

JUPAS Code: JS8726 | EdUHK Programme Code: A4B096

Bachelor of Science (Honours) in Sports Science and Coaching

[Year 1 Admissions / Senior Year Admissions]

PROGRAMME AIMS

The programme aims to prepare competent sports science and coaching professionals. It equips students with essential knowledge and technology in sports science, coaching and performance with practical experience. The programme will also 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

The programme transforms students into professional coaches through the following iconic features:

1. The internship training opportunities in Hong Kong, the Greater Bay Area, and overseas sports organisations 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;
2. 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
3. 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		Year 1 Admissions	Senior Year Admissions
		Credit Points	
Major	• Major Core	51	27
	• Major Interdisciplinary	3	3
	• Cross-Faculty Core Course	3	/
	• Internship	3	3
Final Year Project (Honours Project / Capstone Project)		6	6
Minor / Electives		24	15
General Education		22	6
Language Enhancement		9	/
Total		121	60

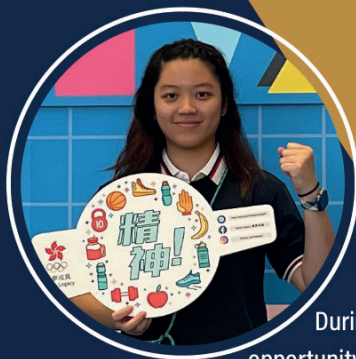


YUM KA CHUN TAYON (YEAR 2 STUDENT IN 2023/24)

It has been a year since I began my studies and I have already learned so much about sports science and coaching philosophies. This knowledge helps me develop my own unique coaching style for my future career.

In addition to my studies, I have also joined a number of U-teams and it has been an amazing experience! I have made many new friends and had the opportunities to try out different sports. This not only helped me discover more about myself and my passion, but also enhanced my communication and interpersonal skills, which will surely be beneficial for my career development.

I cannot express enough how grateful I am to be a part of this vibrant sports community! I hope you will come join us, and experience the same joy that I have. See you soon!



LI HAU YI (YEAR 4 STUDENT IN 2023/24)

I recently completed a summer internship at Sports Legacy Company Ltd, and it was an unforgettable experience.

During my internship, I had the opportunity to learn about event management. I gained valuable knowledge and skills that I know will make a difference in my future career. Through the hands-on experience, I feel more confident in my abilities and ready to take on new challenges.

My supervisor and colleagues were friendly and supportive. They gave me on-the-job training that was invaluable and rewarding. I am thankful for the opportunity to have learnt and grown with them and will always cherish the memories and lessons I learnt during the internship.



LI YAN TUNG (YEAR 2 STUDENT IN 2023/24)

I am currently a member of the Elite Squad of the Hong Kong Life Saving Society. I am grateful for the unwavering support and care I have received from my teachers and classmates across different faculties. The

University's flexible class arrangement and support from my peers have allowed me to focus on my competitions and achieve dual development in both my studies and sports career. Finally, I am thrilled to announce that I have won a gold medal in the "Line Throw (Female Youth)" in the Lifesaving World Championships 2022, thereby bringing glory to Hong Kong. My heartfelt thanks to EdUHK for the unconditional support!

(Photo Credit: Takumi Images)



HUI WING YAN (YEAR 4 STUDENT IN 2023/24)

The Kai Tak Sports Park (KTSP) is an awesome landmark that is highly anticipated as the next sport and community hub for Hong Kong. Therefore, you can imagine how excited and filled with wonder I was every time I was

there during my internship in the Business Development Team. I gained invaluable knowledge in researching and analysing the market's situation for future strategic planning in the precinct. I also assisted in KTSP's event planning and management, such as participating in the Kai Tak Sports Initiative's event and KTSP Education Programme. This allowed me to learn from the professionals in the sports industry and gain insights into what it would look like to work in such a cool place.

Although the internship was brief, it was great and equipped me with the valuable skills and experience I need to embark on my career in the sports industry. And the fond memories of being a member of this new sports landmark from its early years will stay with me forever!

ENTRANCE REQUIREMENTS

YEAR 1 ADMISSIONS

HKDSE students should have:

1. Level 3 or above in Chinese Language and English Language; and
2. Level 2 or above in Mathematics (Compulsory Part); and
3. Attained level for Citizenship and Social Development; and
4. Level 2 or above in any two elective subjects, preferably in Biology or Physical Education.

Priority consideration will be given to applicants who have taken Biology or Physical Education in HKDSE. Shortlisted applicants may be required to attend an interview.

SENIOR YEAR ADMISSIONS

Applicants should normally hold

1. an Associate Degree in related disciplines from any recognised institutions; or
2. 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.

PROGRAMME ACCREDITATION

Students can submit an application to the Hong Kong Coaching Committee for the qualification validation towards the Coach Accreditation Programme Level 3 Sports-General Theory Coach upon graduation.

CAREER PROSPECTS

Students are prepared for a wide range of careers in the sports industries, including the commercial sector (e.g. sports coach, sports and recreation officer, personal trainer, sports event manager, sports marketing consultant, 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 the EdUHK) or overseas.

Admission Enquiries



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Programme Enquiries



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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, and curriculum changes, and other factors caused by unforeseeable circumstances. Tuition fees, once paid, are non-refundable.

Students admitted into this programme starting from the 2023/24 cohort are required to visit the Greater Bay Area (GBA) and/or other parts of Mainland China. Programme may also require students to participate in other non-local learning experience for completion of the programme. While the visits are heavily subsidised, students are still required to contribute part of the estimated cost of the visits ("student contribution"), whereas personal entertainment, meals expenses, travel document fee and personal insurance costs will not be supported. The estimated cost of the visits for students admitted to the 2024/25 cohort is not available yet as it is subject to a variety of factors such as changes to the cost of the visits as a result of inflation, trip duration, traveling expenses, the exchange rate, etc. The exact amount of student contribution is thus not available.

We are Elite Athlete Friendly University.
Elite Athletes are welcome to apply for the programme.