

Bachelor of Science (Honours) in
Sports Science and Coaching

UGC-funded Programme

教資會資助課程

JS8726

**Bachelor of Science (Honours)
in Sports Science and Coaching**

(Year 1 Admissions)

(Senior Year Admissions)

運動科學及教練榮譽理學士

(一年級入學)

(高年級入學)

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01

Programme Introduction



JS8726

Bachelor of Science (Honours) in Sports Science and Coaching

1ST

UGC-funded
Interdisciplinary
UG Programme
Majoring in
Sports Science and Coaching

10TH

Most Competitive
UG Programme in HK
in Four Consecutive Year
from 2022 to 2025

173RD

Future Sports Professionals
Studying
BSc(SPSC) Programme in
the 2025/26 Academic Year

Ten Most Competitive UG Programme in HK

(In Four Consecutive Years From 2022 to 2025)

2022 Competition

32 Students Competed for 1 Quota
[In Rank 3]

2023 Competition

34.9 Students Competed for 1 Quota
[In Rank 3]

2024 Competition

35.8 Students Competed for 1 Quota
[In Rank 3]

2025 Competition

29 Students Competed for 1 Quota
[In Rank 8]

Source:

1. [HKTKWW](#)
2. [CT Goodjobs](#)
3. [Hok Yau Club](#)
4. [Now News](#)

Programme Introduction

What is Sports Science?

SPORTS SCIENCE is a multidisciplinary field that uses scientific principles to *understand and improve athletic performance and human physical activity*. It integrates various disciplines, including human anatomy, biomechanics, nutrition, physiology, and psychology. By leveraging insights from these disciplines, sports science aims to optimize training regimens, prevent injuries, and enhance recovery for athletes of all levels. Additionally, it promotes *general physical well-being, making its principles applicable beyond elite sports to everyday fitness enthusiasts* (AI Overviews, 2025).

What is Sports Coaching?

SPORTS COACHING is the process of instructing athletes or teams to enhance their skills, performance, and overall potential in a specific sports, encompassing physical conditioning, technical skill development, strategic planning, and psychological support. Coaches play a critical role in assessing an athlete's strengths and weaknesses, motivating them to strive for excellence, and designing tailored training programmes, fostering personal growth, teamwork, and discipline among their athletes (AI Overviews, 2025).

Programme Features

Practical Learning Activities

- Diverse in-class and out-of-class activities
- Bridging theory and practice, and understanding local sports policies and industry development



Integrated Subject Knowledge

- Combines sports science, coaching, technology, and life education
- Leads to a wide range of career paths



Internship Opportunities

- Provides training in Hong Kong, Greater Bay Area, or overseas
- Networking with sports leaders and building professional connections



Advanced Courses

- Offers Cutting-edge knowledge and theory
- Prepares students for success in academic and the workplace



Career Transformation

- Develops sports coaching and technology professionals
- Comprehensive curriculum to meet societal trends and emerging opportunities

Programme Structure

Domain	Components	Credit Points (cps)	
		Year 1 Admissions	Senior Year Admissions
Major	Major Core	48	24
	Cross-Faculty Core Course	3	3
	Major Interdisciplinary Course	3	3
	Living and Working in Our Country	3	/
	Internship	3	3
Minor / Electives	Programme Package	9	9
	Minor / Electives	15	6
General Education		22	6
Language Enhancement		9	0
Final Year Project (Honours Project / Capstone Project)		6	6
Total:		121	60

Programme Course (Year-1 Admissions)

Year 1 Major Core Course	
Course Code	Course Name
PES1272	Introduction to Practical and Theoretical Considerations in Sports Coaching
PES1273	Physical Activity and Health Promotion
PES1274	Sports Management and Development
PES1275	Sports and Exercise for Special Populations
PES2276	Human Anatomy
Year 2 Major Core Course	
PES2277	Exercise Programme and Design
PES2278	Exercise Physiology
PES3280	Pedagogy and Practice in Sports Coaching
Year 3 Major Core Course (In Summer)	
PES3307	Sports Science and Coaching in Mainland China <i>(This course includes a 2-week field experience in GBA/Mainland China)</i>

Programme Course (Year-1 Admissions)

Students who are admitted to the programme through Year 1 admissions will be eligible to select one of the two strands, namely **Sports Coaching**, or **Digital Technology and Sports**, in their Years 3 and 4 studies.

