



香港教育大學

The Education University
of Hong Kong



Bachelor of Science (Honours) in Sports Science and Coaching



FACULTY OF LIBERAL ARTS AND SOCIAL SCIENCES

博文及社會科學學院

JUPAS Code: JS8726
EdUHK Programme Code: A4B096
Year 1 Admissions / Senior Year Admissions

Programme Introduction

BSc(SPSC) empowers students to transform their passion for sports into a successful career, equipping them with the essential knowledge and skills required to respond to the societal trends and needs to seize emerging opportunities, and excel in the dynamic sports and sports-related industry.

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.



Programme Features

- Integration of the subject knowledge of sports science, coaching, technology, and life education provides a comprehensive and in-depth training, leading to a wide range of career paths;
- Advanced courses with cutting-edge knowledge and theory allow students to keep ahead of peers, striving for success and excellence in the academic field(s) and workplace;
- Transforming students into sports coaching or sports technology professionals with solid theoretical knowledge through a comprehensive and in-depth programme curriculum to respond to the societal trends and needs to seize emerging opportunities;
- The internship training opportunities in Hong Kong, the Greater Bay Area, and overseas sports organisations provide an excellent chance for students to have a dialogue with sports leaders, build connections, enrich knowledge and skills, and lay a foundation for their future careers; and
- Diversified and professional in-class and out-of-class learning activities help students bridge the theory into practice and understand the Hong Kong sports policy and the development of the sports industry to keep tabs on the pulse of society.



Programme Structure

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



Career Prospects

Students are prepared for a wide range of careers in the sports and sports-related industries, including the commercial sector (e.g. sports manager, sports and leisure officer, sports coach, sports data analysis, sports administrative officer, etc.) and public sector (e.g. LCSD assistant leisure services manager, sports science officer, strength and conditioning coach, camp manager, etc.). Graduates may choose to pursue a teaching career by completing an additional year of professional teacher training (e.g. Postgraduate Diploma of Education (Physical Education)) or undertake further studies locally (e.g. Master of Social Sciences in Sports Coaching and Management offered by EdUHK) or overseas.



Experience Sharing

LEI Yutian

Year 2 Student

“After completing my first year 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. Throughout the last semester, I gained significant knowledge in sports science and effective coaching philosophies. Engaging in the fabulous Performance Analysts Academy: Football (PAAF) Programme, allowed me to apply theoretical concepts in real-world settings. This hands-on experience in sports analysis not only deepened my understanding but also made me feel more prepared for my future career. I sincerely appreciate EdUHK and the Department of Health and Physical Education for providing unwavering support and invaluable opportunities that have enriched my learning journey in Hong Kong!”



MA Jiahui

Year 3 Student

“As a student studying Sports Science and Coaching major in Hong Kong, my exchange at Chung-Ang University was truly transformative. Living in Seoul allowed me to immerse myself in its culture, forging deep connections with international peers. A memorable highlight was a picnic by the Han River with Korean classmates from diverse fields. Engaging in discussions about Korea's economic rise and societal changes opened my eyes to the complexities of its culture.

This experience not only fostered my independence but also broadened my worldview. I highly recommend such transformative journeys, as they enrich understanding and build lasting bonds. I'm grateful to the university for making this experience possible.”

LIU Zhining

Year 3 Student

“I studied as an exchange student at the University of Jyväskylä in Finland. Although my bachelor's degree is in science, I took courses in the social sciences of sports. This learning experience provided me with a different perspective, allowing me to understand the sports field and industry in a more comprehensive way. The classes were dynamic, featuring open discussions and encouraging student participation, which fostered critical thinking. Throughout the training, I experienced a fundamental change, becoming more confident in expressing my thoughts in public. Beyond academics, I immersed myself in Finnish culture by trying traditional saunas, going skiing, and attending numerous ice hockey games. I could truly feel the passion Finnish people have for hockey, and I gained a better understanding of the interplay between sports, culture, and the economy.

This exchange opportunity was invaluable, developing my global perspective and deepening my passion for sports while confirming my desire to work in this field in the future. I am sincerely grateful for the opportunity provided by the university.”



