

research on a specific topic of interest to the student under the guidance of appointed lecturers from the Department offering the programme. Students are to consult with their advisers regarding the necessary field study, experimentation, library or archival research required, and how best to integrate this into their Honours Project. The purpose of the project is to integrate the professional skill which has been taught in the preceding two years with specific application to a topic to produce a well-argued and documented report.

PERM 3640 Nutrition and Health (3,3,0) (E)

Prerequisite: PERM 1120 Human Anatomy and Physiology
This course enables students to (1) learn basic knowledge of nutrition for health and fitness; (2) examine the importance of nutrition throughout the human life cycle; and (3) tackle nutritional problems and concerns facing the world today.

PERM 3650 Kinesiology (3,3,0) (E)

Prerequisite: PERM 1120 Human Anatomy and Physiology
This course is to (1) provide the students with the basic biomechanical information necessary for adequate assessment, description, and analysis of human movement and exercise; (2) provide practical laboratory experience to assess fundamental mechanical concepts; and (3) emphasize the application of these principles in physical and recreational activities.

PERM 3660 Financial and Human Resources Management in Leisure Services (3,2,1) (E)

Prerequisite: PERM 1190 Organization and Administration in Physical Education and Recreation
This course enables students to (1) understand the fundamental concepts on how financial and human resources are managed and utilized effectively in an organization; and (2) obtain experience in the practical aspects of problem-solving and decision making techniques used to manage the financial functions and human resources in leisure services.

PERM 3670 Fitness and Recreation for Selected Population (3,3,0) (E)

This course enables students to (1) evaluate and identify the health fitness and recreation programmes needs of selected populations; (2) prescribe exercise and/or life-style inventory programmes according to their needs; (3) be able to explain the available benefits of such exercise and/or life-style inventory programmes; and (4) provide opportunities for students to plan and implement the activity programme for the special population.

PERM 3710 Public and Community Recreation (3,3,0) (E)

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

This 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) introduce to students different approaches in the management of recreation; (4) provide students with a greater awareness of the ways in which community sports may differ from traditional sport; and (5) develop students' understanding of the roles of recreation and leisure in our society.

PERM 3720 Marketing in Leisure Services (3,2,1) (E)

Prerequisite: PERM 1190 Organization and Administration in Physical Education and Recreation

This course focuses on the importance of marketing in leisure services. The techniques and applications are also included in the course so as to enable the students to understand the concepts through implementation as a whole. The objectives of the course are to (1) understand the differences between service and physical product; (2) identify the role of marketing in leisure sport services; and (3) provide application of marketing knowledge in leisure sport.

PERM 3740 Facility Management (3,3,0) (E)

Prerequisite: PERM 1190 Organization and Administration in Physical Education and Recreation

This course covers structures and space necessities for planning facilities. It provides guidelines, principles, construction, use and maintenance of outdoor and indoor facilities. The objectives of the course are to (1) provide basic steps of the facilities planning process; (2) understand the objectives and needs affecting the planning process; (3) become familiar with the problems, forces and issues shaping facilities; (4) become aware of the legal concepts in facility construction; and (5) become familiar with landscape design, construction and turf management.

PERM 3750 Outdoor Recreation (3,3,0) (E)

Prerequisite: PERM 1290 Outdoor Pursuits

This course enables students to (1) comprehend the fundamentals of outdoor recreation; (2) understand the nature and outdoor resources for recreation; and (3) acquire essential skills to be leaders in outdoor recreational activities.

PERM 4005 Facility Management (3,3,0)

Prerequisite: PERM 2006 Organization and Administration in Physical Education and Recreation

The course covers the fundamental knowledge of planning and management of sports facilities. It teaches students the resources management, design and building requirements as well as safety and risk management required for outdoor and indoor sport facilities. Upon completion of the course, students should be able to (1) understand the structures and space necessities for planning facilities; (2) learn the basic steps of planning process and understand the objectives and needs affecting sports facility planning; and (3) understand all the major issues involved in planning, funding, tendering, design, building and management of sports facilities.

PERM 4006 Financial and Human Resources Management in Leisure Services (3,2,1) (E)

Prerequisite: PERM 2006 Organization and Administration in Physical Education and Recreation

This course provides students with the fundamental concepts and skills related to the management of financial and human resources. It also gives them opportunities to apply such knowledge and skills to solve management issues in mock sport and leisure settings.

This course enables students to understand the fundamental concepts on how financial and human resources are managed and utilized effectively in an organization; to enable students to obtain experience in the practical aspects of problem-solving and decision making techniques used to manage financial and human resources in leisure services.

PERM 4007 Leadership and Communication in Sport and Recreation (3,3,0)

This course introduces students to recreation leadership concepts and theories. It also provides students with an understanding of communication theories and processes related to public and interpersonal communication. The course offers students opportunities to practice their leadership and communication skills in sport and recreation settings.

This course enables students to acquire an understanding of the basic leadership theories, models and approaches; to be familiar with the processes of activity leadership; to be able to apply leadership skills and strategies learned in the course in leading sport and recreation activities; to develop an understanding of conflict negotiation and decision-making skills; to understand concepts, models and theories of public and interpersonal communication; to be able to apply public and interpersonal communication concepts and theories to analyse their own, interpersonal, and group behaviors; to enhance their team building and leadership skills; to improve their written and oral communication skills relevant to sport and recreation.