



香港教育大學
The Education University
of Hong Kong



Department of
Health and
Physical Education

Bachelor of Science (Honours) in Sports Science and Coaching and Bachelor of Education (Honours) (Physical Education)

BSc(SPSC)&BEd(PE)

JS8010



香港教育大學
The Education University
of Hong Kong

Co-terminal Double Degree
with Teacher Training



Bachelor of Science (Honours) in
Sports Science
and Coaching
AND
Bachelor of Education (Honours)
Physical Education

FACULTY OF LIBERAL ARTS AND SOCIAL SCIENCES
博文及社會科學學院

JUPAS Code: JS8010
EdUHK Programme Code: A5B114
Five-year Full-time



Programme Aims

Specifically designed to prepare qualified and professional primary/secondary school teachers with specialised competence and passion in physical education and sports science



HPE Website



<https://hpe.eduhk.hk/en/index.html>

Programme Website



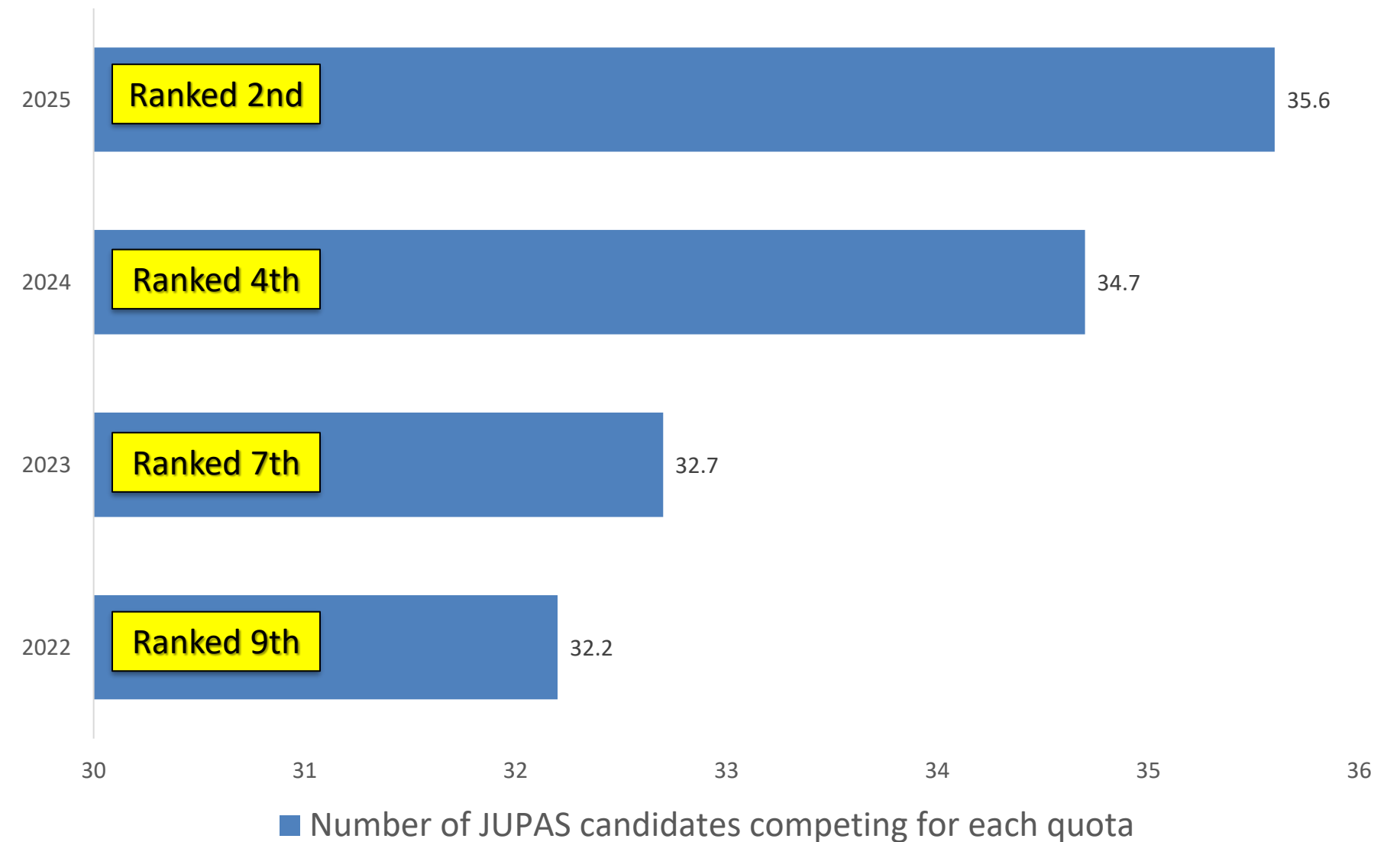
https://www.apply.eduhk.hk/ug/programmes/spsc_pe

JUPAS Application Statistics

Between 2022 and 2025, the programme*

- Remained **one of the ten most desirable UGC-funded programmes** in terms of number of candidates competing for each quota (On average more than 33:1)

* Between 2022 and 2024, the programme is known as BEd(PE). From 2025 onwards, the programme has been revamped into BSc(SPSC)&BEd(PE).



