
體育部

Physical Education Unit

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體育部的宗旨是透過提供優質及多元化之體育課程和各類體育活動之參與機會，通過身體素養的培育，幫助學生提升體力活動能力及熱誠，增加有關活動之知識及理解，並有信心及具備動機參與體力活動，致力於培養終身活躍及均衡之生活模式，達致提升中大師生，以至社會人士之全人健康及體適能水平。

體育部的主要工作範圍包括：提供必修及選修體育課程、推廣與籌辦各項校內體育活動、組織大學校隊訓練及參與校外體育活動，以及提供和管理運動設施。

The mission of Physical Education Unit is to provide high-quality and diversified physical education courses and opportunities for participation in various sports activities. Through the cultivation of physical literacy, the unit aims to help students improve their physical abilities and enthusiasm, increase their knowledge and understanding of physical activities, and have confidence and motivation to participate in physical activities. The unit is committed to cultivating an active lifelong and balanced lifestyle, and to promoting the overall health and physical fitness levels of CUHK students and society as a whole. The main scope of work of the unit includes providing required and elective physical education courses, promoting and organizing various sports activities on campus, organizing and coaching university teams for participating in off-campus sports activities, and providing and managing sports facilities.

梁鳳蓮 LEUNG Fung Lin Elean

體育部主任 Director, Physical Education Unit

香港中文大學新亞書院副院長 Associate Head of New Asia College

哲學博士 (香港中文大學)。香港行為健康學會創會會員，歐洲復甦協會香港教練會名譽顧問及教練訓練員，歐洲復甦協會自動體外心臟震器教練訓練員，中國香港體適能總會顧問，國際拯溺教練及裁判。大學體育必修課程講師。研究興趣包括以互聯網推動大學生體力活動的效能及於大學校園推動體力活動參與。

Doctor of Philosophy (CUHK). Founding Member of the Hong Kong Society of

Behavioral Health, Honorary Advisor and Instructor Trainer of the European Resuscitation Council, Hong Kong Instructor Association, Automated External Defibrillation (AED) Instructor Trainer of the European Resuscitation Council, Advisor of the Physical Fitness Association of Hong Kong, China, International Life Saving Competition Coach and Referee. Lecturer of the University Required Physical Education Programme. Research interests include the efficacy of the Internet for physical activity promotion among university students and physical activity promotion on campus.

歐陽嘉謙 AU YEUNG Ka Hym Calvin

副講師 Assistant Lecturer

運動醫學理學碩士(中大)、運動及人體動力學學士(多倫多大學)。現任香港中文大學體育部副講師、協恩中學籃球隊體能教練。美國運動委員會、美國國家運動醫學會認可體能教練、美國運動委員會認可青少年體式能訓練員。曾任 AlphaStep 訓練基地總教練及課程總監、東方龍獅籃球隊體式能總教練、ClassicCal Fitness Ltd 創辦人及總教練。多倫多大學精英運動中心體式能教練、adidas 品牌大使及體能教練、加拿大女子籃球國家隊訓練員、多倫多大學女子籃球隊訓練員、香港全國中學籃球代表隊、香港亞洲中學籃球代表隊隊伍體能教練、加拿大美式足球聯盟選拔及發展團隊訓練員。曾代表香港在全國中學籃球比賽、香港亞洲中學籃球比賽作賽、香港檳城青年隊作賽。

MSc Sport Med (CUHK), BA Kin (UofT). Present Posts: Assistant Lecturer of PEU (CUHK), Strength and Conditioning Coach of Heep Yunn School Basketball Team. ACE, NASM Certified Fitness Trainer, ACE Certified Youth Fitness Specialist. Previous positions: Head Coach and Program Director at AlphaStep Fitness Foundry, Head Strength and Conditioning Coach of Eastern Long Lions Basketball Team, Founder and Head Coach of ClassicCal Fitness Ltd. Served as: Strength and Conditioning Coach at Goldring Centre for High Performing Sport (UofT), adidas Brand Ambassador and Physical Fitness Instructor, Assistant Training Instructor for Canada Women's Basketball, Assistant Training Instructor for UofT Women's Varsity Basketball Team, Fitness Coach for HKSSF Youth All China, All Asia Basketball Team, Drill Supervisor for Canadian Football League Draft Combine. Represented: Hong Kong in All China, All Asia Youth Basketball Tournaments (Team Captain), Hong Kong Rugby Youth Teams (Team Captain).

