



JUPAS Code: JS8726 | EdUHK Programme Code: A4B096

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

[Year 1 Admissions / Senior Year Admissions]

## UGC-funded Programme 教資會資助課程

### Bachelor of Science (Honours) in Sports Science and Coaching (Year 1 Admissions) (Senior Year Admissions)

運動科學及教練榮譽理學士  
(一年級入學)  
(高年級入學)



01

# 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: [www.eduhk.hk/flass](http://www.eduhk.hk/flass)



**Programme Leader**

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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.

# Internship

Students will have opportunities to conduct Internships in relevant organisations in Hong Kong, Greater Bay Area or Overseas during the summer between Year 3 and Year 4.

Below are some examples of Internship 2023:



啟德體育園  
KAI TAK  
SPORTS PARK



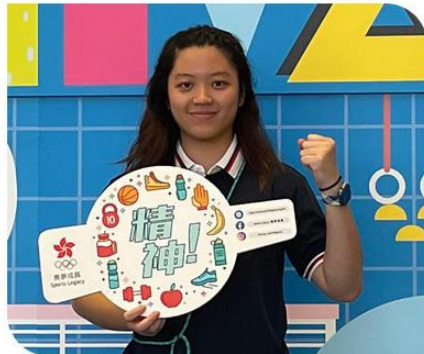
# Internship



“ During my internship with the Business Development Team at the Kai Tak Sports Park (KTSP), I experienced the excitement and wonder of this highly anticipated landmark. I gained invaluable knowledge in market research, strategic planning, and event management. Learning from professionals in the sports industry and being part of the KTSP Education Programme equipped me with the skills and experience for my future sports career. Being part of this new sports landmark's early years created lasting memories. ”

HUI Wing Yan  
(Year 4 Student in 2023/24)

Bachelor of Science (Honours) in Sports Science and Coaching



“ My summer internship at Sports Legacy Company Ltd was an unforgettable experience. I learned event management, gaining valuable skills for my future career. The hands-on experience boosted my confidence and prepared me for new challenges. With supportive supervisors and colleagues, the on-the-job training was invaluable. I am grateful for the opportunity to learn and grow with them, cherishing the memories and lessons from the internship. ”

LI Hau Yi  
(Year 4 Student in 2023/24)

Bachelor of Science (Honours) in Sports Science and Coaching

# Programme Accreditation

## Coach Accreditation Programme Level 3 Sports-General Theory Coach

Granted by Hong Kong Coaching Committee



香港教練培訓委員會

Hong Kong Coaching Committee



# 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	/
Total:			121	60
Information Technology Competency Requirement (Non-credit bearing)				

# Programme Structure (For Year-1 Admission)

## *Important Notes:*

1. Classes will be held in Tai Po Campus and Tseung Kwan O Study Centre / North Point Study Centre / Sports Centre as decided by the University.
2. 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.

# Programme Course (FYFD Admission)

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

# Programme Course (FYFD Admission)

## Year 3 Major Core (12 cps)

Course Code	Course Name
PES3283	Motor Skill Acquisition, Control and Development
PES3284	Introduction of Sports Injury and Prevention
PES3297	Sports Performance and Movement Analysis
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 (Senior-year Admission)

## 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 (FYFD and Senior-year Admission)

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 (FYFD and Senior-year Admission)

## 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 /

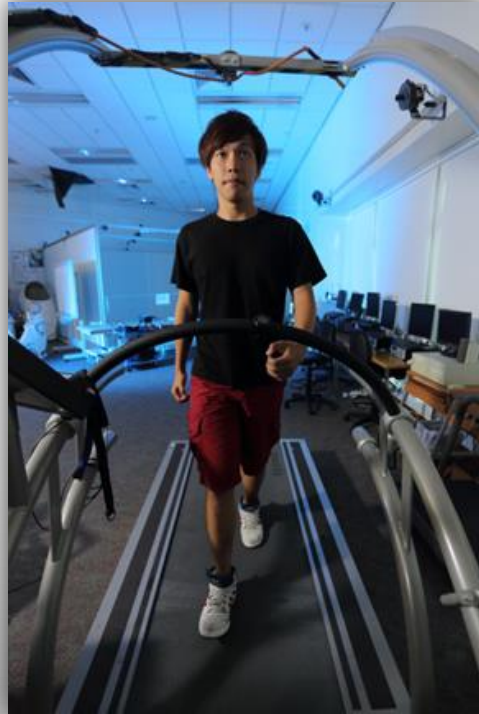
\*Pre-requisite course: Honours/Capstone Project (Phase I): Research Methods and Proposal