Source:

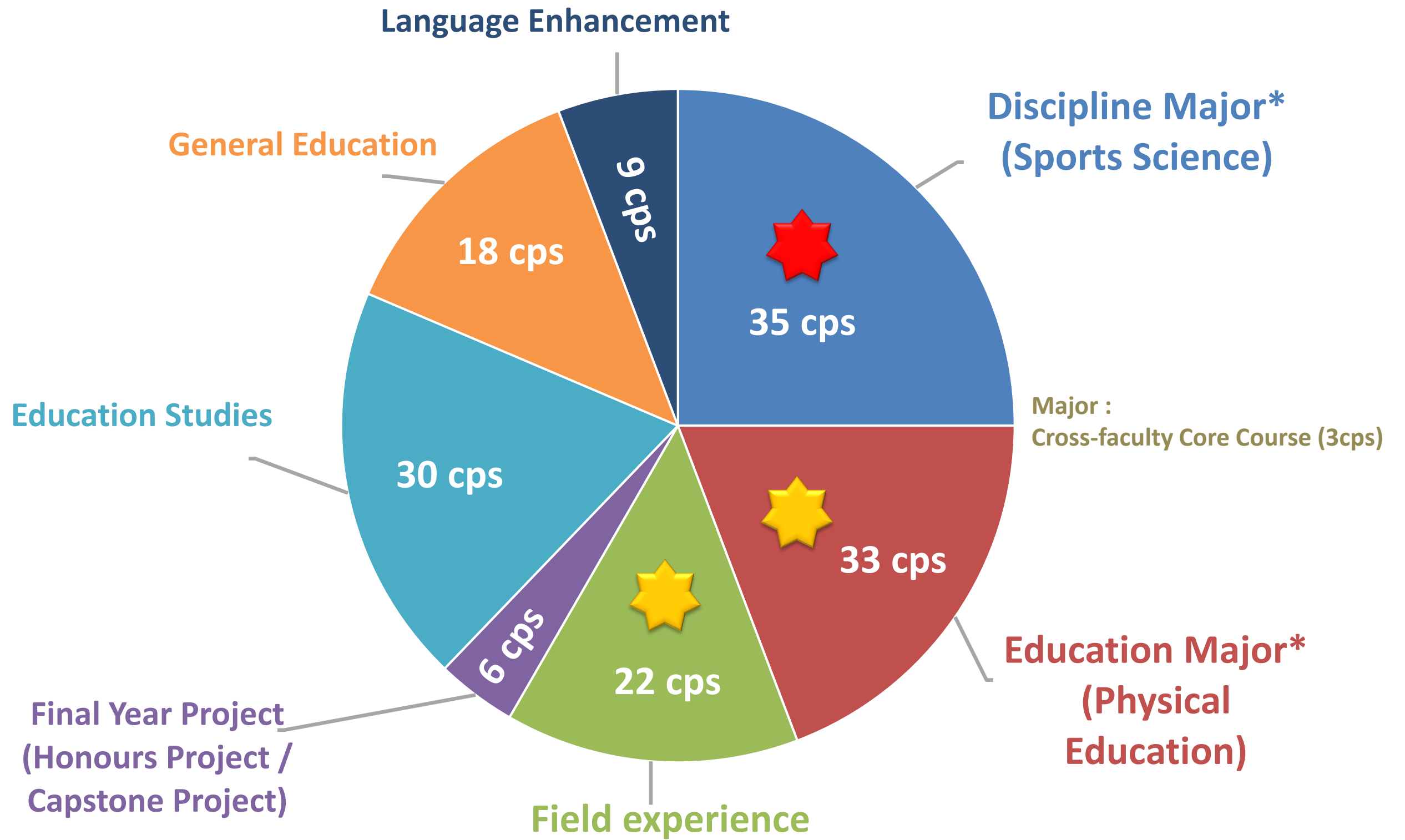
1. 2022: [hket](#)
2. 2023: [Ctgoodjobs](#)
3. 2024: [Hok Yau Club](#)
4. 2025: [Now.com](#)



Programme Structure

Duration: 5-Year full-time

156 cps



Study Path (Year 1 & Year 2)

Year	Sem	Major (71 cps)		Education Studies (30 cps)		Field Experience (22 cps)	General Education (18 cps)	Language Enhancement (9 cps)
		Discipline Major (35 cps)	Education Major (33 + 3 cps)					
1	1	2 cps PES1317 Introduction to Practical and Theoretical Considerations in Sports Coaching	6 cps PES2164 Theory and Practice of Individual Physical Activities PES3160 Philosophical and Historical Foundations of PE and Sports	3 cps PSY2050 Basic Psychology for Educators: Useful Concepts from Educational and Positive Psychology	6 cps Restricted Electives		4 cps GEE1004 GE Foundation Course ITCI1009 Artificial Intelligence Literacy	6 cps CLE1250 University English I CLE1221 Chinese Language I 0 cps CLE1175 Foundation Putonghua
	2	6 cps PES1274 Sports Management and Development PES2276 Human Anatomy	3 cps PES2177 Theory and Practice of Racquet Games	3 cps PFS2013 Philosophical and Socio-cultural Issues in Education			0 cps CLE2253 University English II CLE2222 Chinese Language II CLE2176 Intermediate Putonghua	
2	1	3 cps PES1273 Physical Activity and Health Promotion	6 cps PES3165 Principles of Exercise Physiology PES3172 Fundamental Movement for Junior Primary School	3 cps TLS3092 Effective Teaching & Positive Classroom Learning Environment		3 cps FEX1172 Field Experience I - FE Foundation Course	3 cps Entrepreneurship and Innovation ITC2010 Digital Literacy	
	2	3 cps PES3285 Sports Nutrition for High Performance	3 cps PES2163 Foundations of Dance	3 cps TLS3098 Curriculum and Assessment			2 cps National Security Education and Legal Issues for Teachers in Hong Kong	3 cps CLE1252 Skills for English Language Tests I 0 cps CLE2223 Chinese Language III

