

PERM 2005 Exercise Physiology (3,3,1) (E)

Prerequisite: PERM 1006 Human Anatomy and Physiology

The course covers fundamental knowledge about the acute and chronic physiological responses in different biological systems of human participating in exercise. In addition, students will gain laboratory experiences that are vital to the understanding of the responses. The course aims to (1) enable students to learn the acute and chronic physiological responses, and its interrelationship, in biological systems that are essential for exercise performance; and (2) help students to acquire knowledge in basic physiological evaluation and assessment through laboratory practicum and independent works.

PERM 2006 Organization and Administration of Physical Education and Recreation (3,3,0) (E)

This course aims to give students a solid understanding of organizational theory and administrative process, to equip students with the knowledge and techniques of administration to improve programmes and to train students in problem analysis and problem solving in the areas of physical education and recreation. Upon completion of the course, students should have (1) the basic concepts in organization and administration of Physical Education and Recreation; (2) understand the different management processes; and (3) be conversant with the techniques and current practices used in sports organizations.

PERM 2007 Tests and Measurement (3,3,0) (E)

The course introduces the concepts of measurement and evaluation and their importance in decision making in physical education and recreation settings. It covers the skills necessary to make valid measurement decisions including criteria for test selection, test administration and data analysis and interpretation.

PERM 2016 Theory and Practice in Physical Education and Recreation (3,3,0)

Prerequisite: PERM 1005 Historical and Philosophical Foundation in Physical Education and Recreation

This course is to provide students with a social science foundation of recreation management and physical education through the examination of contemporary issues of recreation and physical education. Upon completion of the course, students should be able to (1) understand the roles of physical educators and recreation leaders in the provision of physical education and recreation services; (2) understand the concepts and practice in the provision of physical education and recreation activities; and (3) apply the concepts in analysing physical education and recreation activities.

PERM 2120 Theory and Practice in Physical Education and Recreation (3,3,0) (E)

Prerequisite: PERM 1110 Historical and Philosophical Foundation in Physical Education and Recreation

This course aims to (1) provide students with a social science discipline foundation to recreation management and physical education; (2) develop students' understanding of the theoretical basis of recreation/leisure behaviours that have practical implications to the performance of their future professional duties; (3) prepare students for their professional development as activity leaders, programmers, recreation managers/providers, policy makers and physical educators; (4) help students to develop a strong theoretical base for their subsequent studies in the course, and a firm base for their future professional practice; and (5) provide students an opportunity to examine contemporary issues of recreation and physical education from different disciplinary perspectives, including psychological, sociological, philosophical and management perspectives.

PERM 2170 Prevention and Care of Sports Injuries (3,3,0) (E)

Prerequisite: PERM 1120 Human Anatomy and Physiology

Upon completion of the course, students are expected to (1) identify the basic classification of injury etiology and mechanisms; (2) demonstrate the skills of proper handling of acute sports

injuries; (3) have a solid understanding of indications and contraindications of treatments related to specific injury trauma; and (4) obtain a certificate of first aid and safety.

PERM 2220 Internship (2,0,2)

This two-unit course requires the second year students to work in an organization for at least 300 hours. Students can choose their placement in different types of sports and recreation agencies locally as well as overseas. These agencies could be public, private, voluntary or commercial.

PERM 2610 Health Fitness Evaluation and Assessment (3,3,1) (E)

Prerequisite: PERM 1120 Human Anatomy and Physiology

This course enables students to have (1) a thorough understanding of both the laboratory and field assessment of various health fitness components; (2) practical hands-on experiences for such assessment; and (3) the ability to interpret health fitness testing results as well as to prescribe proper health fitness programmes thereafter.

PERM 2760 Sociology of Sport and Recreation (3,3,0) (E)

Prerequisite: PERM 1110 Historical and Philosophical Foundation in Physical Education and Recreation

This course enables students to (1) understand the sociological method of enquiry, its key ideas, concepts and perspectives and its application to the study of the relationships between sport, recreation, culture and society; (2) understand the different issues of sport and recreation in society with key sociological concepts; (3) critically evaluate modern organized sport and recreation in the society; and (4) think critically about sports and recreation as parts of social life.

PERM 3005 Internship (3,*,*)

The course arranges the students to work in the recreation and sport agencies for 300 hours in order to link up the application and theoretical concepts in the real world.

This three-unit course requires the third year students to work in an organization for at least 300 hours. Students can choose their placement in different types of sports and recreation agencies locally as well as overseas. These agencies could be public, private, voluntary or commercial.

This course aims to provide the students with first hand knowledge and understanding of community structure and forces which affect them; to provide the students with the opportunities to interact with the professionals on the job and to gain working experience in the real world; to provide the students with the opportunities to put knowledge and theory into practice. Through the internship experience, the students are expected to develop techniques and skills commonly practiced in the related fields locally and/or overseas, in order to prepare for their professional career after graduation.

PERM 3006 Research Methods (3,3,0)

Prerequisite: PERM 2007 Tests and Measurement

This course is designed as an introduction to basic research methods that are applicable to physical education and recreation. Knowledge acquired in this course will assist students in developing skills necessary in conducting physical education and recreation research. The course aims to (1) help students' understanding of the processes and ethical issues involved in research; (2) aid students' understanding the designs and procedures of quantitative and qualitative research methods; (3) enhance students' application and interpretation of data analytical skills; and (4) help students developing a research proposal.