# Remarkable and Professional Learning Experience



# Remarkable and Professional Learning Experience



# Remarkable and Professional Learning Experience



# Remarkable and Professional Learning Experience



“ In just one year of studying sports science and coaching philosophies, I have gained valuable knowledge to shape my unique coaching style for the future. Joining U-teams has been an amazing experience, allowing me to make friends, explore different sports, and discover my passion. It has also improved my communication and interpersonal skills, essential for career development. I'm grateful to be part of this vibrant sports community and invite you to join us for the same joyful experience.

”

YUM Ka Chun Tayon  
(Year 2 Student in 2023/24)

Bachelor of Science (Honours) in Sports Science and Coaching



02

**Flexible Study Arrangement**

# Flexible Study Arrangement

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

世界拯溺錦標賽女子青年組拋繩賽  
Champion

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



Photo Credit: Takumi Images

# Flexible Study Arrangement



(Phone Credit: Takumi Images)

“ As a member of the Elite Squad of the Hong Kong Life Saving Society, I appreciate the unwavering support and care from my teachers and classmates across faculties. The University's flexible class arrangement and peer support enable me to excel in both studies and sports. I'm excited to share that I won a gold medal in the "Line Throw (Female Youth)" at the Lifesaving World Championships 2022, bringing glory to Hong Kong. I'm sincerely grateful for EdUHK's unconditional support. ”

LI Yan Tung  
(Year 2 Student in 2023/24)

Bachelor of Science (Honours) in Sports Science and Coaching

# Flexible Study Arrangement

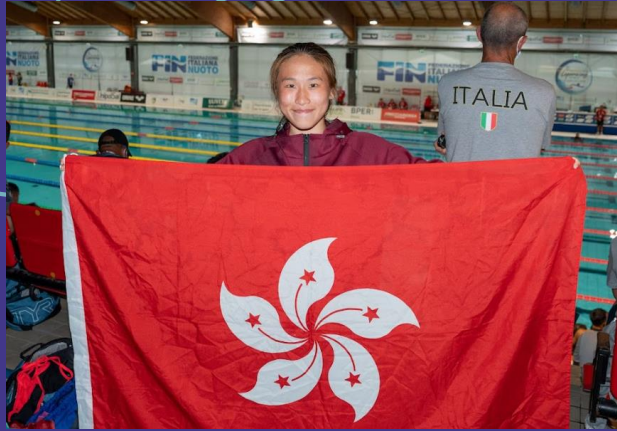


Photo Credit: Takumi Images

“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
- 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**





04

**Entrance Requirements &  
Interview Tips**

# Entrance Requirements (JUPAS)

## Year 1 Admissions (JUPAS)

For students with HKDSE qualifications:

Four core subjects and two elective subjects with

1. Level 3 or above in English Language and Chinese Language; and
2. Level 2 or above in Mathematics (Compulsory Part); and
3. Attained result in Citizenship and Social Development; and
4. Level 2 or above in two elective subjects, 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 and Chinese.



# Admission Score Calculation

## Year 1 Admissions (JUPAS)

The admission score is the sum total of the level/grade values of the best five HKDSE subjects (i.e., Best 5), regardless of whether they are core or elective subjects and excluding the Citizenship and Social Development subject.