**Sports
Coaching**

**Digital
Technology
and Sports**

Programme Course (Year-1 Admissions)

Sports Coaching Strand	Year 3 Major Core Course	
	Course Code	Course Name
	PES3297	Sports Performance and Movement Analysis
	PES3283	Motor Skill Acquisition, Control and Development
	PES3284	Introduction of Sports Injury and Prevention
	PES3285	Sports Nutrition for High Performance
	CFA, CFB & CFC	Cross-faculty Core Course
	Year 4 Major Core Course	
	PFS4325	Holistic Athlete Development: Life Coaching and Whole-person Growth Through Sports
	PES3322	Professional Practice and Talent Development in Sports Coaching
	PES4289	Strength and Conditioning
	PES4290	Psychology for Sports and Exercise
	PES4308	Sports Development: Elite Sports, Sports Marketing and Sports Event

Programme Course (Year-1 Admissions)

Digital Technology and Sports Strand	Year 3 Major Core Course	
	Course Code	Course Name
	PES3297	Sports Performance and Movement Analysis
	PES3306	Measurement and Statistics in Exercise and Sports Science
	PES3319	Introduction to Sports Technology
	PES3314	Data Science in Sports and Exercise
	CFA, CFB & CFC	Cross-faculty Core Course
	Year 4 Major Core Course	
	PFS4325	Holistic Athlete Development: Life Coaching and Whole-person Growth Through Sports
	PES3322	Professional Practice and Talent Development in Sports Coaching
	PES4323	Current Issues and Trends in Digital Sports Industry
	PES4310	Application of Technology in Physical Activity and Health Promotion for Contemporary Society
	PES4324	Digital Marketing in Sports Event Management

Programme Course (Senior-year Admissions)

Year 3 Major Core Course	
Course Code	Course Name
PES3297	Sports Performance and Movement Analysis
PES3283	Motor Skill Acquisition, Control and Development
PES3284	Introduction of Sports Injury and Prevention
PES3285	Sports Nutrition for High Performance
CFA, CFB & CFC	Cross-faculty Core Course
Year 4 Major Core Course	
PFS3065	Life Education and Whole-person Development
PFS4067	Life Coaching Through Sports
PES4289	Strength and Conditioning
PES4290	Psychology for Sports and Exercise
PES4291	Sports Marketing and Event Management

Programme Course

(Year-1 and Senior-year Admissions)

Cross-faculty Core Course	
Course Code	Course Name
CFA1001	Component I: Basic Law and National Security Education
CFB3014	Component II: Visits in Greater Bay Area
CFC1031 CFC3006 CFC3015	Component III: Various Themes Developed by Faculties (Choose ONE Component III Course Only) CFCC-Component III: Exploration of STEAM Education in School Settings CFCC-Component III: Practice of Tai Chi and Healthy Lifestyle Culture in GBA CFCC-Component III: Urban Heritage Management
Internship	
PES4292	Internship
Final Year Project	
PES4293 / PES4295	Honours Project I / Capstone Project I: Research Methods and Proposal
PES4294 / PES4296	Honours Project II: Research Report / Capstone Project II: Project Output

Programme Package Course

(Year-1 and Senior-year Admissions)

Programme Package: Compulsory

Course Code	Course Name
PFS3066	21st Century Skills and Values Education

Programme Package: Elective

Year-1 Admissions: Choose **TWO** from below
Senior-year Admissions: Choose **TWO** from below

Course Code	Course Name
PES3176	Outdoor and Adventure Activities
PES3287	Practical Sports Skill Training
PES3305	Advanced Exercise Physiology and Application
PSY3087	Mindfulness, Sports and Wellbeing
PSY4086	Positive Psychology in Sports

