體育運動科學系
Department of Sports Science and Physical Education

學系辦事處 Department Office： 汾陽樓 G04 室 Room G04, Kwok Sports Building
電話 Tel. no.: 3943 6089
傳真 Fax. no.: 2603 5781
電郵 E-mail: sports@cuhk.edu.hk
網址 Web site: http://www.cuhk.edu.hk/spe/

本學系矢志成為全球領先的卓越科研及優質教學中心，致力透過運動、體育及體力活動改善人類健康與福祉。學系的使命是要啟發和培育學生成為勝任的專材和領袖，在運動科學、體育及體力活動領域為社會作出長遠貢獻、並推進跨學科與多學科知識，產生具影響力的轉化研究，為人類健康與福祉獲益。學系的格言是「卓越 · 傳承」。

The Department of Sports Science and Physical Education aims to become a world-leading hub for research excellence and high quality teaching, dedicated to improving human health and well-being through sports, physical education and physical activity. The mission of the Department is to inspire and nurture students to become competent professionals and leaders, making lifelong contributions to society in the field of sports science, physical education and physical activity; and to advance inter- and multi-disciplinary knowledge and generate impactful translational research, leading to meaningful and tangible benefits for human health and well-being. The motto is “Strive for Excellence · Embrace Inheritance”.

沈劍威 SUM Kim Wai Raymond

教授 Professor

體育運動科學系系主任 Chairperson of the Department of Sports Science and Physical Education

教育學士(台灣師大)、體育碩士(春田)、教育博士(列斯特)、健康體適能專家(美國運動醫學學院)。現任華人身體素養學會(CPLA)創會會長、中國香港體適能總會(PFAHK)執行委員會主席、國際身體素養學會(IPLA)倡導與合作委員會成員及大使、亞太體力活動學會身體素養特別興趣小組 (PL-SIG) 領導委員會成員。任教科目：體育與運動社會學。研究範圍包括：身體素養；體育專業化及其學習社群；在職學生運動員及退休運動員的事業生涯。

BEd (Taiwan Normal University), MPE (Springfield), EdD (Leicester), HFS® (ACSM). Founding President of the Chinese Physical Literacy Association (CPLA), Chairman of

the Executive Committee of the Physical Fitness Association of Hong Kong China (PFAHK), Committee Member of Advocacy and Collaboration, and Ambassador of the International Physical Literacy Association (IPLA), and Member of the Leadership Committee of the Physical Literacy Special Interest Group (PL SIG) of the Asia-Pacific Society for Physical Activity (ASPA). Courses taught: Sociology of PE and Sports. Research interests: Physical literacy; Professionalization of PE teachers and their learning communities; retired and student elite athletes' career and their lives.

張善婷 CHEUNG Sin Ting Juanita

高級講師 Senior Lecturer

中學教育證書 (英文)、中學教育榮譽學士學位、體育學文學碩士、運動與休閒管理社會科學碩士及哲學博士。現為香港中文大學教育學院體育運動科學系高級講師、書院通識教育副主任、香港體育教師學會執委會董事會成員及執委會主席、中國香港適應運動學會理事會副主席、中國香港跳繩總會榮譽顧問及前執委會主席、中國香港巧固球總會執委會副主席、教育局體育課程發展議會委員、香港體育學院教練培訓委員會學術及課程檢討委員會成員及教練培訓課程導師、香港專業進修學校校外顧問 (運動、體適能及健康管理相關課程)。任教科目：中小學體育教學法、、運動發展與推廣、運動贊助與市場推廣、運動技能課程 (包括：隊制球類運動、手球及兒童基礎動作及舞蹈)，以及中小學教學實習。研究興趣包括：教師教育、體育教學、體育教育和體力活動中的學習動機及學生個人成長和發展。