鄒威寶 CHAU Wai Po

講師 Lecturer

體育運動科學教育碩士(香港中文大學)、體育運動科學教育學士(香港中文大學)。國際田徑聯會一級田徑教練、美國田徑協會一級田徑教練、中國香港田徑總會註冊教練、中國香港田徑總會一級田徑裁判。曾任中、小學體育科教師，現任教體育必

修課程。

MEd in Sports Science and Physical Education (CUHK), BEd in Sports Science and Physical Education (CUHK). Level 1 Track & Field Coach (IAAF), Level 1 Track & Field Coach (USATF), Registered Track & Field Coach (HKAAA), Level 1 Technical Official (HKAAA). Had been a physical education teacher in primary and secondary schools. Currently teaches physical education required courses.

鄭毓全 CHENG Yuk Chuen

高級講師 Senior Lecturer

教育學士、教育碩士 (國立台灣師範大學)、教育碩士 (西澳洲大學)。環球水下探索者協會教練，二級洞穴潛水員，二級技術潛水員。潛水教練專業協會名士潛水員訓練官、第一危機反應教練 (心肺復甦術/急救/自動外接式去顫器)。國際技術潛水協會減壓程序課程教練。國際水肺潛水協會開放水域潛水教練。香港潛水總會註冊徒手潛水教練、開放水域水肺潛水教練。美國運動醫學會健康體適能教練、美國國家射藝會二級教練、歐洲復甦協會基本生命支援技術及自動體外心臟去纖維性顫動法教練。曾在香港、台灣和新加坡的中學任教。現任中國香港體適能總會執委和講師。中文大學龍舟隊協調員，逸夫書院男子田徑隊，男子和女子籃球隊教練，任教體育必修課程。

BEd, MEd (National Taiwan Normal University) MEd (University of Western Australia). GUE (Global Underwater Explorers) Instructor, Cave diver 2, Technical diver 2, PADI (Professional Association of Diving Instructor) Master Scuba Diver Trainer, Emergency First Response Instructor (CPR/ First Aid/ AED), TDI (Technical Diving International) Decompression Procedure Instructor, SDI (Scuba Diving International) Open Water Instructor, Hong Kong Underwater Association Registered Skin Diving Instructor and Scuba Diving Instructor. American College of Sports Medicine Health/Fitness Instructor, National Archery Association of the United States level 2 Instructor, European Resuscitation Council Basic life support and automated external defibrillation Instructor; teacher in secondary school of Hong Kong, Taiwan and Singapore. Present Post: Executive Committee and Lecturer of the Physical Fitness Association of Hong Kong, China. Coordinator of CUHK Dragon Boat Team, Shaw College Men's Athletics Team, Men's and Women's Basketball Team. Teaches Physical Education required courses.

張嘉儀 CHEUNG Ka Yee Crystal

講師 Lecturer

體育運動科學教育榮譽學士、哲學碩士、教育文憑 (中大)。曾任中學體育教師及香港弱智人士體育協會田徑教練。現任香港中學文憑考試體育科 (體適能) 評核員、國際田聯一級田徑裁判、香港業餘田徑總會二級教練、香港中文大學女子田徑隊教練、聯合書院男女子田徑及乒乓球隊教練。任教體育必修課程。香港中文大學聯合

書院湯若望宿舍舍監。

BEd, MPhil, PGDE (CUHK). Past experiences: P.E. teacher of secondary school and Coach of Hong Kong Sports Association for the Mentally Handicapped. Present posts: Assessor of Hong Kong DSE P.E. (Physical Fitness), IAAF Technical Official Level 1, HKAAA Coach Level 2, Coach of CUHK Women's Athletics Team, United College Men's and Women's Athletics Team and Table Tennis Team. Teaches required physical education courses. Warden of Adam Schall Residence, United College.

