C. Internship-Local Placement (2 units) and Internship-Overseas Placement (2 units)

Students can acquire practical work experience by fulfilling 250 hours of local internship in agencies such as National Sport Organizations, Leisure and Cultural Services Department and 250 hours of overseas internship in agencies such as Walt Disney World, Recreation and Sports Camp in USA, Australia and Taiwan etc.



D. Honours Project (6 units)

Students are required to initiate, conduct and write up a research project in the final year of studies by integrating professional knowledge and research skills into the project.

Talented Athletes Direct Admission Scheme (TADAS)

A direct admission scheme with selection criteria mainly based on the applicant's sports talents and suitability.



Career Opportunities

- Government
- Private Clubhouses
- Fitness Clubs
- Sport Media
- Disciplinary Forces
- Non-Government Agencies
- National Sport Associations
- Recreation Camps
- Teaching Physical Education in Schools

Department of Sports and Health Sciences(SHS)
Academy of Wellness and Human Development (WHD)

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香港浸會大學
HONG KONG BAPTIST UNIVERSITY
文學及社會科學院
FACULTY OF ARTS AND SOCIAL SCIENCES



Bachelor of Arts (Hons)

Degree in Physical Education and Recreation Management

體育及康樂管理文學士(榮譽)學位課程

Course Areas
科目範疇 ▸▸▸▸

- Sport Science Foundation 運動科學基礎理論
- Sport & Recreation Management 運動與康樂管理
- Internship and Research 實習及研究
- Sport Skills 各項運動技能



Message by the Department

Physical Education and Recreation Management is the first UGC-funded degree programme in recreation management in Hong Kong (since 1992). This popular programme is taught in the Department of Sports and Health Sciences; a globally recognized center of excellence in sport, recreation, exercise, and health, with a world-renowned reputation for research, teaching and impact. Through continuous reviewing of our programme, we ensure academic excellence and the status of a point of reference in the field.

PERM will introduce a new major in sports sciences within the programme starting in the 2025/26 Academic year.

We are immensely proud of our student ambassadors who continue our legacy as administrators, coaches, teachers and managers, delivering the highest standard services (we call it 'practical wisdom') at national sports associations, leisure and cultural departments, non-government organizations, schools, and recreation and fitness clubs, to mention just a few. I invite you to be a part of our vibrant academic family.

Introduction

In 1992, Hong Kong Baptist University offered the first Bachelor of Arts (Hons) Degree in Physical Education and Recreation Studies. The programme was retitled to Physical Education and Recreation Management (PERM) in 1997. Totally, over 1180 graduates of the programme are now working in PE, sport and recreation fields.

Objectives

· To provide students with sufficient depth and breadth of knowledge, skills and practical experience in the disciplines of physical education sport and management.

· To enable students to embark upon a wide variety of careers.





Selected Courses

A. Major Required Courses (36 units)

Theory Courses (3 Units)

For examples
- Human Anatomy and Physiology
- Sport and Exercise Psychology
- Exercise Physiology
- Research Methods
- Theory and Practice in Sport and Recreation Management



Skill Courses (1 Unit)

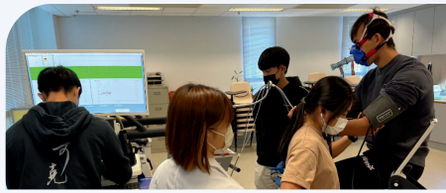
For examples
- Swimming
- Conditioning & Fitness
- Dance
- Gymnastics
- Track & Field
- Outdoor Pursuits



B. Major Elective Courses (20 units)

Theory Courses (3 Units)

For examples
- Nutrition and Health
- Facility Management
- Marketing in Sport and Leisure Services
- Outdoor Recreation
- Recreation Programming and Event Management



Skill Courses (1 Unit)

For examples

Badminton, Squash, Table-Tennis, Tennis, Taekwondo, Tai Chi, Basketball, Handball, Soccer, Volleyball, Golf