



香港教育大學  
The Education University  
of Hong Kong



JUPAS Code: JS8726 | EdUHK Programme Code: A4B096

# Bachelor of Science (Honours) in Sports Science and Coaching

[Year 1 Admissions / Senior Year Admissions]



FACULTY OF LIBERAL ARTS AND SOCIAL SCIENCES  
博文及社會科學學院

## UGC-funded Programme

### 教資會資助課程

## Bachelor of Science (Honours) in Sports Science and Coaching

(Four-year Full-time)

(Year-1 Admissions)

(Senior Year Admissions)

### 運動科學及教練榮譽理學士

(四年全日制)

(一年級入學)

(高年級入學)



Department of  
Health and  
Physical Education



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# Programme Introduction

# Programme Personnel

The Programme is hosted and administered by

FACULTY OF LIBERAL ARTS AND  
SOCIAL SCIENCES

博文及社會科學學院

Tai Po Office: B2-G/F-04

Website:

<http://www.eduhk.hk/flass>



## Programme Leader

Ms CHAN Ka Man Carmen

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## Associate Programme Leader

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## Internship Coordinator

Ms TAM Sze Man Simone

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# Programme Aims

## Prepare

Competent sports science and coaching professionals

## Equip

Students with essential knowledge and technology in sports science, coaching and performance with practical experience.

## Address

The urgent community and market needs of improving personal performance and health by providing professional guidance and advice through active participation in physical activity, exercise, or sports.

# Programme Features



## Internship

- The internship training opportunities in Hong Kong, the Greater Bay Area, and overseas sports organizations will 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;



## Integration of various subject knowledge

- Integration of the subject knowledge of sports science, coaching, technology, and life education provides comprehensive training, leading to a wide range of career paths; and



## Professional Teaching Team

- Teaching cutting-edge knowledge by a professional team with leading roles in sports and life education allows students to keep ahead of peers and seize opportunities, striving for success and excellence in the academic field(s) and workplace.

# Programme Structure

Domain		Components	Year 1 Admissions	Senior Year Admissions
			Credit Points (cps)	
Major	Major Core		51	27
	Cross-Faculty Core Course		3	/
	Major Interdisciplinary Course		3	3
	Internship		3	3
Final Year Project (Honours Project / Capstone Project)			6	6
Electives / Minor			24	15
General Education			22	6
Language Enhancement			9	/
<b>Total:</b>			<b>121</b>	<b>60</b>
<b>Information Technology Competency Requirement (Non-credit bearing)</b>				

# Programme Structure (For Year-1 Admission)

## *Important Notes:*

1. The programme's curriculum structure is currently under review and is subject to approval
2. Students admitted into this programme starting from the 2023/24 cohort are required to visit the Greater Bay Area (GBA) for a short trip (e.g. 1-day or 2-day 1-night trip) in order to complete the Cross-Faculty Core Course. While the GBA trip is heavily subsidised, students are still required to contribute 18% of the estimated cost of the trip ("student contribution"), whereas personal entertainment, meals expenses, travel document fee and personal insurance costs will not be supported. The estimated cost of the GBA trip for students admitted to the 2023/24 cohort is not available yet as it is subject to a variety of factors such as changes to the cost of the GBA trip as a result of inflation, trip duration, traveling expenses, the exchange rate, etc. The exact amount of student contribution is thus not available.
3. Classes will be held in Tai Po Campus and Tseung Kwan O Study Centre / Kowloon Tong Satellite Study Centre / Sports Centre as decided by the University.

# Programme Course

Year 1 Major Core ( 15 cps)	
Course Code	Course Name
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
Year 2 Major Core (12 cps)	
PES2277	Exercise Programme and Design
PES2278	Exercise Physiology
PES3279	Elite Sports Development
PES3280	Pedagogy and Practice in Sports Coaching

Remark: The course list is subject to change and approval



# Programme Course

## Year 3 Major Core (15 cps)

Course Code	Course Name
PES3281	Human Movement Analysis
PES3282	Sports Performance Analysis
PES3283	Motor Skill Acquisition, Control and Development
PES3284	Introduction of Sports Injury and Prevention
PES3285	Sports Nutrition for High Performance

## Year 4 Major Core (12 cps)

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
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# Programme Course

Internship (3 cps)	
Course Code	Course Name
PES4292	Internship
Final Year Project (6 cps)	
PES4293 / PES4295	Honours Project I: Research Methods and Proposal / Capstone Project I: Research Methods and Proposal
PES4294 / PES4296	Honours Project II: Research Report / Capstone Project II: Project Output