PERM 3007 Sociology of Sport and Recreation (3,3,0)

Prerequisite: PERM 1005 Historical and Philosophical Foundation in Physical Education and Recreation

The course covers the ways that sociology can be used to study sport. It also introduces the relationships between sport and society, and the cultural implications in our daily lives. Upon completion of the course, students should be able to (1)

understand the sociological method of enquiry, its key ideas, concepts and perspectives and its application to the study of the relationships between sport, recreation, culture and society; (2) understand the different issues of sport and recreation in society with key sociological concepts; (3) critically evaluate modern organized sport and recreation in the society; and (4) think critically about sports and recreation as parts of social life.

PERM 3015 Recreation Programming and Event Management (3,3,0)

Prerequisite: PERM 2016 Theory and Practice in Physical Education and Recreation

This course introduces students to theories, principles and practices of recreation programming and event management. It aims to (1) develop students' programming and event management skills through practical exercises; and (2) help students acquire an understanding of the processes and procedures entailed in planning, designing and delivering of recreation programmes and running of events.

PERM 3016 Fitness and Recreation for Selected Population (3,3,0) (E)

This course discusses the benefits of exercise, exercise delivery methods and methods of assessing fitness of persons with physical disabilities, intellectual disabilities and older adults. It enables students to (1) evaluate and identify the health fitness and recreational programme needs of selected population; (2) understand the benefits of exercise for selected population and administer and interpret life-style inventory; and (3) plan and implement the activity programme for the special population.

PERM 3017 Health Fitness Evaluation and Assessment (3,3,1) (E)

Prerequisite: PERM 1006 Human Anatomy and Physiology
The course covers fundamental knowledge about the laboratory and field assessment of various health fitness components. In addition, students will gain practical experiences of fitness assessment that are essential to the understanding of the procedure of selected tests. The course aims to (1) enable students to understand both the laboratory and field assessment of various health fitness components; (2) provide students with practical hands-on experiences for such assessment; and (3) enhance students' ability to interpret health fitness testing results.

PERM 3025 Kinesiology (3,3,0)

This course is to introduce basic knowledge on biomechanical information required in performing human movement and exercise as well as in the analysis of human movement. Upon completion of the course, students should be able to (1) acquire the basic biomechanical information necessary for adequate assessment, description, and analysis of human movement and exercise; (2) possess practical laboratory experience to assess fundamental mechanical concepts; and (3) apply the application of these principles in physical and recreational activities.

PERM 3026 Nutrition and Health (3,3,0)

Prerequisite: PERM 1006 Human Anatomy and Physiology

This course is to provide students with basic nutritional principles and practice as related to health as well as nutrition as related to sports. In addition, students will examine the importance of nutrition throughout life cycle and the problems people facing about nutrition in the modern society.

This course enhance students' understanding of macro and micro-nutrients and their effects on people's health; to understand principles and practice of healthy diet; to comprehend dietary needs throughout life cycle; to understand nutritional needs of athletes and nutritional aids for sport performance; to apply nutritional concepts for weight management; to discuss nutritional issues facing today's society.

PERM 3027 Prevention and Care of Sports Injuries (3,3,0) (E)

Prerequisite: PERM 1006 Human Anatomy and Physiology
This course covers basic knowledge on the mechanism, types, prevention and treatment of sports injuries of major joints in human body. Upon completion of the course, students should be able to (1) identify the basic classification of sport injury etiology and mechanisms; (2) demonstrate the skills of proper prevention and handling of sports injuries; and (3) have a solid understanding of indications and contraindications of treatment.

PERM 3035 Public and Community Recreation (3,3,0)

Prerequisite: PERM 2016 Theory and Practice in Physical Education and Recreation

The course covers the updated community recreation development in Hong Kong. The structure, roles and functions of government, voluntary and private sectors will be explored globally and locally. The course aims to (1) enhance students' understanding of how different leisure service providers operate to meet the diverse needs and demands of individuals, families, and societies; (2) help students to appraise the professional recreation management practice and the fundamental forms of the activities promoted and developed as public and community recreation; (3) help students to appreciate a range of social and institutional forces that impact on our leisure; (4) introduce to students different approaches in the management of recreation; (5) develop students' understanding of the roles of recreation and leisure in our society (e.g. social control, for individual and community/social benefits); and (6) increase students' awareness of individual and social problems associated with recreation and leisure.

PERM 3037 Motor Learning and Development (3,3,0)

This course covers fundamental knowledge about motor learning and motor development throughout the life span. Students can apply the knowledge in laboratory section and service learning. The 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 3110 Research Methods (3,3,0) (E)

Prerequisite: PERM 1160 Tests and Measurement

This course is designed as an introduction to basic research methods that are applicable to physical education and recreation. Knowledge acquired in this course will assist students in (1) understanding the nature of the research process and the differentiation of various types of researches; (2) developing the skills necessary for conducting physical education and recreation researches; (3) acquiring the ability and knowledge to understand physical education and recreation journal articles; (4) recognizing some key statistical concepts; and (5) selecting and applying the appropriate research method to conduct research at the undergraduate level.

PERM 3140 Recreation Programming and Event Management (3,3,0) (E)

Prerequisite: PERM 2120 Theory and Practice in Physical Education and Recreation

This course focuses on skills and techniques in programme planning by examining elements, processes, and problem solving in planning. The objectives of the course are to (1) develop techniques and skills common in programme planning; (2) identify existing and potential problems in planning; (3) propose alternatives in solving problems in planning; and (4) provide opportunities for students to implement the plan.

PERM 3590 Honours Project (3,*,*)

Prerequisite: Year III Physical Education and Recreation Management majors

A required project for all BA (Hons) in Physical Education and Recreation Management students. Students will pursue in-depth