LAM Yan Long

Year 3 Student

“I am a passionate football lover, and I am excited to transform my enthusiasm for sports into a potential career path as a football performance analyst. This opportunity opened up for me when I joined the Performance Analysts Academy: Football (PAAF) Programme, organised by the Department of Health and Physical Education (HPE) and the Football Association of Hong Kong, China (HKFA). The programme equipped me with essential theories, software skills, and practical knowledge through comprehensive and well-structured training. It emphasised not only theoretical understanding but also the application of knowledge, allowing me to bridge theory with practice. Over the past few months, I had several opportunities to accompany youth teams in collecting data in Guangzhou and abroad. I am truly grateful for this valuable experience provided by HPE and HKFA. I also want to extend my heartfelt thanks to the teachers for their patience in answering my questions and helping me overcome challenges!”

GUO Zhicheng

Year 4 Student

“Studying for the BSc(SPSC) programme at EdUHK has been a transformative journey for me. As the first student from the mainland in this programme, I encountered various challenges, but the supportive environment and the exceptional professors made all the difference. Professors are not only experts in their academic fields but also genuinely committed to my success, fostering both my academic and personal growth. Over these three years, I achieved outstanding academic results while pursuing my passion for boxing, culminating in two gold medals. This accomplishment has deepened my appreciation for the university's unique blend of rigorous academics and practical experience.

Overall, EdUHK has provided me with invaluable professional experiences, unforgettable memories, and lasting friendships that I will cherish for a lifetime. I wholeheartedly recommend this academic programme to anyone who is passionate about sports!”



YUM Ka Chun

Year 4 Student

“The BSc(SPSC) programme organised an incredible two-day-one-night trip to Guangzhou Sport University (GSU) for all Year 3 students in April. This trip provided a valuable opportunity to explore the latest developments in physical education and sports science in China. We attended a fascinating lecture on sports nutrition, which was truly eye-opening. Through this experience, I gained insight into the differences in academic focus between Hong Kong and the Mainland. This discovery allowed me to appreciate the research on sports nutrition from various perspectives and understand how cultural factors influence this research. It was truly intriguing! The trip was thoughtfully designed to enhance our learning while also fostering connections among classmates. It left me with unforgettable memories and opened up broader educational opportunities for my future.”

HUI Zachary

Year 4 Student

“The Student-Athlete Learning Support and Admission (SALSA) Scheme at EdUHK has been instrumental in helping me pursue a dual-track development. As a professional football player in the Hong Kong Premier League, it is challenging to strike a balance between training and study. However, I have received all-rounded 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 their unfailing support!”



CHU Yiu Nam, Sunny

2025 Graduate

“I was truly honored to have my internship at the Physical Training Establishment of the Fire and Ambulance Services Academy (FASA). During the internship period, I was tasked with organising a significant sports event—the first FASA Cup—alongside my fellow interns. The preparation for this event presented numerous challenges, but the experience was incredibly rewarding. My supervisor offered invaluable guidance and support, and our team collaborated effectively to overcome obstacles, ensuring the event's success. I was delighted to contribute to such a dedicated group. This internship significantly enhanced my skills, particularly in communication, problem-solving, and analytical thinking. These competencies are vital as I pursue my aspiration of becoming a Station Officer. Overall, my internship experience was both meaningful and memorable, and I am grateful for the opportunity provided by the Department of Health and Physical Education (HPE) and the Hong Kong Fire Services Department.”

CHAN Yan Hang

2025 Graduate

“The BSc(SPSC) programme offered a transformative learning experience that helped me stand out from other competitors in the fierce competition for admission to the Postgraduate Diploma in Education (PGDE) in Physical Education. Through practical coaching placements, I developed essential teaching, classroom management, and communication skills that prepared me for real-world teaching challenges. The generic attributes, especially critical thinking and problem-solving skills, developed in the laboratory activities, group projects, group discussions, and community service, 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. The solid foundation that I built during my two years of study will definitely facilitate my learning in the PGDE. I truly appreciate all the support and learning opportunities provided by the teachers and the programme!”



Entrance Requirements

Year 1 Admissions

HKDSE students should have:

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

Shortlisted applicants may be required to attend an interview.

Senior Year Admissions

Applicants should normally hold

- an Associate Degree in related disciplines from any recognised institutions; or
- a Higher Diploma in related disciplines from any recognised institutions.

Applicants who possess equivalent qualifications will be considered on a case-by-case basis. Shortlisted applicants may be required to attend an interview.

We are an Elite Athlete Friendly University.
Elite Athletes are welcome to apply for the programme through the Student-Athlete Learning Support and Admission (SALSA) Scheme.



Admission Enquiries

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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.