

**PEDU 1005 Principles and Practice of Resistance Training (3,2,1)**

Like all fields of study, resistance training is based on underlying principles, concepts, and definitions. The knowledge presented in the course is necessary to understand and successfully design any resistance training program. Through lectures, discussions/tutorials, as well as practical hands-on experiences, students will acquire knowledge on: a) the principles of various types of resistance training, b) how muscles function and how they are controlled and adapt to resistance training, c) exercise prescription of resistance training, d) advanced training strategies, with particular focus on periodization, power development, and plyometrics, e) application of resistance training to a total conditioning program.

**PEDU 1006 Weight Management and Healthy Living (3,3,0)**

This introductory course provides students with essential knowledge and skills in weight management. The students will also be able to identify various measures in managing body composition toward maintaining a healthy living. Through lectures, discussions/tutorials, as well as practical hands-on experiences, students will acquire knowledge on: a) human growth & development, b) factors contributing to weight gain & weight loss, c) the implications of body composition on diseases & health, d) malnutrition & eating disorders, e) physical activity & diet strategies for optimal body composition management, and f) methods of assessing body composition, nutritional status & activity status.

**PERM 1005 Historical and Philosophical Foundation in Physical Education and Recreation (3,3,0) (E)**

The course covers the historical and philosophical knowledge of sport, physical education and recreation in the Western and Chinese history. It enables students to (1) trace the roots of modern physical education, sport and recreation in respect to philosophical and historical concepts; (2) critically evaluate modern programs in physical education, sport and recreation in Hong Kong; (3) understand the different issues of physical education, sport and recreation sport in society with key philosophical and historical approaches; and (4) be competent in assessing the ethical and moral impact of what presently constitutes organized physical activity in schools and community.

**PERM 1006 Human Anatomy and Physiology (3,3,1) (E)**

The course covers fundamental knowledge about the structures and functions of several major human organ systems that are important for human movement. In addition, students will gain laboratory experiences that are vital to the understanding of human anatomy and physiology.

**PERM 1007 Sport and Exercise Psychology (3,3,0) (E)**

This course covers fundamental knowledge about exercise and sport psychology, such as motivation, stress management. It aims to (1) enable students to learn basic knowledge and understanding of sports and exercise psychology; (2) introduce basic concept, causes, and consequences of stress; and (3) enrich students' knowledge and practical experiences for stress interventions.

**PERM 1110 Historical and Philosophical Foundation in Physical Education and Recreation (3,3,0)**

This course enables students to (1) trace the roots of modern physical education, sport and recreation in respect to philosophical and historical concepts; (2) critically evaluate modern programmes in physical education, sport and recreation in Hong Kong; (3) understand the different issues of physical education, sport and recreation sport in society with key philosophical and historical approaches; (4) be competent in assessing the ethical and moral impact of what presently constitutes organized physical activity in schools and community.

**PERM 1120 Human Anatomy and Physiology (3,3,1)**

This course enables students to (1) identify the human structure of body parts, their forms and arrangement; (2) comprehend the functions and the interrelationship of the main systems of human body; and (3) gain laboratory experiences that are vital to an understanding of anatomy and physiology.

**PERM 1140 Sport and Exercise Psychology (3,3,0)**

This course is to provide students with (1) the basic knowledge and understanding of sport and exercise psychology; (2) the basic concept, causes and consequences of stress; (3) the knowledge and practice experiences for stress interventions; and (4) the knowledge of psychology in physical education and recreation.

**PERM 1160 Tests and Measurement (3,3,0) (E)**

This course aims to prepare students to effectively implement measurement and evaluation techniques in physical education and recreation. Emphasis is upon developing the ability to select good tests based on the principles of measurement and evaluation in individual performance and programme effectiveness. On completing the course the students will be able to (1) identify topics amenable to investigation, and test, construct appropriate procedures; (2) select valid and reliable tests for their programme; and (3) apply appropriate statistical techniques in data analysis.

**PERM 1170 Exercise Physiology (3,3,1)**

Prerequisite: PERM 1120 Human Anatomy and Physiology  
This course enables students to (1) comprehend the physiological aspects of human body during exercise; (2) understand the physiological adaptation following exercise and physical training; (3) acquire the knowledge of human performance under special environments; and (4) become acquainted with basic physiological evaluation and assessment through laboratory practical and independent works.

**PERM 1180 Motor Learning and Development (3,3,0)**

This course enables students to (1) understand the fundamental motor skill development from babyhood to adolescence; (2) trace the path of human perceptual-motor development throughout the life span; (3) be acquainted with the process of how learning and performance of motor skill occur; and (4) discuss the implications and applications of the general principles and concepts of motor learning.

**PERM 1190 Organization and Administration in Physical Education and Recreation (3,3,0)**

The objectives of this course are to (1) give students a solid understanding of organizational theory and administrative process; (2) equip students with the knowledge and techniques of administration to improve programmes; and (3) train students in problem analysis and problem solving in the areas of physical education and recreation.

**PERM 1210 Swimming I (1,1,2)**

Upon completion of the course, the students should be able to (1) achieve the common objectives of skill courses; (2) have knowledge of the scientific bases of swimming; (3) master two swimming strokes, namely crawl stroke and breaststroke; and (4) able to teach swimming to beginners.

**PERM 1220 Swimming II (1,1,2) (C)**

Prerequisite: PERM 1210 Swimming I  
Upon completion of the course, students should be able to (1) achieve the common objectives of skill courses; (2) have the knowledge of the scientific bases of swimming; (3) master two swimming strokes, namely backstroke and butterfly; and (4) able to teach swimming to beginners.

**PERM 1230 Track and Field I (1,1,2)**

Upon completion of the course, students should be able to (1) achieve the common objectives of the skills courses; (2) have the knowledge of the scientific bases of track and field; (3) develop a large movement repertoire; and (4) be familiar with the rules and regulations of track and field.