
理學士 (運動科學與健康教育) 學位課程

Bachelor of Science (Exercise Science and Health Education) Programme

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<http://www.spe.cuhk.edu.hk/eng/programmes.asp?pageid=33>

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運動科學與健康教育理學士的目的是為有志從事體育、運動及健康科學工作的學生提供優質的學習機會。本課程之特色是由兩個緊密相關的範疇組成。運動科學探討人體活動之複雜性及研究身體對短期及長期體育活動之反應，課題包括一般健身療法、體能活動及精英運動等。健康教育則研究各種體育活動療法之功效及分析各健康推廣理論及策略。課程旨在協助個人及社區更了解和關注健康問題，從而改善不良生活模式，以預防慢性疾病與殘疾，及提升生活質素。本課程為學生提供專業實踐之機會，以協助學生投身運動科學，行為科學及與健康相關之職業。課程由大學教育資助委員會撥款開辦。

修讀辦法、科目總表及科目概要，請參考《香港中文大學本科生手冊》
(<http://www.cuhk.edu.hk/aqs>) 或課程網頁。

The B.Sc. Programme in Exercise Science and Health Education aims to provide an excellent learning experience to students who aspire to pursue a career in exercise, sport and allied health sciences. The Programme is characterised by two closely linked areas. The Exercise Science component explores the complex nature of human movement and examines the manner by which the body reacts to acute and chronic physical activity pursuits, such as general fitness regimes, lifestyle physical activities, and elite sport. The Health Education component examines the efficacy of a variety of prescribed physical activities, as well as theories and strategies for health promotion. The courses are designed to assist individuals and communities in achieving a better understanding of health issues, and thereby preventing and changing unhealthy lifestyle and behaviours linked to chronic disease, disability, and poor quality of life. This B.Sc. Programme will prepare students for professional practice in exercise science, behavioural science, and health-related careers. This Programme is funded by the University Grants Committee.

Please refer to the CUHK Undergraduate Student Handbook (<http://www.cuhk.edu.hk/aqs>) or

programme website for the study scheme, course list and course descriptions.