# Programme Course

## Compulsory (3 cps)

Course Code	Course Name
PFS3066	21st Century Skills and Values Education

## Elective (6 / 3 cps)

Year-1 Admissions: Choose **TWO** from below  
Senior Year Admissions: Choose **ONE** from below

Course Code	Course Name
PES3287	Practical Sports Skill Training
PSY3087	Mindfulness, Sports and Wellbeing
PSY4086	Positive Psychology in Sports

# Honours/Capstone Project & Internship

## Year 3 – Semester 2

Honours Project I: Research Methods and Proposal /

Capstone Project I: Research Methods and Proposal

## Summer Semester

Internship

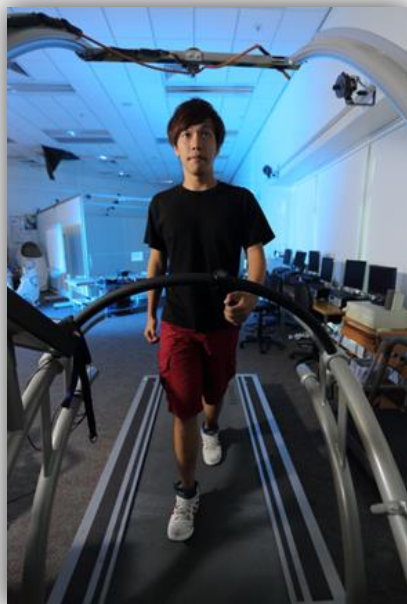
## Year 4 – Semesters 1 & 2

Honours Project II: Research Report\* /

Capstone Project II: Project Output /

\*Pre-requisite course: Honours/Capstone Project (Phase I): Research Methods and Proposal





The background is a solid dark blue color. It features several abstract, organic shapes in yellow and orange. In the top right, there is a large yellow shape with a small orange circle inside it. Below this is an orange shape. In the bottom left, there is a yellow circle overlapping a teal shape. In the top left, there are thin, overlapping orange lines. A small teal circle is also visible on the left side.

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**Flexible Study**

# Flexible Study

Lifesaving World Championship – National Teams Youth RICCIONE (ITALY)  
Line Throw (Woman)  
Champion

Li Yan Tung [BSc(SPSC) Year-1 Student (in 2022/23)] and Ching Oi Ki



Photo Credit: Takumi Images



# Flexible Study

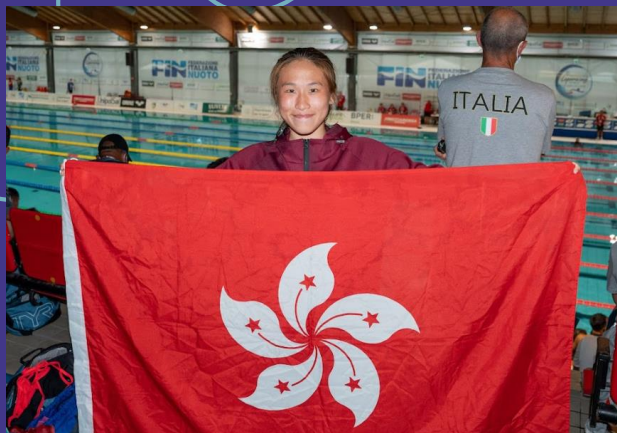


Photo Credit: Takumi Images

“我是李欣彤，現役香港拯溺隊精英泳池隊隊員，現正在香港教育大學修讀「運動科學及教練榮譽理學士課程」。

在大學的本科課程，我學習到有關運動科學及教練學的基礎知識，為日後進修研習高階學科知識，打下良好的基礎。教大的選修課程十分多元化，我選擇了與運動相關的科目來修讀。從中，我體驗到各種不同種類的運動項目，擴闊了個人視野，亦豐富了人生經驗。教大的本科課程和選修課程可以互相配合，有助實踐個人志向。在未來數年，我熱切期盼學習到更多與運動科學和教練學有關的知識，並希望加以應用到個人訓練當中，持續提升運動表現。

在大學校園中，我得到各個學系的老師及同學的關顧，十分感恩！大學提供的彈性上課安排和同學的支持，讓我可以專注比賽，實現學業和運動雙軌發展。最後，我有幸在世界拯溺錦標賽女子青年組拋繩賽奪得冠軍，為港爭光，當中有乃教大的全力支持！”



03

**Career Prospects &  
Postgraduate Study**

# Career Prospects

## COMMERCIAL SECTOR

- Sports Coach
- Sports and Recreation Officer
- Occupational Health & Safety Consultant
- Personal Trainer
- Sports Event Manager
- Sports Marketing Consultant

## PUBLIC SECTOR

- LCSD Assistant Leisure Services Manager
- Sports Science Officer
- Strength and Conditioning Coach
- Camp Manager

# Postgraduate Study



**Postgraduate Diploma of Education  
(Physical Education)**

**Master's degree  
Master of Social Sciences in Sports Coaching and  
Management offered by the EdUHK**





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**Entrance Requirements &  
Interview Tips**

# Entrance Requirements

## Year 1 Admissions (JUPAS)

For students with HKDSE qualifications:

Four core subject and one elective subject with

1. Level 3 or above in English Language and Chinese Language; and
2. Level 2 or above in Mathematics (Compulsory Part), Liberal Studies, and one elective subject, preferably in Biology or Physical Education.