Remarkable and Professional Learning Experience

GBA Field Visit

Learn Cutting-edge Technology



Learning Hydrotherapy
at the AquaLab
of Shenzhen Hyzen Hospital

Learn Intangible Cultural Heritage



Learning Wing Chun
in Foshan

Learn New Industry



Learning Esports
at the Guangzhou Sport
University

Remarkable and Professional Learning Experience

Academic Conference



**HPE Student Conference 2024/25
Final Year Project Poster Presentation**

Remarkable and Professional Learning Experience

Community Service

Share Your Knowledge · Contribute to Society



Fun to Growth
(HPE X EdUHK Early
Childhood Learning Centre)



Parent-child Sports Carnival
(HPE X Pre-school Rehabilitation
Services of the Boys' & Girls'
Clubs Association of Hong Kong)



Community Eco-fit Project
(HPE X Hung Hom
Community Living Room)

Internship

Students will have opportunities to conduct Internships in relevant organisations in Hong Kong, Greater Bay Area or Overseas during the summer between Year 3 and Year 4.

Below are some examples of our Internship Partners



香港特別行政區政府
消防處



香港中華基督教青年會
Chinese YMCA of Hong Kong



香港特別行政區政府
香港警務處



香港基督教青年會
YMCA OF HONG KONG

**GO PARK
SPORTS**



BGCA
香港小童群益會
The Boys' & Girls' Clubs Association of Hong Kong



香港青年協會
the hongkong federation of youth groups



香港遊樂場協會
HONG KONG PLAYGROUND ASSOCIATION



中國香港運動禁藥管制機構
ANTI-DOPING ORGANIZATION OF HONG KONG, CHINA



WEBZ TECHNOLOGY LAB



Superior Fit
Wellness Centre
緻盈適健中心



東華三院
Tung Wah Group of Hospitals

Q AESIR

Sport1soHo

Programme Accreditation



香港教練培訓委員會

Hong Kong Coaching Committee

- **Level 3 Sports-General Theory
Coach Accreditation**

Note: Not applicable for students who choose the strand of “Digital Technology and Sports”

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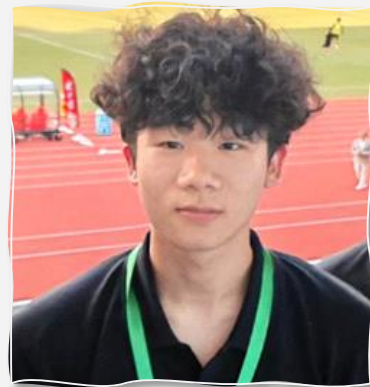
02

What Our Students Say?

What Our Students Say?

“After completing my first year of study at EdUHK as a non-local student in Hong Kong, I am grateful for the tremendous support from my professors and classmates. Adjusting to life in this vibrant city was initially challenging, but the welcoming environment at EdUHK helped me feel at home.”

LEI Yutian Year 2 Student



“Studying this programme at EdUHK has been a transformative journey for me. The Programme has provided me with invaluable professional learning experiences, unforgettable memories, and lasting friendship that I will cherish for a lifetime.”

GUO Zhicheng Year 4 Student

What Our Students Say?

“ I am excited to transform my enthusiasm for sports into a potential career path as a football performance analyst. I have joined the Performance Analysts Academy: Football Programme which equipped me with essential theories, software skills, and practical knowledge, helping me bridging theory with practice. I had several opportunities to accompany youth teams in collecting data in Guangzhou and abroad. Thank you to EdUHK and HKFA for offering me this opportunity. ”

LAM Yan Long Year 3 Student



“ The 2-day 1-night GBA trip to Guangzhou Sport University was truly eye-opening! I gained insight into the differences in academic focus on sports nutrition between Hong Kong and Mainland China. This discovery allowed me to appreciate the research on sports nutrition from various perspectives and understand how cultural factors influence the research. This trip opened up broader educational opportunities for my future! ”

YUM Ka Chun Year 4 Student

What Our Students Say?

