Year Admissions

EdUHK Programme Code: A4B096

JUPAS Code: JS8726



FACULTY OF LIBERAL ARTS AND SOCIAL SCIENCES

博文及社會科學學院



Programme Introduction

BSc(SPSC) empowers students to transform their passion for sports into a successful career, equipping them with the essential knowledge and skills required to respond to the societal trends and needs to seize emerging opportunities, and excel in the dynamic sports and sports-related industry.

Students have to select one of the two strands, namely **Sports Coaching**, or **Digital Technology and Sports**, for their Years 3 and 4 studies.



Programme Features

- Integration of the subject knowledge of sports science, coaching, technology, and life education provides a comprehensive and in-depth training, leading to a wide range of career paths;
- Advanced courses with cutting-edge knowledge and theory allow students to keep ahead of peers, striving for success and excellence in the academic field(s) and workplace;
- Transforming students into sports coaching or sports technology professionals with solid theoretical knowledge through a comprehensive and in-depth programme curriculum to respond to the societal trends and needs to seize emerging opportunities;
- The internship training opportunities in Hong Kong, the Greater Bay Area, and overseas sports organisations provide an excellent chance for students to have a dialogue with sports leaders, build connections, enrich knowledge and skills, and lay a foundation for their future careers; and
- Diversified and professional in-class and out-of-class learning activities help students bridge the theory into practice and understand the Hong Kong sports policy and the development of the sports industry to keep tabs on the pulse of society.

Experience Sharing



Lam Yiu Fung
2026 Graduate

I chose a challenging capstone project: designing an Augmented Reality (AR) fitness game that integrates sensory tools (Calm Bottles) to support students with ADHD, enhancing their sports participation, physical coordination, and concentration. It became a truly rewarding experience, strengthening both my confidence and personal growth.

Even though I found that my knowledge of STEAM and coding was not enough when I started the project, I did not give up. I studied hard to close the gaps and actively sought guidance from my supervisor to turn my ideas into a workable prototype. With continued support from my supervisor and my unwavering effort, I overcame academic and technological challenges and stayed on track throughout the design, trial, and refinement stages. I am so grateful to participating students and schools for their patience, cooperation, and valuable feedback during the trials.

Overall, I would like to thank the programme for providing a platform for me to challenge myself and build resilience and readiness for my future as an educator, as well as my supervisor for the illuminating guidance and steadfast support.

I am about to begin a new chapter in my life as I pursue a Postgraduate Diploma in Education (PGDE) programme, majoring in Physical Education, with the goal of becoming a PE teacher. The four-year, rewarding learning experience in the BSc(SPSC) programme has equipped me to be a well-prepared candidate for the PGDE offer.

The BSc(SPSC) programme provided me with essential theoretical foundations in sports science and coaching, including human anatomy, exercise physiology, sports injury and prevention, biomechanics, motor skill acquisition, and coaching pedagogy. These subjects have built a strong base for my understanding of how students learn, develop, and perform in physical education, and how to apply professional, evidence-based approaches in teaching.

In addition, the programme offered extensive learning opportunities in sports technology. This experience helps me respond to the growing trend of STEAM integration in education. By learning the latest STEAM technologies and their application in teaching, I have built up the confidence to design more engaging, interactive learning lessons for students.

Finally, I would like to take this opportunity to thank the programme for the enlightening journey and the invaluable support received throughout my studies.

Fung Choi Lam
2026 Graduate



Liu Zhining
Year 4 Student

I am truly honored to join the four-week Shanghai exchange programme, co-organised by the Department of Health and Physical Education at the Education University of Hong Kong and the College of Physical Education and Health at East China Normal University.

The programme offered a rich range of activities covering every aspect of sports, including classes in traditional Chinese martial arts, sports psychology, the implementation of a new PE curriculum for primary and secondary schools, research methods, and most excitingly, AI in PE and sports.

A site visit during the exchange was especially enlightening. We attended a secondary school in Shanghai and observed an intelligent PE classroom system based on human posture recognition. The system can automatically record repetitions of exercises such as jumping jacks and rope skipping, then generate data reports on each student's individual activity to help teachers monitor progress. It also performs motion analysis by capturing joint angles during

activities like fencing or rope skipping, evaluating movement standardisation, and providing corrective suggestions to support better technique.

Overall, it broadened my perspective and deepened my understanding of how AI can enhance learning in PE and sports performance.



Chan Hoi Ling
Year-3 Student

With fierce competition, I am especially proud and joyful to have been admitted to the Performance Analysts Transforming Horizons (PATH Academy) under the Honours College. Sponsored by the Honours College, I had the opportunity to participate in an exchange programme at the University of California, Berkeley, in the United States.

During the one-month exchange, I was able to exchange ideas with world-class professors and students and to learn directly from rugby and football analysis professionals. These experiences broadened my global perspective and introduced new ways of thinking into my studies of sports science, coaching, and technology. In addition, observing professional analysis and elite coaching environments up close gave me deeper insights into tactical strategy and athletic performance.

I am truly thankful to the University and the Honours College for this unique and valuable learning opportunity.