張梓輝 CHEUNG Tsz Fai

講師 Lecturer

價值教育文學碩士 (中大)、體育運動科學教育學士 (中大); 美國肌力與體適能協會肌力及體能教練、香港籃球總會註冊教練; 曾任中學體育科老師、香港中學文憑體育科籃球項目評核員、第五屆亞洲大學生 3X3 籃球錦標賽領隊; 現擔任中國香港大專體育協會大學生運動會籌委會成員、香港中學文憑體育科體適能項目評核員、香港男子甲一組籃球隊教練、中大男子及女子籃球隊教練、任教體育必修科課程(籃球、手球及體能鍛鍊)及體育運動科學系專業術科教學科目。

MA in values education (CUHK), BEd in sports science & physical education (CUHK); certified strength coach of National Council on Strength and Fitness, registered coach of Hong Kong Basketball Association; Past Experiences: P.E. teacher of secondary school, assessor of basketball in HKDSE P.E., manager of The 5th Asian University Men's 3X3 Basketball Championship; Present Posts: member of USFHK University Games Committee; assessor of physical fitness in HKDSE P.E., coach of Hong Kong Basketball League (Division1), coach of CUHK men's & women's basketball team; teaches P.E. required courses (basketball, handball & physical conditioning), core courses in professional skills of SSPE.

張偉傑 CHEUNG Wai Kit

講師 Lecturer

教師證書 (葛量洪教育學院)、教育榮譽學士 (利物浦大學)、康樂及運動管理文學碩士 (澳洲維多利亞科技大學)、運動科學理學碩士 (港大)。香港籃球總會註冊教練(二級)、國際一級排球教練、美國射箭總會二級導師、RPT 專業網球一級導師及香港乒乓球總會教練(學校)。曾任中學體育科主任、香港浸會大學體育導師、香港風帆訓練協會助教、中國香港拍全能協會副主席、2003 年世界大學生運動會香港籃球代表隊教練、2019 亞洲大學生三人籃球錦標賽香港籃球代表隊領隊、香港學術及職業資歷評審局委任評審局專家。現任中大新亞書院體育部聯絡人、中大水上活動中心經理、中文大學男子籃球隊教練、中文大學女子籃球隊協調員、新亞書院游泳隊教練、新亞書院划艇隊協調員、新亞書院志文樓舍監。主要任教科目包括：籃球、

排球、網球及乒乓球。

Teacher Certificate (Grantham College of Education), BEd (Hons) (Liverpool), MA in Recreation and Sports Management (Victoria University of Technology), MSc in Sports Science (HKU). Registered Coach (Level II) of HK Basketball Association; International Volleyball Coach (Level I); Archery Instructor (Level II) of National Archery Association, Tennis Instructor (Level I) of International Registry of Tennis Professionals and Table Tennis Coaching Certificate (School) –HK Table Tennis Association.. Served as P.E. Panel Master in secondary school; P.E. Instructor in Hong Kong Baptist University; Assistant Instructor of HK Sailing Training Association; Vice-chairman of Racketlon Federation of Hong Kong, China; Coach of Hong Kong Men's Basketball Team to the 2003 World University Games; Manager of Hong Kong Men's Basketball Team to the 2019 Asian University 3x3 Basketball Championship; Subject Specialist of Hong Kong Council for Accreditation of Academic and Vocational Qualifications. At present, Coordinator of New Asia College Physical Education Unit, Manager of CUHK Water Sports Centre, Coach of Men's Basketball Team of CUHK, Coordinator of Women's Basketball Team of CUHK, Coach of Swimming Team of New Asia College, Coordinator of Rowing Team of New Asia College, and Warden of Grace Tien Hall. Major teaching subjects include Basketball, Volleyball, Tennis and Table Tennis.

張昱傑 CHEUNG Yuk Kit

講師 Lecturer

運動科學理學碩士 (香港中文大學)、體育及康樂管理(榮譽)文學士、教育文憑 (香港浸會大學)。曾任香港浸會大學持續教育學院助理講師。現任教體育必修課程。

MSc in Exercise Science (CUHK), BA(Hons) in Physical Education and Recreation Management, DipEd (HKBU). Had been assistant lecturer at Hong Kong Baptist University. Currently teaching Physical Education required courses.