Cert. Ed. (HKIEd), B.Ed. (HKIEd), M.A. (CUHK), M.Soc.Sc. (HKBU) & Ph.D. (CUHK). Senior Lecturer of the Department of Sports Science and Physical Education of the Faculty of Education of CUHK, Associate Dean of College General Education, Board Member and the Chairman of the Executive Committee of The Hong Kong Physical Education Teachers Society, Vice President of The Society for Adapted Physical Activity of Hong Kong, China, Honorary Advisor and Former Chairman of the Executive Committee of Hong Kong Rope Skipping Association, China, Vice Chairman of the Executive Committee of Tchoukball Association of Hong Kong China, Member of the Curriculum Development Council for Physical Education of the Education Bureau, Course Review Committee and Course Instructor of Coaching Programmes of Hong Kong Sports Institute; External Advisor for Sports, Fitness and Health related programmes of Hong Kong College of Technology. Courses taught: Pedagogy of Primary and Secondary PE, Sport Development and Delivery, Sponsorship and Marketing of Sports Events and Performance, Skill Courses (including Team Sports, Handball and Fundamental Movement & Dance), Teaching Practice in Secondary and Primary Schools. Research interests: Teacher Education, Physical Education, Motivation in Physical Education and Physical Activity, and Student Well-being and Development.

GRGIC Jozo

助理教授 Assistant Professor

理學碩士（克羅地亞薩格勒布大學），哲學博士（澳洲墨爾本維多利亞大學）。美國運動醫學學會認證運動生理學家。曾任澳洲墨爾本維多利亞大學博士後研究員及新加坡國立大學高級研究員。國際流行病學家網絡（INTUE）和全球肌少症領導力倡議（GLIS）成員。任教科目：基礎統計學、體育測試與測量、健康與體力活動、運動科學之量化及質化數據管理與分析。專注研究運動適應、衰老及運動營養。

MSc (University of Zagreb, Croatia), PhD (Victoria University, Melbourne, Australia). Certified Exercise Physiologist of the American College of Sports Medicine. Former Postdoctoral Fellow at Victoria University, Melbourne, Australia and a Senior Research Fellow at the National University of Singapore. Member of the International Network of Time-Use Epidemiologists (INTUE). Courses taught include Basic Statistics, Test and Measurement for Physical Education; Quantitative and Qualitative Data Management & Analysis in Sports Science and Physical Activity; Health Related Physical Activity. His research focuses on adaptations to exercise, ageing, and sports nutrition.

李秀瑩 LI Sau Ying Wendy

講師 Lecturer

運動科學碩士（香港中文大學）、教育文憑、康樂及體育學（榮譽）學士（香港浸會大學）。曾任中學體育老師、香港專業教育學院體育導師、香港中文大學體育部講師及香港中文大學女子排球隊教練，以及香港體育學院教練培訓委員會教練培訓課程兼職導師。

現為香港中文大學教育學院體育運動科學系講師、香港體育教師學會執委會委員。任教科目：體育課程設計、幼兒身體與動作技能發展、體育及運動行政管理、運動技能課程（包括：隊制球類運動、個人運動、排球、手球及網球），以及中小學教學實習。研究興趣包括：體育教師專業發展、運動心理學(動機)及體力活動。

MSc in Exercise Science (CUHK), PgDEd, BA (Hons) in Physical Education and Recreation Studies (HKBU). Past experiences: secondary schools P.E. teacher, P.E. Instructor of HKIVE, Lecturer of PEU, CUHK, and the Coach of CUHK Women's Volleyball Team and Part-time Lecturer of Coaching Programs of Hong Kong Sports Institute. Currently a Lecturer in the Department of Sports Science and Physical Education at CUHK, Executive Committee Member of The Hong Kong Physical Education Teachers Society. Courses taught: Curriculum Planning for PE, Physical and Motor Development of Young Children, Administration and Management in Physical Education and Sports, Skills courses (including Volleyball, Handball and Tennis), Teaching Practice in Secondary and Primary Schools. Research interests: Physical Education Teachers' Professional Development, Motivation in Physical Education and Physical Activity

馬文心 MA Man Sum

副講師 Assistant Lecturer

體育運動科學教育碩士及學士(中大) 、運動醫學及健康科學理學碩士(中大)。前香港精英空手道運動員 (世界超級聯賽最高排名第四，亞洲賽季軍，東亞運銀牌，兩屆亞運代表)、空手道黑帶四段。現任香港展能精英運動員基金管理委員會委員、社區體育委員會委員、以及中國香港空手道總會教練委員會非執行委員。曾任香港中文大學體育部副講師、浸會大學持續進修學院兼職講師、香港教練培訓委員會課程兼職講師、港協暨奧委會奧林匹克之友執行委員、運動員委員會委員、體育節籌備委員會委員、第九屆港運會籌備委員會委員，以及第一屆殘疾人士運動會籌備委員會委員等。資格：香港教練培訓委員會三級教練、中國香港空手道總會註冊三級教練及裁判。任教中大體育運動科學系及中大空手道選修體育課程。研究興趣包括運動員的職涯與生活、體育老師專業與持續進修發展、體育素養等。