“I am thrilled to share the joy with my teachers and peers that I won a gold medal in the Women's Line Throw event of the National Teams Youth category at the Lifesaving World Championships 2022. I am truly grateful for the unwavering support and flexible study arrangement from EdUHK and teachers and care from my classmates. All these empowered me to excel in both my studies and sports.”

LI Yan Tung Year 4 Student (Left One)



Photo Credit: Takumi Images



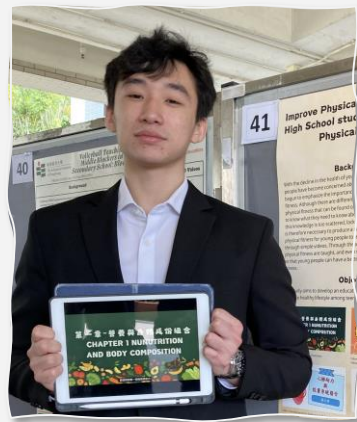
“The Student-Athlete Learning Support and Admission (SALSA) Scheme at EdUHK has been instrumental in helping me pursue a dual-track development, I have received all-round assistance in learning and teaching from the University, professors, and academic advisors. Their support allowed me to find a perfect balance and achieve my dreams and goals. I would like to extend my heartfelt thank you to them for unfailing support!”

LUI Zachary Year 4 Student

What Our Students Say?

“I was truly honored to have my internship at the Physical Training Establishment of the Fire and Ambulance Services Academy (FASA). In the internship, I was tasked to organize a significant sports event — the First FASA Cup — alongside fellow interns. The internship has enhanced my communication skills, problem-solving skills, and analytical thinking skills. These competencies are vital for me to pursue my aspiration of becoming a Station Officer.”

CHU Yiu Nam, Sunny 2025 Graduate



“The programme helped me stand out from other competitors in the fierce competition for admission to the Postgraduate Diploma in Education (PGDE). The transferable coaching skills and the generic attributes developed enabled me to provide a good insight into the current education issues and devise feasible and innovative methods to facilitate teaching effectiveness, helping me navigate the competitive admissions landscape.”

CHAN Yan Hang 2025 Graduate

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03

Career Prospects

Hong Kong Sports Development

Significant Growth in Sports and Related Activities in Hong Kong

According to the statistics released by the Census and Statistics Department in August 2025, the value added of sports and related activities at basic prices is about \$44 billion in 2023, representing an increase of 41.9 per cent over three years ago (2020) and accounting for 1.5 percentage share in Hong Kong's total value added at basic prices.

體育及相關活動以基本價格計算的增加價值及以市價計算的本地生產總值

Value added at basic prices and GDP at market prices of sports and related activities

年 Year	以基本價格計算的增加價值(1) Value added at basic prices(1)		以市價計算的本地生產總值(2) GDP at market prices(2)	
	佔香港以基本價格計算的 總增加價值的百分比 Percentage share in Hong Kong's total value added at basic prices		佔香港以市價計算的本地 生產總值的百分比 Percentage share in Hong Kong's GDP at market prices	
	百萬元 (\$ Mn)		百萬元 (\$ Mn)	
2020	31,000	1.2%	51,000	1.9%
2021	38,000	1.4%	62,000	2.1%
2022	38,000	1.4%	62,000	2.2%
2023	44,000	1.5%	68,000	2.3%

Hong Kong Sports Development (Continued)

Favorable Government Policy for Sports

The HKSAR Government has all along been committed to promoting sports development by proactively implementing the five key policy objectives (the five-pronged approach), namely:

1. By promoting sports in the community;
2. Supporting elite sports;
3. Maintaining Hong Kong as a centre for major international sports events;
4. Enhancing professionalism; and
5. Developing sports as an industry.