Study Path (Year 3)

Year	Sem	Major (71 cps)		Education Studies (30 cps)	Field Experience (22 cps)	General Education (18 cps)	Language Enhancement (9 cps)
		Discipline Major (35 cps)	Education Major (33 + 3 cps)				
3	Summer						
	1	6 cps PES3283 Motor Skill Acquisition, Control and Development PES3284 Introduction of Sports Injury and Prevention	3 cps PES2174 Theory and Practice of Team Ball Games	6 cps SED4116 School Guidance and Managing Diversity [Pedagogy for Major] PES3180 Methods of Teaching in Physical Education	6 cps Restricted Electives	7 cps Entrepreneurship and Innovation (2 cps) PAVE/NSA (3 cps) CSLC (2 cps)	
	2				8 cps FEX2174 Field Experience II - Block Practice I FEX2177 School Experience in Mainland China	CSLC (2 cps)	

Study Path (Year 4 & Year 5)

Year	Sem	Major (71 cps)		Final Year Project (6 cps)	Education Studies (30 cps)		Field Experience (22 cps)		General Education (18 cps)	Language Enhancement (9 cps)
		Discipline Major (35 cps)	Education Major (33 + 3 cps)							
4	1	6 cps PES4289 Strength and Conditioning PES3297 Sports Performance and Movement Analysis	6 cps PES3166 Health and Fitness in School and Community PES4247 Measurement and Evaluation in Physical Education		3 cps EDA4149 Teachers and Teaching in Context	6 cps Restricted Electives			4 cps CSLC (2 cps) University ePortfolio (2 cps)	0 cps CLE2254 Skills for English Language Tests II
	2	3 cps PES4308 Sports Development: Elite Sports, Sports Marketing and Spots Event	9 cps PES3167 Physical Education for Children with Special Needs PES4318 STEAM-infused Physical Activities Cross-Faculty Core Course (3 cps)	3 cps Honours Project I / Capstone Project I: Research Methods and Proposal	3 cps [Pedagogy for Major] PE4248 Curriculum Design in Physical Education					
5	Summer	3 cps PES4292 Internship						2 cps FE and Professional Learning Portfolio	CSLC (2 cps)	
	1			3 cps Honours Project II: Research Report / Capstone Project II: Project Output			7 cps FEX4176 Field Experience III - Block Practice II			
	2	3 cps PES4290 Psychology for Sports and Exercise				6 cps Restricted Electives				

Education Major Courses

➤ Theory-driven (18 cps)

1. PES3160 Philosophical and Historical Foundations of PE and Sports
2. PES3165 Principles of Exercise Physiology
3. PES3166 Health and Fitness in School and Community
4. PES3167 Physical Education for Children with Special Needs
5. PES4247 Measurement and Evaluation in Physical Education
6. PES4318 STEAM-infused Physical Activities*

* *New course in BSc(SPSC)&BEEd(PE) curriculum*

➤ Skills-driven (15 cps)

1. PES2163 Foundations of Dance
2. PES2164 Theory and Practice of Individual Physical Activities
3. PES2174 Theory and Practice of Team Ball Games
4. PES2177 Theory and Practice of Racquet Games
5. PES3172 Fundamental Movement for Junior Primary School

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.

Discipline Major Courses

Theory-driven (35 cps)

1. PES1273 Physical Activity and Health Promotion
2. PES1274 Sports Management and Development
3. PES1317 Introduction to Practical and Theoretical Considerations in Sports Coaching*
4. PES2276 Human Anatomy
5. PES3283 Motor Skill Acquisition, Control and Development
6. PES3284 Introduction of Sports Injury and Prevention
7. PES3285 Sports Nutrition for High Performance
8. PES3297 Sports Performance and Movement Analysis
9. PES4289 Strength and Conditioning
10. PES4290 Psychology for Sports and Exercise
11. PES4292 Internship
12. PES4308 Sports Development: Elite Sports, Sports Marketing and Sports Event*

* *New course in BSc(SPSC)&BEd(PE) curriculum*

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.

Student-initiated Activities amid Pandemic



1. The 6th EdUHK Annual Aquatic Meet 13/10/2023



PES 2164

24 events to provide opportunities for the students to exhibit their potential in swimming.

3. Dancing with App for Diversity 18/05-11/06/2021



PES 2163 & 3167

EdUHK organised a dancing competition for students with SENs to extend their potential in dancing and boost their confidence.