MEd & BEd (SSPE, CUHK), MSc (SMHS, CUHK). Ex Hong Kong Elite Karatedo Athlete (Premier League World Top Ranking No.4, Asian Bronze Medalist, East Asian Games Silver Medalist & 2 times Asian Games Representative), Black Belt 4 Dan. Currently she is one of the Hong Kong Paralympic Fund Management Committee Members, Community Sports Committee Members, Karatedo Federation of Hong Kong, China Ltd. (KFHKCL) Coaching Committee Non-executive Members. She served as CUHK Physical Education Unit (PEU) Assistant Lecturer, Hong Kong Baptist University School of Continuing of Education part-time lecturer, Hong Kong Coaching Committee (HKCC) part-time lecturer, Federation & Olympic Committee (SFOC) Olympic Fans Club Executive Member, SFOC Athlete Committee Member & SFOC Festival of Sport Organizing Committee Member, 9th Hong Kong Game Organizing Committee Member, and 1st Hong Kong Special Games Organizing Committee Member etc. Qualification: HKCC Coaching Level 3, KFHKCL registered coach level 3 & referee. Course taught at present: SSPE and Physical Education elective Course-Karate. Research Interest: athletes' career and lives, physical education teacher professionalism and continued professional development, physical literacy, etc.

梅雪瑩 MUI Suet Ying Rosetta

講師 Lecturer

理學士(美國亞利桑那大學)、博士(英國卡迪夫大學)、社會科學碩士(香港浸會大學)、及教育文憑 (香港教育大學)。香港浸會大學國際學院，香港專業進修學校及香港科技專上書院運動相關課程校外顧問。中國香港武術聯合會執行委員。

梅博士是前香港武術隊代表，曾代表香港出賽亞運會及東亞運動會等，屢獲殊榮。近年多次以領隊或教練身份帶領港隊出賽奪標。任教科目：研究法導論；運動心理學導論；人體生長、發育和健康教育；籃球/羽毛球教學：理論與實踐；專題研究；教學實習；課程與教學法(體育科)。

研究興趣包括：運動心理學，課程設計，教學法。

BSc. (U of Arizona), PhD (Cardiff U), MSocSc. (HKBU), PgDE (Edu U). External

Advisor for sports related programms for HKBU College of International Education, Hong Kong College of Technology, and Hong Kong Institute of Technology. Dr. MUI was an elite athlete in Chinese Martial Arts (Wushu), represented Hong Kong in international competitions including Asian Games and East Asian Games. She is also an experienced team manager, who has led the Hong Kong Wushu team as coach and team manager to various international championships. Courses Taught: Research Methods; Exercise and Sports Psychology; Human Growth and Health Education; Teaching Badminton; Teaching Basketball; Team Sports; Research Project; Teaching Practice; Subject Curriculum and Teaching (Physical Education).
Research interest: Sports Psychology, curriculum design, Pedagogy.

何禮樂 O'REILLY John

講師 Lecturer

文學士（沃特福德理工學院）、理學士（都柏林城市大學）、理學碩士及博士（香港中文大學）、體能教練証書（美國國家肌力與體能協會）。香港博士研究生獎學金得主(2010 至 2014 年)，香港中文大學理學碩士 (運動科學) 一級榮譽畢業，註冊營養學家以及是美國國家肌力與體能協會認可的體能教練。任教科目：研究法導論、促進健康與運動表現、運動表現生理學、運動營養 ： 健康與運動表現、籃球/足球/愛爾蘭式橄欖球教學：理論與實踐、運動生理學導論、運動之生理應激及效益。最近的研究是運動與營養及新陳代謝的關係、運動表現與補充水分、健康教育與運動。

B.A. (Waterford Institute of Technology); B.Sc. (Dublin City University); M.Sc., Ph.D (Chinese University of Hong Kong); R.Nutr (NSA); CSCS (NSCA).Hong Kong PhD Fellowship Scheme (HKPFS) recipient (2010-2014), first honour graduate in MSc in Exercise Science, Registered Nutritionist and Certified Strength and Conditioning Specialist.
Courses taught: Introduction to Research Methods; Fitness Training for Health & Sports Performance; Physiology of Human Performance, Sport Nutrition for Health and Performance, Teaching Basketball/Soccer/Gaelic Football: Theory & Practice; Introduction to Exercise Physiology; Exercise: Physiological Benefits, Limits and Adaptations. His recent research is in relation to nutritional and metabolic aspects of exercise; fluid replacement and exercise performance; and physical activity and health promotion.