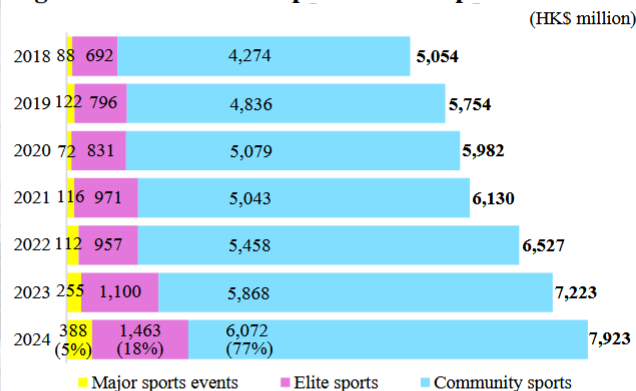
Hong Kong Sports Development (Continued)

Actively Promoting Sports Development

For Example:

- The Government's expenditure on sports has been increasing from \$5 billion in 2018 to \$7.9 billion in 2024.
- The Government supports the organisation of major sports events through the "M" Mark System to make the best use of market funds to enhance the quality of events and incorporate commercial elements, thereby promoting the development of the sports industry.

Figure – Government expenditure on sports



Note: Financial year figures.

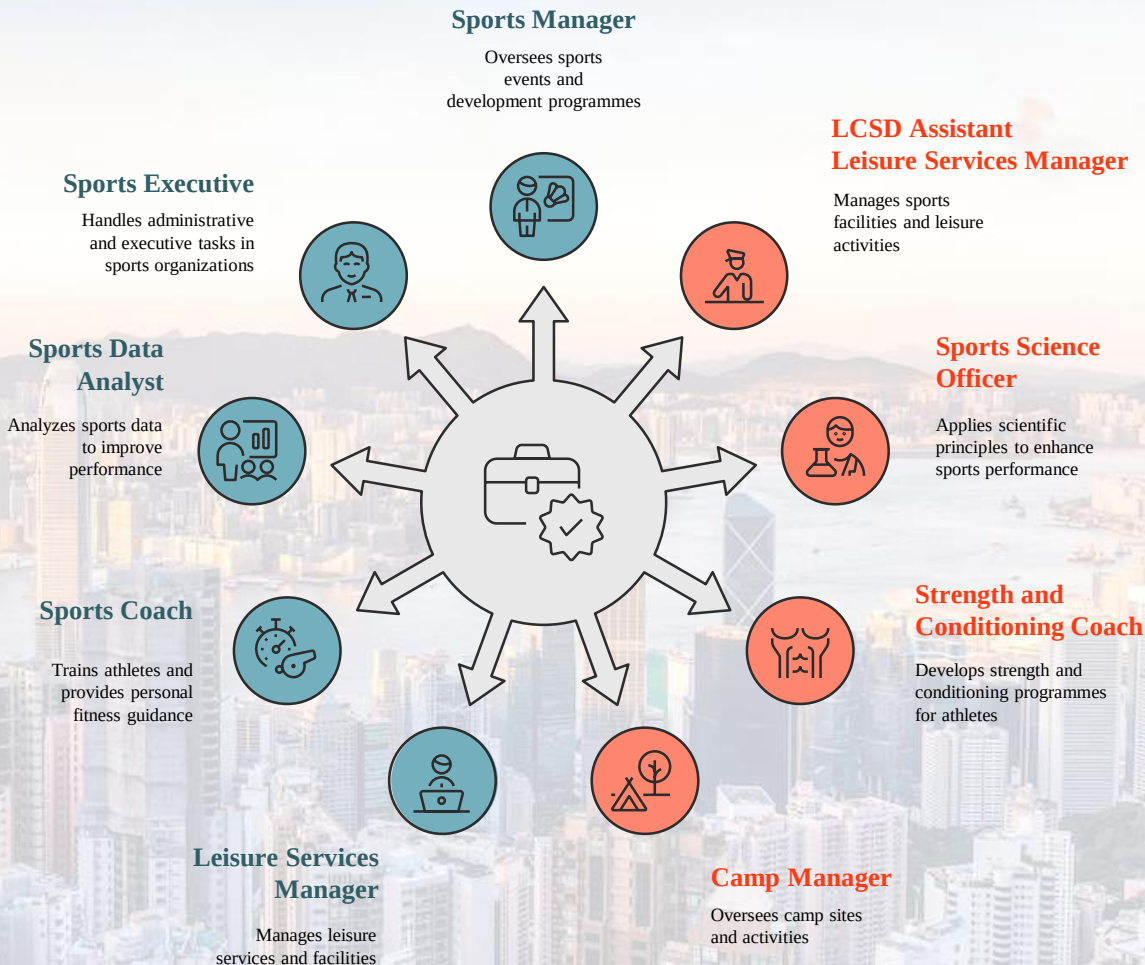


Career Prospects

BSc(SPSC) graduates can move into a wide range of careers in the sports and recreational sectors. Possible career options include...

The vigorous training of this programme also provides excellent preparation for students aspiring to pursue:

- 1) Postgraduate Diploma of Education (Primary) with Teaching Subject Study 1 in Physical Education at EdUHK;
- 2) Postgraduate Diploma of Education (Secondary) with Major Subject Studies in Physical Education at EdUHK; and
- 3) Master or doctoral studies in sports-related subjects





04

Entrance Requirements & Interview Tips

Entrance Requirements (JUPAS)

Year 1 Admissions (JUPAS)

For students with HKDSE qualifications:

Four core subjects and two elective subjects with

1. Level 3 or above in Chinese Language and English Language; and
2. Level 2 or above in Mathematics (Compulsory Part); and
3. “Attained” in Citizenship and Social Development; and
4. Level 2 or above in two elective subjects

JUPAS Code	Programme Title	Programme Specific Entrance Requirements					
		Chi	Eng	Math	CSD	Elective 1	Elective 2
JS8726	BSc in Sports Science and Coaching	3	3	2	A	2	2

- Eligible applicants will be invited for a selection interview which will be conducted in English and/or Chinese.
- No practical test(s) is/are required for admission.

JUPAS Admission Score Calculation (Category A)

Year 1 Admissions (JUPAS)