方穎麟 FONG Wing Lun William

講師 Lecturer

榮譽理學學士 (德比大學)、文學碩士 (德比大學)、文學碩士 (香港科技大學)、學位教師教育文憑 (香港浸會大學) 並取得註冊教師資格。美國國家運動醫學學院認可運動表現提升專家、亞洲運動及體適能專業學院認可體適能精英 (私人訓練)、國際 NLP 聯會認可身心語言程式學導師、國際 NLP 教練協會認可身心語言程式學教練導師。曾任職業訓練局署理講師和香港浸會大學持續教育學院兼任導師。前中國香港柔道代表隊成員，曾參與亞運、世大運及東亞運，以及曾獲廣州市柔道協會 2018 廣州市柔道聯賽優秀教練員。現任教體育必修課程。

BSc (Hons) (Derby), MA (Derby), MA (HKUST), PGDE (HKBU), and Registered Teacher. Certified as a Performance Enhancement Specialist by the National Academy of Sports Medicine and as a Personal Training Specialist by the Asian Academy for Sports & Fitness Professionals, Certified Trainer of Neuro-Linguistic Programming by the

International NLP Federation and a Certified Neuro-Linguistic Programming Coach Trainer by the International NLP Coach Association. With extensive experience in education, he has served as an Acting Lecturer of Vocational Training Council and Part-time Instructor of School of Continuing Education at Hong Kong Baptist University. Former Hong Kong, China Judo representative at the Asian Games, the World University Games and the East Asian Games, and recipient of the Outstanding Coach Award at the 2018 Guangzhou Judo League from the Guangzhou Judo Association. Currently teaching Physical Education required courses.

何思德 HO Sze Tak Robin

講師 Lecturer

公共衛生哲學博士 (中大)、公共衛生哲學碩士 (中大)、生物醫學科學學士 (阿德萊德大學)。香港健美及運動體適能總會 (HKBPFSF) 2023 年體育總會 (PCA) 香港健美錦標賽新秀健美銅牌得主。現任職務：中文大學體能教練、必修及選修體育課程導師 (體能、游泳、籃球及足球)、中大男子水球隊及中大男女擊劍隊協調員、逸夫書院游泳教練。過往經驗：香港中文大學體育運動科學系博士後研究員及兼任講師。

PhD in Public Health (Chinese University of Hong Kong), MPH (Master of Public Health) (CUHK), BSc (Biomedical Science) (University of Adelaide). Novice Bodybuilding Bronze Medalist of the 2023 Physical Culture Association (PCA) Hong Kong Championship organized by the Hong Kong Bodybuilding & Physique Sports Federation (HKBPFSF). Current posts: Head coach of physical conditioning of CUHK, lecturer/instructor of required and elective physical education courses (Physical Conditioning, Swimming, Basketball and Soccer), team coordinator of CUHK men's water polo team and men's & women's fencing team, and swimming coach of Shaw College swimming team. Past experiences: Postdoctoral fellow and part-time lecturer of the Department of Sports Science and Physical Education of CUHK.

何偉強 HO Wai Keung

講師 Lecturer

學生活動文學碩士、體育運動科學教育學士 (香港中文大學)、健康體適能專家 (ACSM)、香港體適能總會講師、跆拳道黑帶三段、香港跆拳道協會中級教練。曾任中學體育教師；學界籃球裁判。現擔任跆拳道校隊教練。任教體育必修課程，及跆拳道選修課程。

MA(Student Activities, CUHK), BEd(SSPE, CUHK), Health Fitness Specialist of ACSM, Lecturer of HKPFA, Taekwondo Dan 3, HK Taekwondo Association Intermediate coach. Past Experience: Secondary School PE teacher, HKSSF Basketball Referee. Present Posts: Coach of CUHK Taekwondo Team. Teaches Physical Education required courses and Taekwondo elective course.

韓 雪 HON Suet Snowy

高級講師 Senior Lecturer

哲學博士 (香港中文大學)、心理學文學碩士(中大)、教育碩士 (中大)、體育碩士 (美國春田大學)、教育榮譽學士 (中大)。中文大學女子田徑及越野隊教練、崇基學院羽毛球隊、籃球隊及田徑隊教練。任教體育必修與選修課程。

Doctor of Philosophy (CUHK), MA in Psychology (CUHK), MEd (CUHK), MPE (Springfield College), BEd (CUHK). Coach of the University's Women Athletic and Cross-Country Teams, Coach of Chung Chi College Badminton Team, Basketball Team and Track and Field Team. Teaches University Required and Electives Physical Education Programme.