潘梓竣 POON Tsz Chun Eric

助理教授 Assistant Professor

理學士（一級榮譽） 雙主修食物營養及運動科學（香港大學）、理學碩士（香港中文大學）、哲學博士(香港中文大學)。美國運動醫學學院認可運動生理學家(ACSM-EPC), 以及美國國家肌力與體能協會認可體能訓練專家（NSCA-CSCS）。研究資助局「香港博士研究生獎學金計劃」(2015-2019）及「研資局博士後獎學金計

劃」(2020-2022)得獎人。歐洲運動科學學院(ECSS)成員，國際行為營養及體力活動學會(ISBNPA)成員。多份運動科學與體適能國際期刊編委會副主編及成員。任教科目：運動生理學，運動營養學，運動教練科學，體適能評估與運動處方, 及人類生長與健康教育。研究範圍：高強度間歇訓練、健康與體適能、運動營養、肌力與體能訓練及表現提升。

BSc (1st Hon) Double major in Food and Nutritional & Exercise Science (University of Hong Kong), MSc (The Chinese University of Hong Kong), PhD (The Chinese University of Hong Kong). Certified Exercise Physiologist of American College of Sports Medicine, and Certified Strength and Conditioning Specialist of National Strength and Conditioning Association. Recipient of the Research Grant Council's Hong Kong PhD Fellowship Scheme (2015-2019) and RGC Postdoctoral Fellowship Scheme (2020-2022). Member of the European College of Sport Science (ECSS), the International Society of Behavioral Nutrition and Physical Activity (ISBNPA). Associate Editor and Editorial board member of a number of international journals in exercise science and fitness. Courses taught include Exercise Physiology, Exercise Nutrition, Coaching Science, Physical Fitness Appraisal & Exercise Prescription, and Human Growth and Health Education. Research interests include High-intensity Interval Training (HIIT), Health and Physical Fitness, Sports Nutrition, Strength and Conditioning (S&C) and Performance Enhancement.

薛慧萍 SIT Hui Ping Cindy

教授 Professor

教育學院副院長(研究) Associate Dean (Research), Faculty of Education

文學士(一級榮譽，浸大)、哲學碩士、哲學博士(港大)。國際適應體育學會會士，亞洲適應體育學會會士，香港運動醫學及科學學會會士。國際適應體育學會主席。「健康活力兒童環球聯盟」(Active Healthy Kids Global Alliance, AHKGA) 「公義．公平．多元．共融」(Justice, Equity, Diversity, and Inclusion, JEDI) 委員會主席。中國香港適應運動學會創會主席。文化體育及旅遊局社區體育事務委員會委員，學生體育活動統籌小組委員會副召集人。教育局校舍分配委員會委員，教育局私立學校諮詢委員會委員，教育局優質教育基金評審及監察專責委員會委員。香港學術及職業資歷評審局專家。多份適應體育及運動科學國際期刊編委會副主編及成員。任教科目包括：運動心理學、運動技能學習理論與實踐。研究範圍：運動參與動機、有特殊教育需要及殘疾學童的體力活動與健康、適應體力活動。

BA (First Hon) (Hong Kong Baptist University), MPhil, PhD (The University of Hong Kong). Fellow of the International Federation of Adapted Physical Activity (IFAPA), the Asian Society for Adapted Physical Education and Exercise (ASAPE), and the Hong Kong Association of Sports Medicine and Sports Science (HKASMSS). President of the IFAPA, Chair of the Justice, Equity, Diversity, and Inclusion (JEDI) Committee, the Active Healthy Kids Global Alliance (AHKGA); Founding President of the Adapted

Physical Activity of Hong Kong China. Member of the Community Sports Committee, , Deputy Convenor of the Student Sport Co-ordinating Sub-committee, Culture, Sports and Tourism Bureau. Member of the School Allocation Committee, the Advisory Committee on Private Schools, the Assessment and Monitoring Sub-committee of Quality Education Fund, Education Bureau; Subject Specialist of the Hong Kong Council for Accreditation of Academic and Vocational Qualifications. Associate Editor and Editorial board member of a number of international journals in adapted physical activity and sports science. Courses taught include sports psychology and theories and applications for motor learning. Research interests include participation motivation for sports and exercise, physical activity and health in children with special educational needs and disabilities, and adapted physical activity.