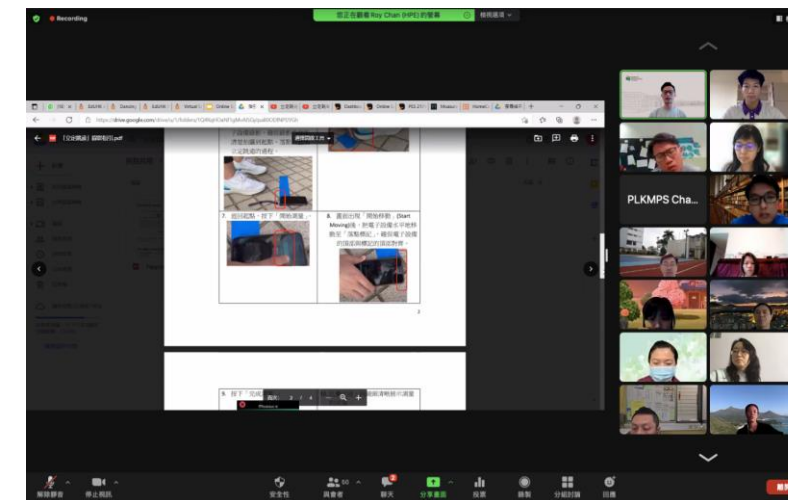
2. Virtual Sports Day “Companion” 22/01-05/02/2021



PES 2164

Students from HPE held the first Virtual Annual Athletics Meet to promote physical and mental health during the pandemic. (Photo credited to sportsroad)

4. Online Sports Day Sharing for Local Primary Schools 02/03/2022



PES 2164

The lecturer and student introduced and demonstrated different applications to assist in holding Online Sports Day.

Student-initiated Activities amid Pandemic



1. Virtual Cross Country Race “Break the Limit” 16/11-29/11/2020

PES 2164



EdUHK invited people with ASD to participate in its Annual Cross Country Race with an aim to boost the communication and inclusion between students with ASD and the society.

3. The 7th EdUHK Athletic Meet 13/01/2023



PES 2164

Athletics and students from secondary schools contested in 18 events at the Pak Shek Kok Sports Centre.

2. Inter-class Sports Competition 23-25/05/2023



PES 2177 & 2174

Students of each class participated in badminton, basketball and volleyball competition.

4. The EdUHK's 1st Basketball Challenge 29-30/11/2022



PES 2174

Students and staff participating in including 3-points challenge, free-throw challenge and skills challenge.

1. Stretching Workshop for a College Staff Development Day 29/10/2020



PES 2161 & 3180

Sports Council members taught teachers about different types of stretching skills that suit their physical fitness and exercise intensity through demonstrations and activities.

2. Wellness Week 05/05-30/06/2021



PES 3166

Students from HPE implemented health education and promote stretching in local primary school and Tai Po District.

3. Fitness program in JC InnoPower 08/2022- 11/2022



PES 3166

HPE students conducted a physical assessment for elders accompanied by a physiotherapist.

Google Earth



Utilizing Google Earth to create Exercise stations in Tai Po Waterfront Park



Providing 6 sessions of workshops for primary students



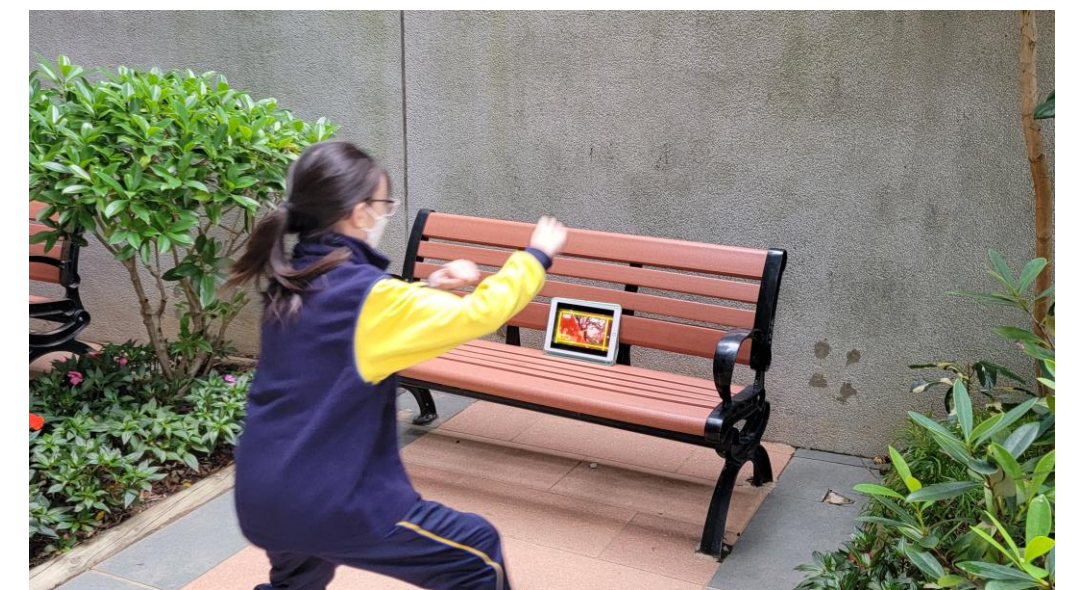
Demonstrating push up to primary students, as to provide correct posture to students