黃敏怡 HUANG Min Yi Sammi

副講師 Assistant Lecturer

運動機能理學學士 (北德克薩斯大學&聖愛德華大學)、體育運動科學碩士 (香港中文大學)。曾任美國中學體育教師。前美國大學體育協會 (NCAA) 第 1 & 2 階梯球員；前美國職業高爾夫球員；中國高爾夫協會教練；高爾夫專項體能教練。任教體育必修及選修課程：科目包括高爾夫、活木球、壁球、體能鍛煉。擔任中大男子及女子活木球隊教練，及協調新亞書院體育活動。學術研究範圍：身體素養、體育教學、教學效能。

B.Sc. Kin (UNT & SEU), M.Sc in Exercise Science (CUHK). Served as P.E. teacher in Secondary School (USA). Former National Collegiate Athletic Association (NCAA) Division 1 & Division 2 player; former professional golfer; registered coach of China Golf Association, functional golf specialist. Teaches both required and elective P.E. courses: golf, woodball, squash, and physical conditioning; coach of CUHK Men's and Women's Woodball team, and coordinate N.A. College sports activities. Academic research interests: Physical literacy; Physical education; Teaching efficacy.

許嘉傑 HUI Ka Kit

講師 Lecturer

運動醫學及健康科學理學碩士 (香港中文大學)、體育運動科學教育學士(香港中文大學)。曾任職業訓練局講師、香港浸會大學持續進修學院導師、學體育科老師。香港籃球總會一級籃球教練、香港手球總會一級手球教練、香港田徑總會一級田徑裁判、香港體適能總會器械健體導師、香港體適能總會初級普拉提運動(Mat Work)指導員、香港體適能總會姿勢評估及矯健技巧指導員、英國環境衛生協會泳池及水療機

構衛生及安全主任證書課程、香港拯溺總會拯溺銅章。

MSc (SMHS, CUHK), BEd (SSPE, CUHK). Past experience: Lecturer of Vocational Training Council, Part-time instructor of Hong Kong Baptist University School of Continuing of Education, Secondary School PE teacher. Level 1 Basketball Coaches Course (Hong Kong Basketball Association), Level 1 Handball Coaches Course (Hong Kong handball Association), Technical Official Course(Level 1) (HKAAA) , Resistance Training Instructor Certification (HKPFA), Elementary Pilates (Mat- Works) Practitioner (HKPFA), Postural Assessment and correction Practitioner (HKPFA),Pool Water Quality Control Certification Course (Chartered Institute of Environmental Health (CIEH), U.K), Immediate Care in Sport Course (Foundation) (HKECT & HKRFU), Bronze Medallion (Hong Kong Life Saving Society).

賴家穎 LAI Ka Wing

副講師 Assistant Lecturer

運動科學與體力活動理學碩士(香港中文大學)、計算機科學理學士(香港中文大學)。曾任職多間中小學田徑隊教練、地區中心體適能教練。擁有多項教練資格包括田徑、健身等，擁有手球初級裁判資格。現任香港中文大學手球隊協調員。任教體育必修課程。

MSc (SSPA, CUHK), BSc (CS, CUHK). Previous position: Athletic Coach, Personal Trainer at district center. Level 1 Coach of Athletics, International Certified Personal Trainer, Level 1 Handball Referee. Present duty: Coordinator of CUHK Men's Handball team. Currently teaching Physical Education required courses.

林昊峰 LAM Ho Fung

講師 Lecturer

運動醫學及健康科學理學碩士 (香港中文大學)、體育運動科學教育學士(香港中文大學)。曾任中、小學體育老師。現任香港田徑隊教練、國際田聯一級田徑裁判、香港中文大學男子越野及田徑教練。任教體育必修課程。

MSc (SMHS, CUHK), BEd (SSPE, CUHK). Past experiences: P.E. teacher of primary and secondary schools. Present posts: Coach of Hong Kong Athletics Team, IAAF Technical Official Level 1, Coach of CUHK Men's Cross Country and Athletics Team. Teaches required physical education courses.