謝采揚 TSE Choi Yeung Andy

副教授 Associate Professor

運動科學學士（香港大學）、哲學博士（語言學習，香港大學）。曾於 2014 年在香港大學擔任博士後研究員。2015 年 8 月加入香港教育大學體育運動科學系。現任國際自閉症研究學會、北美運動心理學學會、國際行為營養與體育活動學會及久坐行為研究網絡的成員。曾任香港運動與運動心理學會副會長（2015-2019）。任教科目：人類運動科學導論、適應性體育教育、動作學習。研究領域主要在於運動學習以及身體活動對自閉症譜系障礙兒童的心理、認知和身體健康的影響，以及典型發展嬰兒的爬行與認知的關聯。

BSc (Sports Science, The University of Hong Kong), PhD (Language Learning, The University of Hong Kong). In 2014, Andy worked as a postdoctoral fellow at The University of Hong Kong. Joined the Department of Sports Science and Physical Education at The Education University of Hong Kong in August 2015. Current member of the International Society for Autism Research, North America Sports Society for the Psychology of Sport and Physical Activity, International Society of Behavioral Nutrition and Physical Activity, and the Sedentary Behavior Research Network. Served as Vice President of the Hong Kong Society of Sports and Exercise Psychology from 2015 to 2019. Courses taught: Introduction of Human Movement Science; Adapted Physical Education; Psychomotor Learning. Andy's primary research interest lies in motor learning and the impact of physical activity on psychological, cognitive, and physical well-being in children with autism spectrum disorder. His research area also covers the investigation of crawling-cognition in infants with typical development.

譚思敏 TAM Sze Man Simone

講師 Lecturer

理學士（香港大學）、在職小學教師訓練 (香港教育學院)、學位教師教育證書（香港大學）、文學碩士（香港中文大學）。香港體育教師學會執委會委員。任教科目：

體育及運動行政管理、運動產業實習、教學實習、游泳/ 田徑教學：理論與實踐、個人項目運動、運動產業實習、教練學、促進健康與運動技能。研究興趣：基礎活動影像評估、利用人工智能評估協助體育教學、學童體能與身心健康。

BSc. (The University of Hong Kong); Teacher Cert. (The Hong Kong Institute of Education); PCEd. (The University of Hong Kong); M.A. (The Chinese University of Hong Kong). Executive Committee Member of The Hong Kong Physical Education Teachers Society.
Courses Taught: Administration and Management in Physical Education and Sports; Internship in Sports Industry; Teaching Practice; Individual Sports; Teaching Swimming: Theory and Practice; Teaching Track and Field Events: Theory and Practice; Individual Sports; Principles of Coaching; Physical Activity for Health. Her research interest: assessing fundamental movement skills in children; artificial intelligence of skills proficiency test in physical education; ; technology-supported active play and its impact on physical fitness, psychosocial behavior, and well-being among students.

王香生 WONG Heung Sang Stephen

教授 Professor

香港中文大學聯合書院院長 College Head, United College, CUHK

教育學士（利物浦大學），理學碩士、哲學博士 (Loughborough University)。美國運動醫學會，香港運動醫學及科學學會會士，英國註冊營養學家 (RNutr)，健康活力兒童環球聯盟」(Active Healthy Kids Global Alliance, AHKGA) 亞洲區代表。多份健康及運動科學國際期刊主編及編輯委員。宣道會陳瑞芝紀念中學校監。任教科目包括： 運動生理學、健康與體力活動。研究範圍：兒童靜態行為與健康、運動營養。

BEd (Hons) (Liverpool University), MSc, PhD (Loughborough University). Fellow of The American College of Sports Medicine (ACSM) and the Hong Kong Association of Sports Medicine and Sports Science, Registered Nutritionist (U.K.) and Asian Representative of Active Healthy Kids Global Alliance (AHKGA). Editor-in-Chief and editorial board member of a number of international journals in health and sports science. Supervisor of Christian Alliance S.C. Chan Memorial College. Courses taught include exercise physiology, health-related physical activity. Research focuses on sedentary behavior and health in children, sports nutrition.