Co-creating exercise stations in Google Earth Platform



Guiding students to complete the tasks of exercise stations in Tai Po Waterfront Park



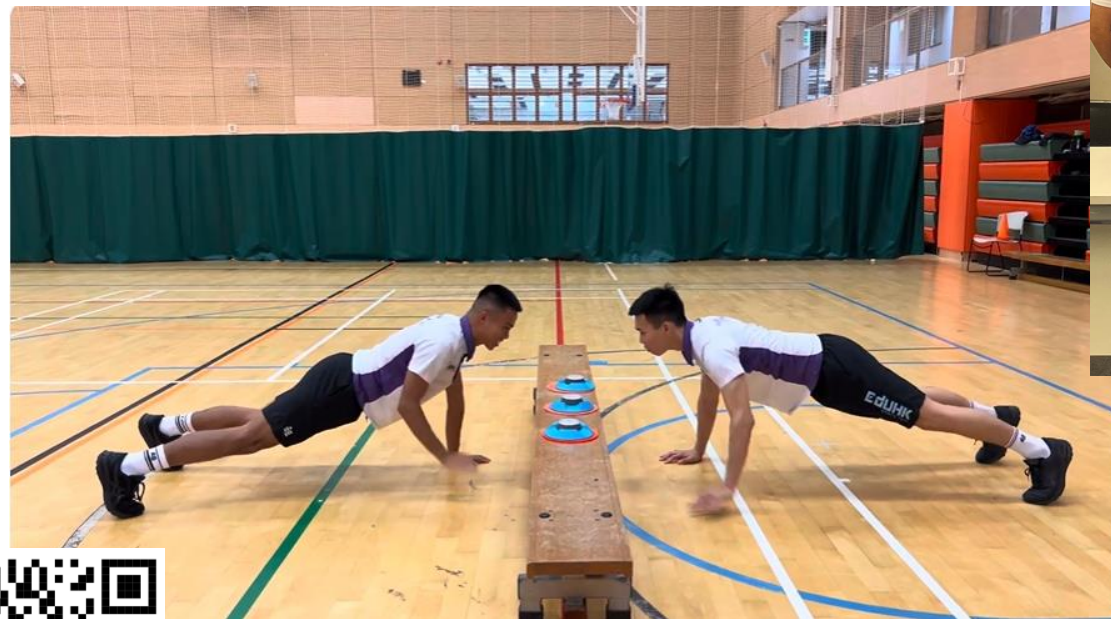
Using Google Earth and other App to do exercise in Tai Po Waterfront Park



Reaction Light – Soccer dribbling practice



Reaction Light – Sense practice



Reaction Light Application - physical fitness activity - touch the light with one hand



Reaction Light Application - physical fitness activity - Red Light, Green Light (木頭人)



Community Service in GBA



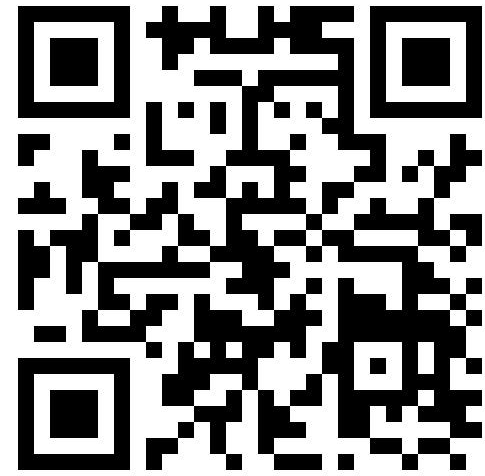
Promoting Light Volleyball in Shenzhen



Promoting Water Safety for Children and Adolescents in Guangdong



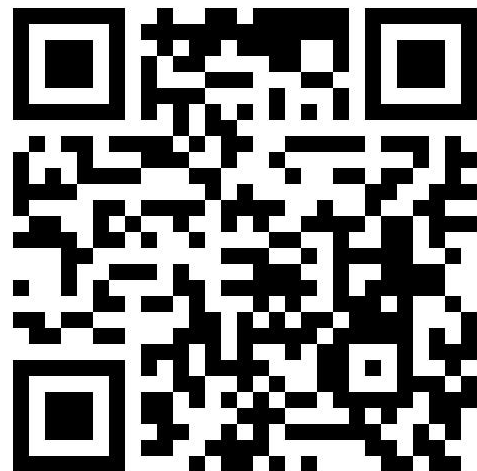
Relationship between Brain Function and Coordinated Movement



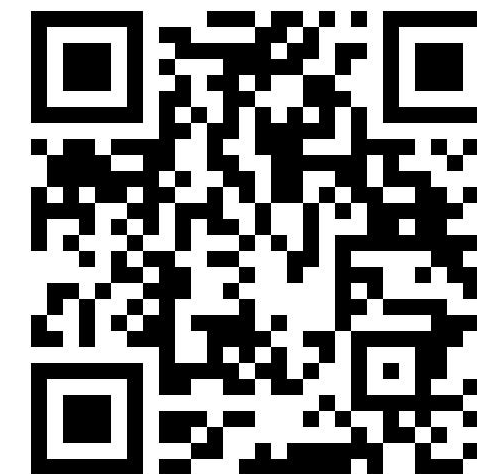
Clap hand with lunge



Elbow to knee alternately



Sit down, open and close your arms and legs alternately



Tap feet front and back alternately



Physical Education for Children with Special Needs



1. Run for Inclusion 11/2019



PES 3167

Cross-country race team to have 10 km competition with SEN students .