林建榮 LAM Kin Wing

講師 Lecturer

教育榮譽學士 (香港中文大學)、體育運動科學教育碩士 (香港中文大學)、教育文憑 (香港中文大學)。2004 全國大學生運動會香港足球代表隊教練，香港學界體育

聯會足球裁判，香港排球總會一級排球教練，香港籃球總會裁判，美國射箭總會二級教練，香港籃球總會二級籃球教練，香港拯溺總會拯溺銅章，香港欖球總會帶式欖球教練，香港網球總會網球裁判，香港足球總會守門員教練，香港足球總會亞洲足協 C 級教練，中國香港手球總會一級手球教練，中國網球協會初級網球教練，香港網球總會小型網球導師，香港冰球訓練學校一級冰球領袖，香港閃避球總會指導員，香港欖球總會非撞式欖球教練，香港躲避盤總會指導員等證書，中國香港手球總會初級裁判，中國香港龍舟總會初級龍舟訓練證書，中國香港攀總一級運動攀登訓練證書，香港乒乓球總會教師教練出席證書，澳洲網球專業教練協會一級網球教練證書，香港滑浪風帆會初級滑浪風帆證書。曾任中學體育教師，任教體育必修科課程。現任中大男子足球隊教練及中大男子網球隊協調員、崇基男子足球隊、男子籃球隊及男女子網球隊教練、香港中文大學體育部校外體育活動小組組員。

BEd(CUHK), MEd (CUHK), DipEd(CUHK). Coach of men football team for 2004 All China University Game HK, HKSSF Football Referee, Level I coach for Hong Kong Volleyball Association (HKVA), HKBA Basketball Official, Level II Archery Coach for US Archery Association, Level II Coach for the Hong Kong Basketball Association (HKBA), Life Saving bronze medal for the Hong Kong Life Saving Society, Level 0 Tag Rugby Coach for Hong Kong Rugby Association, Tennis Umpire for Hong Kong Tennis Association, Goal Keeper Trainer for the Hong Kong Football Association, Asian Football Confederation Level C Coach, Level I Coach for Handball Association of Hong Kong, China, Elementary Tennis Coach for the China Tennis Association, Mini-tennis Instructor for Hong Kong Tennis Association. Youth Leader of Ice Hockey Level I instructor, Dodge Ball Level I instructor, Touch Rugby Level I Coach, Dodge bee Level I instructor, Elementary Handball referee for the Handball Association of Hong Kong, China, Elementary Dragon Boat Training Certificate for the Hong Kong China Dragon Boat Association, Level I Sports Climbing Certificate for the China Hong Kong Mountaineering and Climbing Union, Attendance Certificates for School Teacher table tennis coach course for Hong Kong Table tennis Association, ATPCA GRADUATE PRO L1 CERT. COURSE, Basic Windsurfing Award for Windsurfing Association of Hong Kong, China. Had been secondary school P.E. teacher, teaches Physical Education required courses. At Present, Coach of the CUHK Men Soccer Team and coordinator of the CUHK Men Tennis Team and Coach of the Chung Chi College Men Soccer, Men Basketball, Men and Women Tennis Teams, External Sports Activities Sub-Committee member of Physical Education Unit.

廖智峰 LIU Chi Fung

講師 Lecturer

課程與教學法教育學碩士（港大）、體育運動科學教育學士（中大）；曾任體育教師、香港足球總會註冊教練、香港賽馬會青少年足球發展計劃（曼聯足球會）學校教練、學界田徑及游泳裁判；現擔任中大女子足球隊教練及任教體育必修課程（足

球、排球、羽毛球、乒乓球及田徑)。

MEd in Curriculum and Pedagogy (HKU), BEd in Sports Science and Physical Education (CUHK); past experiences: accredited P.E. teacher, registered coach of Hong Kong Football Association, coach of The JC School Football Development Scheme (Manchester United Partnership), Inter-school T&F and Swimming competition judge; present posts: coach of CUHK women's soccer team and teaches P.E. required courses (soccer, volleyball, badminton, table tennis and T&F).

劉軒 LIU Xuan

副講師 Assistant Lecturer

哲學博士在讀 (香港浸會大學)、教育碩士 (北京體育大學)、教育學士 (華東交通大學)。曾任中國足球協會裁判部經理、西交利物浦大學體育教師。亞足聯 C 級教練員、中國香港足總三等裁判員。目前任教大學體育必修課。研究興趣為體育管理、運動表現分析。

Ph.D. candidate (HKBU), MEd (Beijing Sport University), BEd (East China Jiaotong University). Former referee department manager at the Chinese Football Association and PE teacher at Xi'an Jiaotong-Liverpool University. AFC C License Coach and Class 3 Referee at the Football Association of Hong Kong, China. Present duty: teaching required PE courses. Research interests: sport management and sport performance analysis.

