
體育課程

Physical Education Programmes

課程辦事處 Programme Office： 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.

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| I. 必修課程 Required Physical Education Programme |
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體育必修課程是一個透過身體活動來進行教育的多元化課程。旨在教授同學基本的運

動技巧和知識，以增進學生身心健康，增強學生體質，培養學生體育運動能力和習慣；本課程亦着重培養學生良好的性格和心理素質，透過遊戲和比賽等活動，學生能改善人際關係和溝通技巧，並培養團隊觀念和合作精神；同時亦培養學生對運動抱持正確的價值觀和了解公平競爭的重要性。

凡入讀一年級之全日制本科生必須於首修業年分上、下學期修習體育科目各 1 學分，主修運動科學與健康教育及健康與體育運動科學的學生則不受此規定限制。學生可選讀下列各項體育科目，但每科目只准修習一次，學生修習體育必修科不得超逾 2 學分。

按認可學歷入讀第一年級學士學位課程學額及持副學士 / 高級文憑入讀高年級生學額的學生，只需在首修業年上或下學期修讀體育必修科 1 學分。學生可選讀下列各項體育科目，學生修習體育必修科不得超逾 1 學分。而雙學位課程的學生則需按照其學系規定修讀體育必修科。

體育科目有兩編號者，分男女子班；只有一編號或第三編號者，男女同班。學生修習科目所得成績，乃根據學生經測驗所達到之基本運動技能和知識、學習態度及上課出席率而評定。

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| PHED 1011/1012 | 田徑 | PHED 1040 | 活木球 |
| PHED 1015/1016/1020 | 游泳 | PHED 1041/1042/1180 | 羽毛球 |
| PHED 1017/1018/1220 | 體能鍛鍊 | PHED 1043/1044/1140 | 乒乓球 |
| PHED 1021/1022 | 籃球 | PHED 1045/1046/1150 | 瑜伽 |
| PHED 1023/1024 | 排球 | PHED 1010 (上學期) | 特別班 |
| PHED 1025/1026 | 壘球 | PHED 1030 (下學期) | 特別班 |
| PHED 1027/1028 | 手球 | PHED 1122 | 跆拳道 |
| PHED 1029/1038 | 足球 | PHED 1130 | 現代舞 |
| PHED 1031/1032/1170 | 網球 | PHED 1210 | 太極拳 |
| PHED 1033/1034 | 壁球 | | |

體育特別班專為因身體傷殘或長期特殊健康問題不宜接受上述體育課之學生而設。學生可根據大學體育部與保健處醫生之建議選修下列其中一組。

甲組：

一、閱讀有關體育書籍及撰寫下列任何一項科目之報告：

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| 比較體育 | 體育概論 | 中外體育史 | 體能鍛鍊 |
| 體育原理 | 體育心理學 | 體育社會學 | |

二、學期終舉行筆試。

乙組：

甲組之第一及第二項內容；及

三、由授課講師按照學生個別之活動能力，指導其作適當之輕巧運動，例如：體能鍛鍊、伸展操、乒乓球、草地滾球、活木球、羽毛球、射箭、游泳、緩步跑等。

按認可學歷入讀第一年級學士學位課程學額及持副學士 / 高級文憑入讀高年級生學額學生的課程規定載於本科生手冊：< http://rgsntl.rgs.cuhk.edu.hk/aqs_prd_appl/ >。

The required physical education programme is a comprehensive programme that educates students through physical activities. It aims to equip students with basic motor skills in sports and facilitate the acquisition of sports knowledge, so as to enhance their physical fitness and health, and foster a habit of participating in sports. Additionally, it emphasizes the development of desirable personality and psychological traits. Through games and competition, students can improve their interpersonal and communication skills, as well as the spirit of cooperation. They can also develop a positive attitude towards sports and understand the importance of fair play.

All Year 1 full-time students are required to take one credit unit of Physical Education in the first and second terms respectively during their first year of attendance, except for Exercise Science and Health Education Majors, and Physical Education, Exercise Science and Health Majors. A course can be taken only once. The number of units earned in required Physical Education shall not exceed 2.

Students admitted to first-year-first-degree (FYFD) places with Advanced Standing (AS) and Associate Degree/Higher Diploma Holders admitted to senior-year places are only required to take one credit unit of Physical Education in the first or second term during their first year of attendance. The number of units earned in required Physical Education shall not exceed 1. Students under Dual Degree Programme should take the required Physical Education according to the regulations of their departments.

The basis of assessment for each course will be students' achievement in basic sports skills and knowledge, attendance and learning attitude. Courses with two different course codes are being offered with men's and women's classes. All courses with one course code are co-ed classes.

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| PHED 1011/1012 | Track and Field | PHED 1040 | Woodball |
| PHED 1015/1016/1020 | Swimming | PHED 1041/1042/1180 | Badminton |
| PHED 1017/1018/1220 | Physical Conditioning | PHED 1043/1044/1140 | Table Tennis |
| PHED 1021/1022 | Basketball | PHED 1045/1046/1150 | Yoga |
| PHED 1023/1024 | Volleyball | PHED 1010 (1st term) | Special P.E. |

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| PHED 1025/1026 | Softball | PHED 1030 (2nd term) | Special P.E. |
| PHED 1027/1028 | Team Handball | PHED 1122 | Taekwondo |
| PHED 1029/1038 | Soccer | PHED 1130 | Modern Dance |
| PHED 1031/1032/1170 | Tennis | PHED1210 | Tai Chi |
| PHED 1033/1034 | Squash | | |

Students with disabled conditions or long term special health problems may take a special programme, Special P.E., designed to meet their individual needs, and are admitted to either Alternative I or II according to the recommendations of the Physical Education Unit and a physician of the University Health Service.