2. Live Teaching Students with SENs about Home Exercises 04/2021



PES 3167

The lecturer and the students from EdUHK held online home exercise sessions to teach students with SENs to promote their physical fitness, parent-child relationship and interaction between them.

3. Dancing with App for Diversity 18/05-11/06/2021



EdUHK organised a dancing competition for students with SENs to extend their potential in dancing and boost their confidence.



4. Online Lecture about Adapted Physical Education 24/05/2021

PES 3167

Students shared their successful experiences of organising online competition in lectures and conference.

5. Home exercise program and counselling for students with SEN 26/02/2022-30/04/2022



The lecturer and students conducted one-on-one interviews with SEN students to understand their physical and mental condition.

Internationalism of PE Development (Online Learning Space)



Sending resources to Cambodia school
(resistance bands and Christmas cards)



Provide instructions in English and the instructions are translated into Khmer language by the teacher in Cambodia school



Lesson Plan

Date: 2/12 Time: 1440 to 1540 (Cambodia Time) Teacher: Lau Hei Shuen (Lesson designed by Luk Chui Pik)
 No. of Students: 10 Boys 10 Girls = Total 20 Class: Interest Group (P.5) Venue: Online Mode
 Unit: Interest Group Lesson: 3/5 Equipment: Ball x10, yoga mat x10, timer
 Students' Previous Learning Experience: N/A
 Theme: Muscular endurance (Trunk exercise)
 Learning Psychomotor: Student are able to perform correct plank position
 Outcomes: Cognitive: Students are able to tell the correct plank position, understand different muscles in the trunk, and the type of muscle contraction.
 Affective: Students are able to listen and follow teacher's instructions

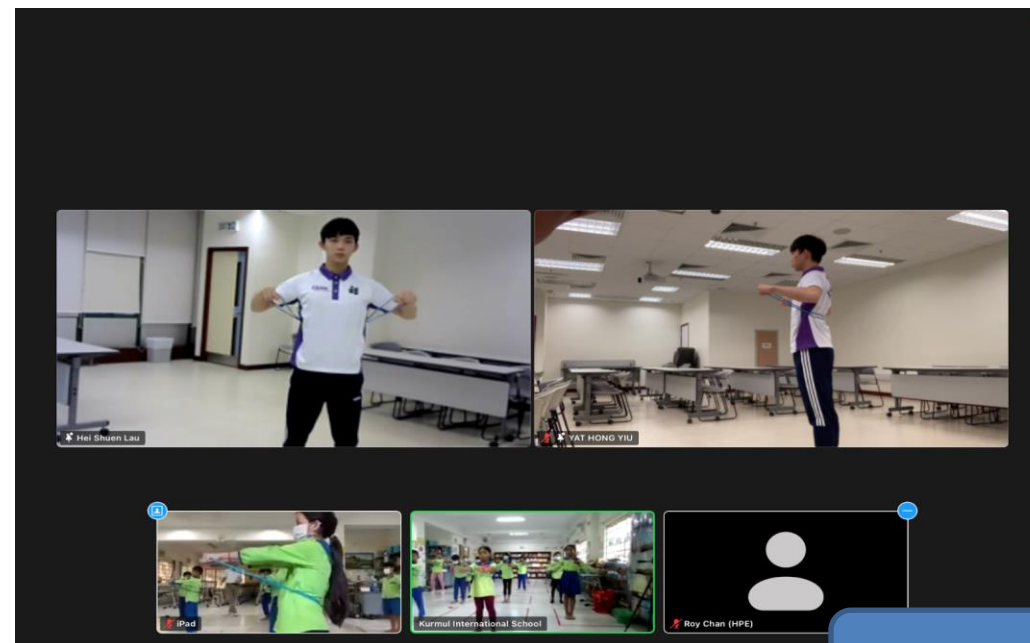
Phase	Time	Teaching content/Activities	Teaching points	Justification	Diagrams / organization
Introductory activity	10'	Warm up game 2 in pairs, balls will be given and be put in between the pairs. Pair face each other Level 1: push-up position with knee onto the ground. Level 2: push-up position with broad legs Level 3: push-up position with narrow legs Within 30 seconds, the teacher will give orders, such as left leg in the air, right hand in the air. When they hear the beep sound, they will need to grab the ball in front of them as soon as possible. (Loss → 5 Burpee jump)	1. Arms hold straight in ready position 2. Trunk muscles slightly bend inwards 3. Use hand to get the ball and hold in push-up position	- Students are able to listen to the instructions while performing the action - Different levels cater learning diversity	