The admission score is the sum total of the level/grade values of the best five HKDSE subjects (i.e., Best 5), regardless of whether they are core or elective subjects and excluding the Citizenship and Social Development subject.

Scoring Scale:

Category A: Core and Elective Subjects							
Level	5**	5*	5	4	3	2	1
Score	7	6	5	4	3	2	1

Subject Weightings for JUPAS Score Calculation (For 2026 Admission Year):

Subject	Subject Weightings
Biology / Physical Education	x 2
English Language / Maths / M1 / M2 / DAT / ICT	x 1.5

**2024 Admission Score
(With Weightings)**

Median: 28.5

**2025 Admission Score
(With Weightings)**

Median: 28.5

JUPAS Admission Score Calculation (Category B)

Year 1 Admissions (JUPAS)

Applied Learning (ApL) subject (Category B) graded “Attained with Distinction / Attained with Distinction (I)/(II)” (excluding Applied Learning Chinese) is accepted as one of the elective subjects in meeting the University’s General Entrance Requirements (GERs) in JUPAS admissions. For Bachelor’s degree, not more than one ApL subject will be counted as having met the requirement of an elective subject.

For admission score calculation (i.e., Best 5), the results of ApL subjects (Category B) are converted into numeric values as follow:

Category B: Applied Learning Subjects*			
Result	Attained with Distinction (II)	Attained with Distinction / Attained with Distinction (I)	Attained
Score	4	3	0

**excluding DSE Applied Learning Chinese (for NCS students)*

JUPAS Admission Score Calculation (Category B)

Year 1 Admissions (JUPAS)

Subject Weightings for JUPAS Score Calculation (For 2026 Admission Year):

Subject	Subject Weightings
1) Applied Psychology	x 1.5
2) Exercise and Fitness Coaching	
3) Exercise Science and Health Fitness	
4) Food Technology and Nutrition	
5) Medical Laboratory Science	
6) Practical Psychology	
7) Rehabilitation Care Practice	
8) AI and Robotics	
9) eSports technology	
10) eSports technology and Management	

Entrance Requirements (Non-JUPAS)