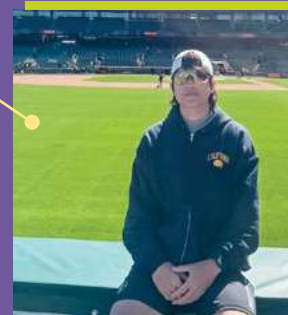
I am a sports enthusiast determined to make lasting contributions to the sports industry. Through the Honours College, I gained valuable knowledge and skills in sports performance analysis, which will enable me to contribute to the field as a sports performance analyst.

I was able to observe firsthand how sports performance analysts evaluate training sessions and match performance for Hong Kong's rugby and football teams. This experience deepened my understanding of how data-driven insights can guide athletic preparation, inform tactical decision-making, and support continuous performance improvement.

In addition, I was given the chance to participate in an exchange programme at University of California, Berkeley, in the United States. Studying at a top-tier university and integrating into the local sports community broadened my academic perspective and accelerated my personal growth. Beyond the classroom, I was enriched through active engagement, collaboration with others, and exposure to different sporting cultures and training approaches.

Overall, these experiences offered by Honours College enriched my knowledge, strengthened my adaptability, and motivated me to continue developing myself in both scholarship and sports-related pursuits.

Zhang Chi Kit
Year-3 Student



Lee Hiu Yau
Year-3 Student

As an archer in Hong Kong, I am grateful for the support of The Education University of Hong Kong (EdUHK). Balancing training, competition, and academic responsibilities is never easy, especially when travel and intensive preparation are part of the life of an athlete. Through the Student-Athlete Learning Support and Admission (SALSA) Scheme, I received thoughtful learning support and clear academic guidance, which helped me stay on track in my studies with great confidence.

I also want to express my sincere appreciation to the University for creating a caring environment where student-athletes are truly understood and supported.

Encouragement, tolerance, and practical assistance by academic advisors and teaching staff enabled me to manage my schedule, meet learning goals, and continue improving both on the range and in the classroom.



Students participated in a seven-day academic visit to Peking University under the “Ten Thousand People Plan”



Students participated in a 4-week academic exchange in Shanghai

Programme Structure

Domain		Credit Points	
		Year 1 Admissions	Senior Year Admissions
Major	Major Core	48	24
	Cross-Faculty Core Course	3	3
	Living and Working in Our Country	3	/
	Major Interdisciplinary Course	3	3
	Internship	3	3
Minor / Electives	Programme Package	9	9
	Minor / Elective	15	6
General Education		22	6
Language Enhancement		9	0
Final Year Project (Honours Project / Capstone Project)		6	6
Total		121	60

Career Prospect

Students are prepared for a wide range of careers in the sports and sports-related industries, including the commercial sector (e.g. sports manager, sports and leisure officer, sports coach, sports data analysis, sports administrative officer, etc.) and public sector (e.g. LCSD assistant leisure services manager, sports science officer, strength and conditioning coach, camp manager, etc.). Graduates may choose to pursue a teaching career by completing an additional year of professional teacher training (e.g. Postgraduate Diploma of Education (Physical Education)) or undertake further studies locally (e.g. Master of Social Sciences in Sports Coaching and Management offered by EdUHK) or overseas.

Entrance Requirements

Year 1 Admissions

HKDSE students should have:

- Level 3 or above in Chinese Language and English Language; and
- Level 2 or above in Mathematics (Compulsory Part); and
- “Attained” in Citizenship and Social Development; and
- Level 2 or above in any two elective subjects.

Shortlisted applicants may be required to attend an interview.

Senior Year Admissions

Applicants should normally hold

- an Associate Degree in related disciplines from any recognised institutions; or
- a Higher Diploma in related disciplines from any recognised institutions.

Applicants who possess equivalent qualifications will be considered on a case-by-case basis. Shortlisted applicants may be required to attend an interview.

We are an ***Elite Athlete Friendly University***.
Elite Athletes are welcome to apply for the programme through the
Student-Athlete Learning Support and Admission (SALSA) Scheme.

Admission Enquiries

☎ (852) 2948 6886
✉ admission@eduhk.hk
🌐 www.apply.eduhk.hk/ug

Programme Enquiries

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Any aspect of the courses and course offerings (including, without limitation, the contents of the course and the manner in which the course is taught) may be subject to change at any time at the sole discretion of the University if necessary. Without limiting the generality of the University's discretion to revise the courses and course offerings, it is envisaged that changes may be required due to factors including staffing, enrolment levels, logistical arrangements, curriculum changes, and other factors caused by change of circumstances. Tuition fees, once paid, are non-refundable.

Students admitted into this programme are required to visit the Greater Bay Area (GBA) and/or other parts of the Chinese Mainland. The programme may also require students to participate in other non-local learning experience for completion of the programme. While the visits are subsidised, students are required to contribute part of the estimated cost of the visits ('students' contribution'), whereas any personal entertainment, meals expenses, travel document fee and personal insurance costs shall be at students' own expense. The estimated cost of the visits and students' contribution for students admitted to the coming cohort is yet to be available due to a variety of factors such as inflation of cost of the visits, trip duration, traveling expenses, the exchange rate, etc.