Applicants who have not taken Biology or Physical Education in HKDSE will still be considered.

But priority consideration will be given to applicants who have taken Biology or Physical Education in HKDSE.

Eligible applicants will be invited for the interview which will be conducted in English.



# Admission Score

## Year 1 Admissions (JUPAS)

**THE EDUCATION UNIVERSITY OF HONG KONG**

**2022 Admission Year**

**It is important to note that the admission scores announced here are for reference only. The examination results and admission interview results of students admitted to each programme vary from year to year and should not be used to predict the chance of admission in future years.**

<b>JUPAS Programme Code</b>	<b>Programme Title</b>	<b>Mean Scores</b>	
		<b>Any Best 5 Subjects</b>	<b>Specific HKDSE Subject</b>
JS8726	BSc in Sport Science and Coaching	20	-

# Fierce Competition

**BIG** 大考  
EHQM

與您並肩，共創佳績  
We strive for excellence

## 報讀及取錄統計

香港教育大學的運動科學及教練榮譽理學士課程，在 2022 年，共有 630 名申請者將之填報於組別 A 的課程志願，即首 3 個志願，而成功被取錄的則有 27 人。以組別 A 的報讀和取錄人數計算，平均約 23.3 人競爭一個學額。此課程的競爭情況非常激烈。被取錄的申請者中，100.0% 都是將此課程放在組別 A 的志願。如果這是你心儀的課程，建議你將之放在組別 A 的志願中，以提高被取錄的機會。

2022 – 2023 年度

	報讀統計	取錄統計
組別 A	630 (32.8%)	27 (100.0%)
組別 B	408 (21.3%)	–
組別 C	322 (16.8%)	–
組別 D	305 (15.9%)	–
組別 E	253 (13.2%)	–
總計	<b>1,918</b>	<b>27</b>

組別 A 競爭比率: 23.3

If studying this programme is your dream.....

If sports coach is your dream career

.....

Don't be afraid to compete with others!



# Entrance Requirements

## Year 1 Admissions (Non-JUPAS)

Applicants should normally hold

1. An Associate Degree in related / non-related disciplines from any recognized institutions; or
2. A Higher Diploma in related / non-related disciplines from any recognized institutions.

## Senior Year Admissions (Non-JUPAS)

Applicants should normally hold

1. An Associate Degree in related disciplines from any recognized institutions; or
2. A Higher Diploma in related disciplines from any recognized institutions.

Language Requirements:

HKDSE:

Level 2 or above in English Language (applicable to holders of a recognized AD/HD) &  
Level 2 or above Chinese Language (applicable to holders of a recognized AD/HD)

Applicants who possess equivalent qualifications will be considered on a case-by-case basis.

Eligible applicants will be invited for the interview which will be conducted in English.

# Entrance Requirements

## Senior Year Admissions (Non-JUPAS)

### Normalised Mean cGPAs

Information provided below is for reference only as the actual results of the senior year entrants admitted to each programme may vary from year to year depending on the overall results achieved by applicants in a particular year, the number of applicants applying for a particular programme, etc.

2022/23 Entry		
Programme Title	No. of Admitted Local Senior Year Entrants <sup>#</sup>	Normalised Mean cGPAs <sup>#</sup> (with a cap at 4.00)
Bachelor of Science (Honours) in Sports Science and Coaching <sup>@</sup>	29	3.30

Data as of 7 September 2022

Notes:

<sup>#</sup> The normalised mean cGPA is based on the average cGPA of the local senior year entrants with AD/HD qualifications admitted to a particular study programme in each admission year.

<sup>@</sup>2022/23 is the first intake cohort of the programme.