Lesson planning

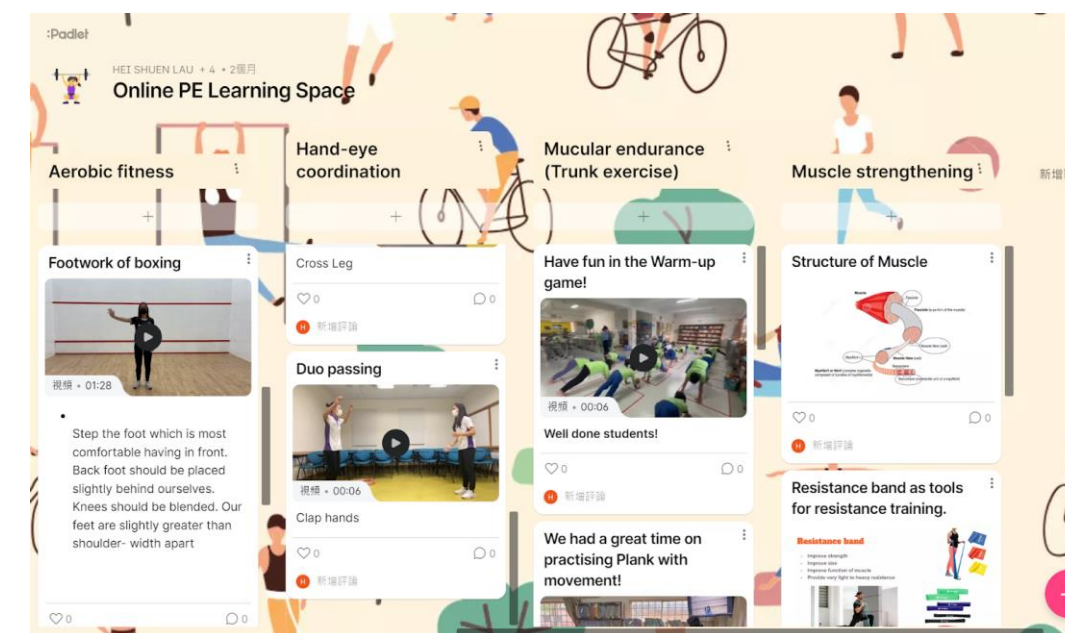
PES 4248



Distance teaching with different angles



PES 3180



E-learning tools- Padlet



Education Studies & Field Experience

Pedagogy for Major

- PES3180 Methods of Teaching in Physical Education
- PES4248 Curriculum Design in Physical Education



Field Experience (FE)

- FE Foundation Course
 - Year 2 (Semester 1 & 2)
- FE & Professional Learning Portfolio (I & II)
- 8 weeks Block Practice (I & II) each in
 - Year 3 (Semester 2) &
 - Year 5 (Semester 1)(Total 16 weeks)

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Wide Range of Courses with Theories and Professional Activities



**PE Subject-
Knowledge and Skills**



**Extensive Range of
Enrichment Activities**



**Teaching Professional
Emphasized**





Annual Sports Events (EdUHK)

- **Cross Country Race**
- **Aquatic Meet**
- **Athletic Meet**
- **Wellness Week**



Sports Council

Student representatives of BEd(PE) across different years made good use of the authentic experience of organizing sports events to prepare themselves being a professional PE teacher.



體育教學及課堂教學策略導修系列：香港體育教學

(Tutorials on Classroom Management and Pedagogy: Teaching of PE in Hong Kong)

日期：2018年9月26日（星期三）
時間：上午9時30分至11時30分
地點：D2 LP 10
語言：廣東話



請掃描作登記

截止報名日期：2018年9月24日（星期一）

講者：

- (1) 林偉才校長，慈雲山聖文德天主教小學校長
(主題：體育教學之教學與實踐)
- (2) 巢志光先生，香港教育局高級課程發展主任(體育)
(主題：理想的體育課程)

SUCCESS

(1) 體育教學之教學與實踐

(林偉才校長，慈雲山聖文德天主教小學校長)

提升體育教師的素質，須重視教學品質，讓教師教學成果能與學生預期學習成果相配合。而具實踐性是體育教學的最根本特點。要提升體育教師教學品質，落實以學生為主體的學習，同時引發學生的學習熱誠，達到學習之預期成果，以達至體育教學之目標。林校長希望透過今個主題，讓未來體育教師理解學校管理層對體育教師的期望，從而讓他們掌握學校體育課的實際操作及教學技巧的實踐。



(2) 理想的體育課程

(巢志光先生，香港教育局高級課程發展主任(體育))

體育學習領域課程指引更新版已於2017年11月上載於教育局體育組網頁。作為準體育教師，我有什麼需要留意的地方及如何作準備？這版本與上一版本有什麼不同的地方？對現在一般學校所推行的學校體育課程，有什麼衝擊？



歡迎各教職員及學生報名

(特別推薦予所有即將進行教學實習的BEd(PE)三年級、五年級及PGDE體育學生)
如有疑問，請與 Ms. Ally Lo 查詢：(電郵) ahlo@eduhk.hk / (電話) 2948-7679



Professional Development: Classroom Management and Pedagogy

日期：2019年2月28日（星期四）
時間：上午11時30分至下午1時30分
地點：D2-LP-12
語言：廣東話



請掃描作登記

「行政長官卓越教學獎」

《體育學習領域》得獎者教學分享

體育教學及課堂教學策略導修系列

「行政長官卓越教學獎」旨在表揚教學卓越的教師以及他們對教育及培育下一代所作出之努力及貢獻。殷小廣老師(香港正覺蓮社佛教正覺中學)及湯瑋靖老師(浸信會沙田圍呂明才小學)為2017/18獲得《體育學習領域》卓越教學獎得獎教師。兩位教師致力推動校園體育文化，以多元化的體育活動幫助學生豐富體育知識，養成恆常運動的習慣，並以運動培育學生正面的價值觀及態度，建立健康的身心靈生活方式。並透過舉辦各種體育活動，讓學生發揮潛能，營造校園運動氣氛。