Non-JUPAS	Qualifications and Requirements	
	Current AD/HD Year 1 from any recognised institutions	Current AD/HD Final Year or Graduate from any recognised institutions
Year 1 Admissions	- Obtain a good Cumulative GPA - Level 3 or above in Chinese and English Language subjects in HKDSE	- Obtain a satisfactory Final GPA - Level 2 or above in Chinese and English Language subjects in HKDSE
Senior Year Admissions	X	- Obtain a good Final GPA in related disciplines - Level 2 or above in Chinese and English Language subjects in HKDSE

- Applicants who possess equivalent qualifications will be considered on a case-by-case basis.
- Eligible applicants will be invited for a selection interview which will be conducted in English and/or Chinese.
- No practical test(s) is/are required for admission.

Admission Normalised Mean cGPAs

Bachelor of Science (Honours) in Sports Science and Coaching

	2022/23 Entry	2023/24 Entry	2024/25 Entry	2025/26 Entry
No. of Admitted Local Senior Year Entrants	29	22	21	<u>To Be Provided</u>
Normalised Mean cGPAs# (with a cap at 4.00)	3.30	3.33	3.37	<u>To Be Provided</u>

Notes:

The normalised mean cGPA is based on the average cGPA of the local senior year entrants with AD/HD qualifications admitted to a particular study programme in each admission year.

Interview Tips

1. Programme Study

Make a comprehensive study on the programme and its curriculum

2. Self-Introduction

Put all the key messages into a 2-minute self-introduction

3. Sports Policy & News

Get yourself familiar with the sports policy and sports news locally and globally

4. Listen Carefully

Listen carefully to the question and don't be afraid to take some time to think



5. Stay Calm

Stay calm when you are being challenged

6. Be Yourself

Be yourself, genuine and authentic

7. Practice More

Do more mock interviews

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05

Useful Websites & Enquiry

Useful Websites

Admission
Website



Programme
Website



Non-local Student
Information Hub



Admission / Programme Enquiry



香港教育大學

The Education University
of Hong Kong



Global
Affairs
Office

環球事務處



Department of
Health and
Physical Education

Local Admission Enquiry

Phone: (852) 2948 6886

Email: admission@eduhk.hk

Non-local Admission Enquiries

Phone: (852) 2948 7654

Email: gao@eduhk.hk

Programme Enquiry

Dr. Claudia WONG

Phone: (852) 2948 8913

Email: cmywong@eduhk.hk

Mr. Nelson LUI

Phone: (852) 2948 8754)

Email: khlui@eduhk.hk

A Message From SPSC Family

Welcome to join our SPSC big family!



See you all in September 2026!





THANK YOU

Disclaimer

1. *Every effort has been made to ensure the accuracy of the information contained in this presentation. Changes to any aspects of the programmes may be made from time to time as due to change of circumstances and the University reserves the right to revise any information contained in this website as it deems fit without prior notice. The University accepts no liability for any loss or damage arising from any use or misuse of or reliance on any information contained in this website.*
2. *Any aspect of the courses and course offerings (including, without limitation, the contents of the course and the manner in which the course is taught) may be subject to change at any time at the sole discretion of the University if necessary. Without limiting the generality of the University's discretion to revise the courses and course offerings, it is envisaged that changes may be required due to factors including staffing, enrolment levels, logistical arrangements, curriculum changes, and other factors caused by change of circumstances. Tuition fees, once paid, are non-refundable.*
3. *Students admitted into this programme are required to visit the Greater Bay Area (GBA) and/or other parts of Mainland China. The programme may also require students to participate in other non-local learning experience for completion of the programme. While the visits are subsidised, students are required to contribute part of the estimated cost of the visits ("students' contribution"), whereas any personal entertainment, meals expenses, travel document fee and personal insurance costs shall be at students' own expense. The estimated cost of the visits and students' contribution for students admitted to the coming cohort is yet to be available due to a variety of factors such as inflation of cost of the visits, trip duration, traveling expenses, the exchange rate, etc.*