Alternative I:

- (a) Reading and written assignments on one of the following topics:
- Comparative Physical Education
 - Foundation of Physical Education
 - History of Physical Education
 - Physical Conditioning
 - Principle of Physical Education
 - Psychology of Sport
 - Sociology of Sport
- (b) Written test at the end of each term.

Alternative II:

- (a) and (b) as in Alternative I; plus
- (c) Light exercises under close supervision of an instructor, such as physical conditioning, strengthening exercises, table tennis, lawn bowling, woodball, badminton, archery, swimming, jogging, etc., depending on the physical capabilities of the student.

The Programme requirement for students admitted to first-year-first-degree (FYFD) places with Advanced Standing (AS) and Associate Degree/Higher Diploma Holders admitted to senior-year places can be viewed in the Undergraduate Student Handbook at http://rgsntl.rgs.cuhk.edu.hk/aqs_prd_aplx/.

II. 選修課程 Elective Physical Education Programme

凡對運動有興趣，或欲增強運動技能之學生，皆可憑興趣自由選修，每項科目為期一學期，修畢可得 1 學分。學生每學期只可選修下列一個科目，及不可重修同一科目。

This elective programme is open to all students who are interested in physical education and keen to acquire more skills.

The programme is composed of the following 1-unit term courses. Each student can only take one elective course in a term and no student can take the same course twice.

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| PHED 1050 | 足球 (男) Soccer (Men) | PHED 1120 | 跆拳道 Taekwondo |
| PHED 1060 | 乒乓球 Table Tennis | PHED 1190 | 空手道 Karate |

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| PHED 1063/1064 | 壁球 Squash | PHED 1200 | 單車及體能 Cycling and Fitness |
| PHED 1065/1066/1160 | 瑜伽 Yoga | PHED 1221/1222 | 籃球 Basketball |
| PHED 1070 | 射箭 Archery | PHED 1230 | 嘻哈舞 Hip-hop Dance |
| PHED 1071/1072/1270 | 網球 Tennis | PHED 1240 | 高爾夫球 Golf |
| PHED 1073/1074/1280 | 羽毛球 Badminton | PHED 1320 | 體能鍛鍊 Physical Conditioning |
| PHED 1100 | 活木球 Woodball | PHED 2021/2022 | 中級籃球 Intermediate Basketball |
| PHED 1110 | 太極拳 Tai Chi | PHED 2060 | 中級乒乓球 Intermediate Table Tennis |

註： 每學年度開設選修科目之數量乃根據教師人手而定。

Note: The number of elective courses offered each year depends on the availability of teaching staff.

III. 校內運動競賽 Intra-University Sports Competitions and Activities

體育部每年舉辦多項校內運動競賽及活動包括籌辦中大書院賽(男 / 女子籃球、排球、網球、羽毛球、乒乓球、划艇及男子足球)、中大游泳精英比賽及中大田徑精英比賽、中大公開賽(個人項目:壁球、網球、乒乓球、羽毛球;隊際項目:七人手球、五人足球、三人籃球)、運動與健康新活動(中大運動學會及中大運動伙伴計劃)、全民運動項目,供全日制學生參加。此外,體育部也協助各書院、系會、校內教職員及學生團體籌辦各類型體育活動,例如:校長盃、書院水 / 陸運會、運動員聚餐及環校跑等。體育部更每年於五月至七月期間舉辦暑期運動訓練班供學生及教職員參加,讓他們善用餘暇。

The Physical Education Unit organizes a wide range of sports competitions and activities including Inter-collegiate Competitions (men's and women's basketball, volleyball, tennis, badminton, table tennis, rowing & men's soccer), the CUHK Annual Aquatic Meet and Athletic Meet, the CUHK Open Tournaments (individual games:squash, tennis, table tennis, badminton;team games:7-a-side handball, 5-a-side soccer & 3 on 3 basketball), New Initiatives on Sports and Health Exercises (Sports Clubs & Fitness Buddy Scheme), and Sports For All activities for full-time students. Moreover, Physical Education Unit is always ready to support and cooperate with colleges, faculty, staff and student's society in organizing sports activities, such as VC's Cup, College Swimming Gala, College Sports Day, College Athletic Dinner, and Happy Run/ Fun Run, etc. Furthermore, summer sports courses are organized annually for students and staff from May to July to let them make good use of leisure time.

IV. 校外運動競賽 Intersivity Sporting Competitions

體育部負責組織及培訓各中大運動代表隊，隊伍包括：男、女子游泳、田徑、越野、籃球、足球、排球、手球、網球、羽毛球、乒乓球、壁球、活木球、壘球、跆拳道、空手道、劍擊、划艇、欖球、龍舟及男子水球等，藉以參加每年由中國香港大專體育協會主辦的各項運動競賽和兩大（中大和港大）體育節賽事，以及其他本地及國際賽事。各運動代表隊的教練主要由體育部委派講師擔任，有時也會因應隊伍需要邀請校外體育專業人士出任。

The Physical Education Unit organizes and coaches all University sports teams which include men's and women's swimming, athletics, cross-country, basketball, soccer, volleyball, handball, tennis, badminton, table tennis, squash, woodball, softball, taekwondo, karatedo, fencing, rowing, rugby, dragon boat and men's water polo. These teams can participate in sporting events organized by the University Sports Federation of Hong Kong, China and the Annual Intersivity-Games organized by the CUHK and the HKU, and other local and oversea competitions. The Unit mainly appoints lecturers but sometimes if necessary, invites other qualified sports professionals to act as coaches of these sports teams.