### Scoring Scale:

Category A: Core and Elective Subjects							
Level	5**	5*	5	4	3	2	1
Score	7	6	5	4	3	2	1

### Subject Weightings for JUPAS Score Calculation (Start from 2024 entry):

Subject	Subject Weightings
Biology / Physical Education	x 2
Chinese Language / English Language / Maths / M1 / M2 / DAT / ICT	x 1.5

Mean Score for  
2022 and 2023  
(no subject weightings):

**20**

# Entrance Requirements (Non-JUPAS)

Non-JUPAS	Qualifications and Requirements	
	Current AD/HD Year 1 from any recognised institutions	Current AD/HD Final Year or Graduate from any recognised institutions
Year 1 Admissions	<ul style="list-style-type: none"> <li>Obtain a good Cumulative GPA</li> <li>Level 3 or above in Chinese and English Language subjects in HKDSE</li> </ul>	<ul style="list-style-type: none"> <li>Obtain a satisfactory Final GPA</li> <li>Level 2 or above in Chinese and English Language subjects in HKDSE</li> </ul>
Senior Year Admissions	X	<ul style="list-style-type: none"> <li>Obtain a good Final GPA in related disciplines</li> <li>Level 2 or above in Chinese and English Language subjects in HKDSE</li> </ul>

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 and Chinese.

# Admission Mean cGPAs

## Year 3 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 <sup>^</sup>		
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



# 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 National Sports Associations/ Schools.

**Nomination Deadline  
of the 1<sup>st</sup> Round:  
31 Dec 2023**

# EdUHK Nomination Scheme For Elite Athletes

## Background

To offer more options and flexibility for elite athletes to enroll in the EdUHK's undergraduate programmes, the University has launched the **EdUHK Nomination Scheme for Elite Athletes (NSEA)** since the 2022/23 academic year. The University can also take this opportunity to contribute to the sports development in Hong Kong by supporting young athletes and recognizing their achievements.

## Features

- Available for both JUPAS and Non-JUPAS local applicants;
- Applicable for **ALL UGC-funded Undergraduate Programmes of EdUHK**;
- Eligible applicants will be invited to attend the interview and/or test;
- Outstanding applicants will be given high priority / conditional offer of admission to the chosen programme.
- Successful applicants admitted via NSEA will be considered automatically by the Student-Athlete Learning Support and Admission Scheme (SALSA Scheme). Please click [here](#) for details.

## Eligibility

1. Elite athletes nominated by the following two institutions will be considered for admission by EdUHK:
  - a. Hong Kong Sports Institute (HKSI)
  - b. Sports Federation & Olympic Committee of Hong Kong, China (SF&OC)
2. Nominations of elite athletes from other recognized sports associations/institutions may also be considered on a case-by-case basis;
3. Nominees should attain individual/team achievements in sports (through participation and/or winning of medals) at recognized sports competitions at the international, regional and/or national level; and
4. Nominees should be JUPAS or non-JUPAS applicants applying for admission to the UGC-funded undergraduate programmes of EdUHK.

# EdUHK Nomination Scheme For Elite Athletes

## Nomination

The main round nomination period run from **early October to 31 December 2023**. Nominations after main round will be accepted on a rolling basis. Eligible nominees will be notified of the interview and/or test arrangement by email.

### — For JUPAS applicants:

1. Submit JUPAS application and place the chosen programme as a **Band A Choice**;
2. Submit the **Online Nomination Form** and upload all relevant supporting documents\* including:
  - Proof(s) of the sports achievements;
  - A personal statement (300-500 words) to explain why you would like to study the chosen programme and outline your future aspirations after graduating from the programme; and
  - Recommendation letters from the school principal (if available) and HKSI / SF&OC / other recognized sports institutions.

### — For Non-JUPAS applicants:

1. Submit direct application for the chosen programme via **EdUHK Online Application Systems** including proof(s) of academic qualifications;
2. Submit the **Online Nomination Form** and upload all relevant supporting documents\* including:
  - Proof(s) of the sports achievements;
  - A personal statement (300-500 words) to explain why you would like to study the chosen programme and outline your future aspirations after graduating from the programme; and
  - Recommendation letters from the school principal (if available) and HKSI / SF&OC / other recognized sports institutions.

*\* Please merge all documents in one PDF file with the file size not exceeding 15MB.*



06

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

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

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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	877	774	100	827

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







07

**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)





The background is a solid dark blue. It features several abstract shapes: a yellow shape in the top right, a teal shape in the bottom left, and a yellow circle in the bottom center. A small white dot is located to the left of the text. In the top left corner, there are some faint, thin orange lines.

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.*