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理學士 (人體運動科學與健康研究) 學位課程

## **Bachelor of Science (Human Movement Science and Health Studies) Programme**

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課程網頁 Programme Website:

<https://spe.cuhk.edu.hk/eng/programmes.asp?pageid=137>

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人體運動科學與健康研究理學士課程旨在為對人體運動科學、運動健康、教練和運動康復以及研究感興趣的學生，提供跨學科的學習體驗。該課程由兩個高度相關的領域構成。人體運動科學探索人體運動在整個生命周期中的原因和後果，包括預防和治療導致運動障礙的急性和慢性病症。健康研究涵蓋如何發展和應用基於運動的預防干預原則，對受傷或身體受損的個體進行健康管理和康復（例如殘疾、慢性疾病）。在該課程中，學生將從多個角度研究人類運動，包括預防受傷、運動康復、生物力學、運動生理學、健康和健身、運動技能學習及發展，以使他們獲得必要的知識，為主要運動科學進展和更有效的健康管理的發展做出貢獻。該課程還將為學生在教練、康復、運動療法、與健康相關的行業，以及與運動相關的產業或運動科研方面的職業生涯做好準備。

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 programme aims to provide an interdisciplinary learning experience to students who are interested in the scientific and medical aspects of human movement, coaching, health and rehabilitation, and research-oriented activities in academia. The Human Movement Science explores the causes and consequences of human movement across the lifespan, including the prevention and treatment of acute and chronic conditions that cause disorders of movement. The Health Studies teach students to develop and apply principles of exercise-based preventative intervention, management of health and wellbeing, and rehabilitation to individuals who are injured or physically impaired. Students will examine human movement from different perspectives, including injury prevention, exercise rehabilitation, biomechanics, exercise physiology, health and fitness, motor control and motor development to equip themselves to contribute to major medical advances and more effective models of health care. This programme prepares students for professional career in coaching, rehabilitation, sports therapy, health-related sector, sport-related industrial, or exercise scientist.

Please refer to the CUHK Undergraduate Student Handbook (<https://www.aqs.cuhk.edu.hk>) or programme website for the study scheme, course list and course descriptions.