

PERM 1240 Track and Field II (1,1,2) (C)

Prerequisite: PERM 1230 Track and Field I

Upon completion of the course, students should be able to (1) achieve the common objectives of the skill 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.

PERM 1250 Gymnastics I (1,1,2) (C)

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 gymnastics; (3) learn dominant movement patterns characteristics of gymnastics; and (4) be familiar with the rules and regulations of gymnastics.

PERM 1260 Gymnastics II (1,1,2)

Prerequisite: PERM 1250 Gymnastics 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 gymnastics; (3) master basic gymnastics skills; (4) able to teach basic gymnastics to beginners; and (5) be familiar with the rules and regulations of gymnastics.

PERM 1270 Conditioning and Fitness (1,1,2) (C)

This course is designed to (1) introduce to students the scientific knowledge about physical fitness; (2) provide practical exposure and participation in a variety of conditioning and fitness programmes; and (3) help students to develop an active lifestyle.

PERM 1280 Dance (1,1,2) (C)

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 dance; (3) develop the sense of rhythm as well as aesthetic appreciation; and (4) be acquainted with the methods and teaching of various dance skills.

PERM 1290 Outdoor Pursuits (1,1,2) (C)

Prerequisite: PERM 1210 Swimming I

Upon completion of the course, students should have (1) achieved the common objectives of skill courses; (2) a thorough scientific knowledge of outdoor adventure activities; and (3) been instilled with a healthy respect for the natural environment.

PERM 1305 Swimming (1,1,2) (C)

This course is to enhance students' knowledge and practical skills in swimming. It aims to introduce the scientific bases and techniques of swimming events mainly including front crawl stroke, backstroke and breaststroke (starting and finishing included). Students will also come to understand the competition rules and officiating of all swimming events.

PERM 1306 Conditioning and Fitness (1,1,2) (C)

This course is to enhance students' knowledge and practical skills in conditioning and fitness. It aims to (1) introduce to students the scientific knowledge about physical fitness; (2) provide practical exposure and participation in a variety of conditioning and fitness programmes; and (3) help students to develop an active lifestyle.

PERM 1307 Dance (1,1,2) (C)

This course is to enhance students' knowledge and practical skills in dance. It aims to enable students to achieve the common objectives of skill courses, to have knowledge of the scientific bases of dance, to develop the sense of rhythm as well as aesthetic appreciation and to learn the methods of teaching various dance skills.

PERM 1310 Team Sport: Basketball (1,1,2) (C)

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 basketball; (3) be acquainted with the methods and teaching of individual skills and team play; (4) learn various types of offences and defences under game situations; and (5) be familiar with the rules and regulations of basketball.

PERM 1315 Gymnastics (1,1,2) (C)

This course covers fundamental knowledge about gymnastics and students will be able to perform routines in gymnastics. Upon completion of the course, students should be able to (1) achieve the common objectives of skill subjects; (2) have knowledge of the scientific bases of gymnastics; (3) learn dominant movement patterns characteristics of gymnastics; and (4) be familiar with the rules and regulations of gymnastics.

PERM 1316 Track and Field (1,1,2) (C)

This course is to enhance students' knowledge and practical skills in selected events of track and field. It aims to introduce the scientific bases and techniques of track and field events including shot put, high jump and short distance running, middle distance running and relay races. Students will come to understand the competition rules and officiating of the above events.

PERM 1317 Outdoor Pursuits (1,1,2) (C)

Prerequisite: PERM 1305 Swimming

This course is to enhance students' knowledge and practical skills in outdoor pursuits. Upon completion of the course, students should be able to achieve the common objectives of skill courses in outdoor settings, have a thorough scientific knowledge of outdoor adventure activities, and be instilled with a healthy respect for the natural environment.

PERM 1320 Team Sport: Volleyball (1,1,2) (C)

Upon completion of the course, students should be able to (1) achieve the common objectives of skill courses; (2) have knowledge of the scientific bases of volleyball; (3) be acquainted with the methods and teaching of individual skills and team play; (4) learn various types of offences and defences under game situations; and (5) be familiar with the rules and regulations of volleyball.

PERM 1325 Individual Sport: Badminton (1,1,2)

This course is to enhance students' knowledge and practical skills in badminton. Upon completion of the course, students should be able to master concepts/skills within the following domains: (1) *psychomotor*: skills proficiency in badminton and the ability to apply skills in various badminton game situations; (2) *cognitive*: knowledge about badminton includes the rules, offensive and defensive concepts, tactics and strategies in different game situations, scientific bases of badminton and the methods of teaching/coaching badminton to various levels/targets; and (3) *affective*: appreciation of skill execution and its complexity, fair play, sportsmanship, and physical activity/exercise as a lifelong pursuit.

PERM 1326 Individual Sport: Golf (1,1,2) (C)

This course is to enhance students' knowledge and practical skills in golf. Upon completion of the course, students should be able to (1) understand the golf terminology and etiquette; (2) perform the basic golf swing with drives, irons, and putters; (3) understand the basic rules of a 18 hole-game; and (4) be familiar with the fundamental management of a golf course.

PERM 1327 Individual Sport: Squash (1,1,2)

This course is to enhance students' knowledge and practical skills in squash. It aims to (1) introduce to students the knowledge of the scientific bases of squash; (2) help students to develop the different techniques of grips, serves, strokes and footwork; (3) enable students to perform simple tactics in game situation; (4) introduce the methods of teaching; and (5) game officiating.

PERM 1330 Team Sport: Handball (1,1,2) (C)

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 handball; (3) be acquainted with the methods and teaching of individual skills and team play; (4) learn various types of offences and defences under game situation; and (5) be familiar with the rules and regulations of handball.