楊懌健 YANG Yijian

副教授 Associate Professor

臨床醫學本科（中山醫科大學）、理學碩士（湖首大學）、哲學博士(西門菲莎大學)。中國註冊臨床醫生及前任深圳市人民醫院骨外科醫生。前任英屬哥倫比亞大學家庭醫學博士後研究員。香港研資局海外研究學者得主 (2026/27)。亞洲適應體育學會(ASAPE)會士及副主席。姿勢控制與步態國際研究學會(ISPGR)成員，美國老年醫學

研究學會(GSA)成員，加拿大生物力學研究學會(CSB)成員，以及中華預防醫學會成員。老年醫學、運動科學和物理治療領域多個國際期刊的編委會副主編及成員，包括 Age Ageing, JAMDA, and Journal of Gerontology。任教科目包括：運動生物力學導論，人類運動學和動力學，運動及體能活動的生物力學，結構生物力學和運動損傷。研究範圍包括：老年跌倒與受傷預防、活動能力與體力活動、運動生物力學等。

BSc (Sun Yat-Sen University of Medical Sciences), MSc (Lakehead University), PhD (Simon Fraser University). Licensed MD in China and a former surgeon in the Department of Orthopedics at Shenzhen People's Hospital. Former Postdoctoral Fellow at the Department of Family Practice, University of British Columbia. Recipient of RGC Oversea Research Fellowship (2026/27). Fellow of the Asian Society for Adapted Physical Education and Exercise (ASAPE) and Vice President of ASAPE. Member of the International Society for Posture and Gait Research (ISPGR), the Gerontological Society of America (GSA), the Canadian Society for Biomechanics (CSB), and the Chinese Preventive Medicine Association. Associate Editor and Editorial Board Member of several international journals in gerontology, sports science, and physiotherapy, including Age Ageing, JAMDA, and Journal of Gerontology. Courses taught include Introduction to Exercise Biomechanics, Human Kinematics and Kinetics, Biomechanics of Sports and Physical Activity, and Structural Biomechanics and Sports Injury. Research interests include Falls and Injury Prevention in Older Adults, Mobility and Physical Activity, and Sports Biomechanics.

茹柏鴻 YU Pak Hung Angus

研究助理教授 Research Assistant Professor

工學士（香港科技大學）、哲學碩士（香港理工大學）、理學碩士（香港中文大學）及哲學博士（香港大學）。前任香港大學公共衛生學院博士後研究員。任教科目：基本體育統計、測檢與量度學、運動科學與體力活動之資訊科技和運動及健康相關科技。研究範疇涵蓋分子生物學、睡眠健康、精神健康、認知健康和代謝健康等領域。近期的研究側重於對比不同運動對改善精神健康和認知健康的成效及了解身體活動和靜態行為對健康的影響機理。近期的研究聚焦於運動作為第一線治療的輔助介入措施和評估不同運動模式對精神健康及認知健康的影響。此外，他亦探討身體活動和靜態行為對健康的影響機理。

BEng (The Hong Kong University of Science and Technology), MPhil (The Hong Kong Polytechnic University), MSc (The Chinese University of Hong Kong) and PhD (The University of Hong Kong). Former Postdoctoral Fellow at the School of Public Health, The University of Hong Kong. Courses taught: Basic Statistics, Test and Measurement for Physical Education, Information Technology in Sports Science and Physical Activity, and Sports and Health Technology. His research outputs extend across a spectrum of disciplines, including molecular biology, sleep, mental health, cognitive health, and metabolic health. His recent research focuses on comparing the effects of different exercise modalities on improving mental health and cognitive health, and exploring the

underlying mechanisms by which physical activity and sedentary behavior modulate health. His recent research focuses on the use of exercise as an adjunct to first-line treatment and on evaluating the impact of different exercise modalities on mental and cognitive health. His work also investigates the mechanisms through which physical activity and sedentary behavior modulate health.