# Interview Tips

## Applicants are recommended to

1. Make a comprehensive study/research on the curriculum and the career paths of BSc(SPSC) programme;
2. Put all the key messages e.g., sports background, the highest sports achievement, the reasons why you choose this programme and why you think you are the most suitable candidate for this programme, into 2-minute self-introduction;
3. Get yourself familiar with the latest development of the sports that you are interested in e.g., FIFA 11+ programme for football players;
4. Listen carefully to the question and don't be afraid to take some time to think about your answer or ask interviewers to repeat it;
5. Stay calm when you are being challenged;
6. Be yourself, genuine and authentic; and
7. Do more mock interviews.





05

**Nomination Schemes &  
Important Dates**

# EdUHK Self-Nomination Admissions Scheme

## Background

The EdUHK Self-Nomination Admissions Scheme is designed for JUPAS applicants with exceptional potential and outstanding talent in music, sports, STEM or visual arts. Applicants can submit their self-nominations to the related JUPAS programmes of the University.

Applicants shortlisted by the respective subject departments will be interviewed in February or June. Students with excellent performance in the interview(s) will be given priority of admission, if deemed appropriate.

## Physical Education / Sports Related Major

### JUPAS Programme Choice

- Bachelor of Education (Honours) (Physical Education) (Five-year Full-time) (JS8325)
- Bachelor of Science (Honours) in Sports Science and Coaching (Four-year Full-time) (JS8726)

### Eligibility

1. Put the relevant programme(s) as Band A choice in JUPAS application;
2. Demonstrate high sports performance standard in a major sport, such as:
  - Elite athlete in the Hong Kong Sports Institute
  - Current/former Hong Kong National Squad member
  - Current Hong Kong Junior Squad member
  - Outstanding Student athlete in the Hong Kong Schools Sports Federation
  - Outstanding Student athlete in the University Sports Federation of Hong Kong
3. Recommended by Hong Kong Sports Institute, Sports Federation and Olympic Committee of Hong Kong, China, or other sports clubs/ associations/ schools.

**Nomination Deadline:  
30 Dec 2022**



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**Admission / Programme  
Website**

# Admission Website

What are you looking for

JUPAS (HKDSE)

Non-JUPAS (Year-1 Admissions)

Non-JUPAS (Senior Year Admissions)

You can find the admission entrance requirements on Registry Website



## JUPAS (HKDSE)



Entrance Requirements



JUPAS Calendar



Nomination Schemes



Admission Scores

Tuition Fee >

FAQs >



# Programme Website

The screenshot shows the website for the Bachelor of Science (Honours) in Sports Science and Coaching at The Education University of Hong Kong. The page features a dark blue background with a glowing human figure in the center. On the left, a white box contains the program title and a green button for the EdUHK Self-Nomination Admissions Scheme. On the right, there is a video player showing a brain scan and a line graph. The top navigation bar includes links for 'Apply Now', 'News', 'FAQs', 'Contact Us', 'Media Library', 'Subscribe', 'Download Brochure', and social media icons for Facebook, Instagram, and YouTube. The header also displays the university's name in Chinese and English, and the 'Undergraduate Programmes' section.

Apply Now > News FAQs Contact Us Media Library Subscribe Download Brochure f Instagram YouTube

香港教育大學 The Education University of Hong Kong Undergraduate Programmes Home Why EdUHK Admissions Info Day

## Bachelor of Science (Honours) in Sports Science and Coaching

EdUHK Self-Nomination Admissions Scheme >

754	456	445	485	122	354	647	124	014	
748	878	234	877	124	647	124	201	016	
150	789	365	996	323	748	897	774	100	827

You can find the latest programme information on BSc(SPSC) website







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**Admission / Programme  
Enquiry**

# Admission / Programme Enquiry

## Admission Enquiry

- Hotline: (852) 2948 6886
- Online Form: <https://www.apply.eduhk.hk/ug/form/contact-us-form>



## Programme Enquiry

- Ms. Carmen Chan (Email: [kamanchan@eduhk.hk](mailto:kamanchan@eduhk.hk) / Phone: (852) 2948 8166)
- Mr. Nelson Lui (Email: [khlui@eduhk.hk](mailto:khlui@eduhk.hk) / Phone: (852) 2948 8754)







Thank you

# Disclaimer

*Every effort has been made to ensure that information contained in this PPT is correct. Changes to any aspects of the programmes may be made from time to time due to unforeseeable circumstances beyond our control and the University reserves the right to make amendments to any information contained in this PPT without prior notice. The University accepts no liability for any loss or damage arising from any use or misuse of or reliance on any information contained in this PPT.*

*Any aspect of the course and course offerings (including, without limitation, the content 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. Without limiting the right of the University to amend the course and its course offerings, it is envisaged that changes may be required due to factors such as staffing, enrolment levels, logistical arrangements, curriculum changes, and other factors caused by unforeseeable circumstances. Tuition fees, once paid, are non-refundable.*