麥慧詩 MAK Wai Sze Angel

講師 Lecturer

人力資源管理碩士(香港浸會大學)、體育運動科學教育學士(香港中文大學)、香港乒乓球總會一級教練、香港青年協會兒童體適能教練。曾任小學體育教師、康樂及文化事務署、紀律部隊管理職位、香港中文大學新亞書院乒乓球教練及擁有超過二十年乒乓球教學經驗。現擔任香港中文大學女子排球隊教練及任教體育必修課程。

MHRM (BU), BEd (SSPE, CUHK), Level I (Elementary) Coach for Hong Kong Table Tennis Association, Children's Fitness Instructor for the Hong Kong Federation of Youth Groups. Previous positions: Physical Education Teacher of Primary School; Managerial position at LCSD and disciplined services; Table Tennis coach of New Asia College, CUHK and major in table tennis with over 20+ years teaching experiences. Present duty: Coach of CUHK Women's Volleyball Team. Currently teaching required Physical Education courses.

吳兆權 NG Siu Kuen

講師 Lecturer

教師証書 (羅富國教育學院)、一級榮譽教育學士、優異成績運動與營養科學碩士

(英國利物浦大學)、哲學博士(英國赫爾大學)。健康體適能專家證書(美國運動醫學會)、肌力與體能訓練專家證書、私人健身教練證書(美國國家肌力與體能協會)、阻力訓練指導員證書(香港中國體適能協會)、中國香港賽艇協會三級教練、美國國家射藝會二級教練、香港壁球總會一級教練。「世界大學生壁球錦標賽」2006、2010 香港代表隊領隊兼教練。香港學術及職業資歷評審局委任評審局專家。現為香港中文大學男女子賽艇協調員，敬文書院體育部聯絡人，任教體育必修科目包括：游泳、壁球、網球及體能鍛鍊。

Teacher Certificate (Northcote College of Education), First class honour in BEd (Liverpool, UK), Distinction in MSc (Liverpool, UK), PhD (University of Hull). Health Fitness Specialist (American College of Sports Medicine), Certified Personal Trainer (National Strength and Conditioning Association), Certified Strength and Conditioning Specialist (NSCA), Resistance Training Instructor (HKPFA), Level 3 Rowing Coach (Hong Kong, China Rowing Association), level 2 Instructor (National Archery Association of the United States), level 1 Squash Coach. Team manager cum coach of the Hong Kong Delegation for the World University Squash Championship 2006, 2010. Subject Specialist, Hong Kong Council for Accreditation of Academic and Vocational Qualifications, HKCAAVQ. Teaches required Physical Education courses: Swimming, Squash, Tennis and Physical Conditioning. Coordinator of CUHK Men and Women Rowing team, and PE co-ordinator of C.W.Chu College

孫 莉 SUN Li

講師 Lecturer

哲學博士(中大)、教育碩士(北京體育大學)、教育學士(山東體育學院)。曾與多間大學任教。美國射箭協會二級講師、全球啦啦隊員協會中國區教練。目前任教大學體育必修課。研究興趣為體力活動、體適能及基礎動作技能等

PhD (CUHK), MEd (Beijing Sports University), BEd (Shandong Sport University). Served as a PE lecturer in other universities. Level 2 instructor (USA Archery Association), Cheerleading Coach in China (Universal Cheerleaders Association). Currently teach required PE courses. Research interest: physical activity, physical fitness, and fundamental movement skills, and so on.

譚智健 TAM Chi Kin

副講師 Assistant Lecturer

運動與休閒管理社會科學碩士(香港浸會大學)、運動科學教育榮譽學士(香港教育大學)。曾任香港大學專業進修學院課程經理、嶺南大學持續進修學院講師、香港教育大學泰拳理事會主席、多間非牟利機構體適能教練及中、小學花式跳繩、柔力球教練。現任香港中文大學體育部副講師，任教體育必修課程，並負責協調男、女子

羽毛球隊及水運會大專籌委。

MSocSc in Sport and Leisure Management (HKBU), BScEd (Hons) in Sports Science (EdUHK). Previous positions: Programme Manager at the HKU School of Professional and Continuing Education, Lecturer at the Lingnan Institute of Further Education, Chairman of the Muay Thai Society at the Education University of Hong Kong, Fitness Trainer at various Non-Government Organizations, Rope Skipping Coach and Rouliqiu Coach at various Secondary and Primary Schools. Present duty: Assistant Lecturer of the Physical Education Unit at the Chinese University of Hong Kong, teaching Physical Education required courses, and is responsible for coordinating the men's and women's badminton teams and the college organizing committee of the aquatic meet.

黃安東 WONG On Tung

高級講師 Senior Lecturer

教育碩士、教育文憑、教育學士(香港中文大學)。曾擔任中學體育科主任、香港籃球總會籃球青訓教練、參與「簡易急救」學校課程設計、香港專業教育學院校外評卷員、香港聖約翰救傷會急救學講師。現擔任中國香港體適能總會講師及監考員、美國運動醫學會健康體適能教練、香港籃球總會教練、香港業餘田徑總會教練、香港手球總會教練、香港足球總會教練、香港排球總會教練、香港保齡球總會教練、香港中華基督教青年會營務導師、香港游泳教師總會游泳教師、2009 年第 25 屆世界大學生運動會(塞爾維亞)男子排球隊教練、2017 年第 29 屆世界大學生運動會(台北)男子排球隊領隊、2021 年成都第 31 屆世界大學生夏季運動會男子排球隊領隊。校內體育活動小組召集人、大學體育必修課程講師、香港中文大學男子排球隊教練、聯合書院排球隊、網球隊及划艇隊教練、聯合書院恒生樓舍監、聯合書院體育部聯絡人。任教體育必修課程。

MEd, PGDE, BEd (CUHK). Past Experiences: Chairman of Secondary School P.E. Panel, Youth Training Coach of the Hong Kong Basketball Association, Designer of “Basic First Aid” School-based Curriculum, External Examiner of the Hong Kong Institute of Vocational Education (IVE), First Aid Lecturer of the Hong Kong St. John Ambulance Association. Present Posts: Lecturer and Examiner of the Physical Fitness Association of Hong Kong, China, American College of Sports Medicine Health/Fitness Instructor, Coach of the Hong Kong Basketball Association, Coach of the Hong Kong Amateur Athletics Association, Coach of the Hong Kong Handball Association, Instructor of the Hong Kong Football Association, Coach of the Volleyball Association of Hong Kong, China, Coach of the Hong Kong Tenpin Bowling Congress Limited, Camp Counselor of the Young Men’s Christian Association, Coach of Hong Kong Swimming Teachers’ Association, Coach of the 25th Summer Universiade Hong Kong Men’s Volleyball Team, Manager of Taipei 2017 29th Summer Universiade Hong Kong Men’s Volleyball Team, Manager of Chengdu 2021 FISU World University Games Hong Kong Men’s Volleyball Team. Convenor of the Intra-University Sports Activities Subcommittee of the Physical Education Unit, Lecturer of the University Required Physical Education Programme, Coach of CUHK Men’s Volleyball Team, United College Volleyball Team, Tennis Team

and Rowing Team, Warden of Hang Seng Hall, United College, Coordinator of PE Unit, United College. Teaches Physical Education required courses.

胡達昌 WU Tat Cheung

講師 Lecturer

康樂管理科學碩士 (春田)、哲學碩士 (香港浸會大學)。曾任春田大學男、女子游泳隊助教、香港特殊人士體育協會游泳總教練、香港浸會大學體育系講師。任教體育科目包括游泳、乒乓球、壘球、體段、木球。擔任中大男、女子游泳隊教練，中大射箭隊協調員，與及協調善衡書院體育活動和組織院隊。

MSc in Recreation Management (Springfield College), MPhil (HKBU). Past experience: Assistant Coach, Men's and Women's Swimming Team, Springfield College, Head Swimming Coach, Hong Kong Sports Association for the Mentally Handicapped, Lecturer at Hong Kong Baptist University. Teaching subjects include swimming, table tennis, softball, physical conditioning, and woodball. Coach on CUHK Men's & Women's Swimming Team, coordinator for CUHK Archery Team, and also coordinate S.H. Ho College sports activities.