殷小廣老師 (香港正覺蓮社佛教正覺中學)
題目分享：體育課中處理學生差異的策略



湯瑋靖老師 (浸信會沙田圍呂明才小學)
題目分享：作為體育老師如何從課堂內外推動學生建立活躍及健康的生活方式

歡迎各教職員及學生報名

(特別推薦予所有即將進行教學實習的BEd(PE)三年級、五年級及PGDE體育學生)
如有疑問，請與 Ms. Ally Lo 查詢：(電郵) ahlo@eduhk.hk / (電話) 2948-7679

Other Activities

1. Cheer up video and tips for DSE PE candidates 10/05/2022



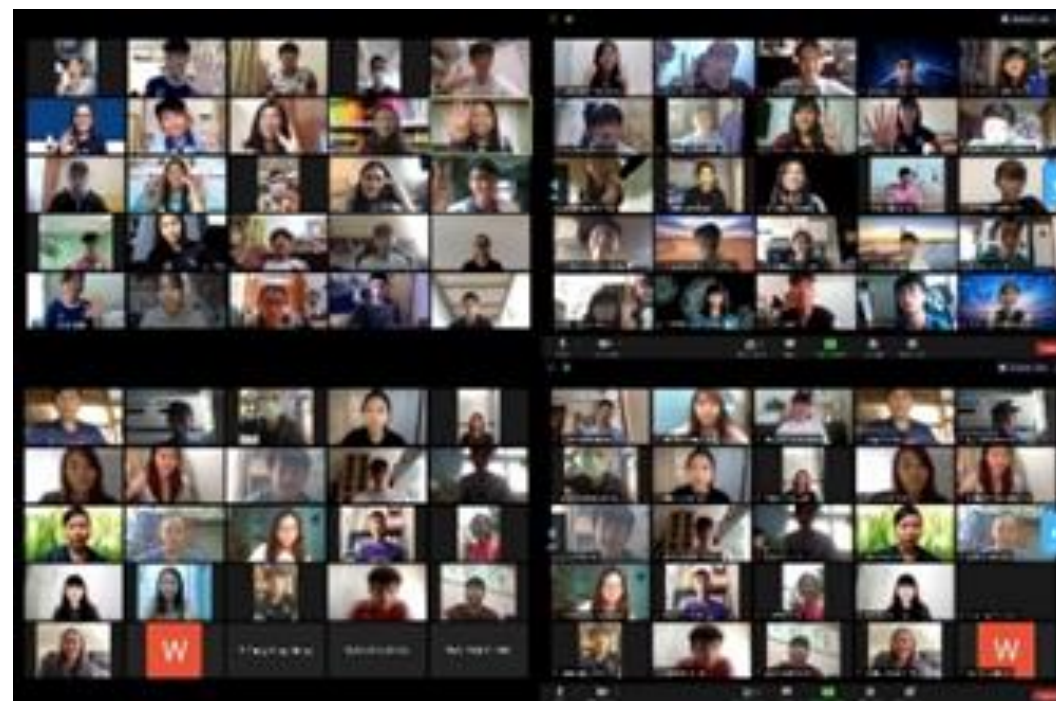
PE students shared cheer up video and reminder for DSE PE candidates.

2. Happy Teachers' Day 10/09/2020



Sports Council members created "A Happy Teachers' Day" video expressing their gratitude to HPE academic and teaching staff.

3. Peer Mentorship Scheme since 2020



Freshmen from PE major and Sports Science were paired with mentors to receive information about the University, academic curriculum and University life.

4. HPE Camp 19-21/12/2022



Over 120 students from BEd-PE and BSc(SPSC) with activities like high event, canoeing and hiking.

5. Career Workshop for Prospective PE Teacher 02/03/2020, 30/03/2020, 10/04/2020, 13/04/2020



Sports Council invited experienced PE teachers and graduates to share job interview preparation and provide mock interview for the BEd-PE and PGDE-PE final year students.

Media Coverage



【體路專欄】給準體育人幾項見工竅門

May 8, 2020 / 張勇
讚好 190



教大周年越野跑 李振豪率SEN學童參賽推廣共融

November 30, 2020 / 體路



【校園天地】「美林小學」搞搞新意思 一虛擬陸運會



Career Prospects/Professional Qualifications

1. **Teacher qualification with subject-training in PE**
2. **Good foundation in sports, humanities, science, pedagogy and curriculum disciplines for further studies; and**
3. **Degree-level professional qualifications that are in great demand in the Physical Education related professions.**



Academic Advising System (AA)



- An Academic Advisor will be assigned to each Year 1 student.
- Major objectives of AA:
 - Assist students in clarifying and attaining their educational goals, and developing study plans (e.g. selection of Second Major/Minor/Electives) with the help of academic advisors;
 - Assist students in drawing their study roadmaps that suit their own developmental and professional needs and choices;
 - Provide information for students following the new curriculum so as to maximise their learning opportunities under the provision of the curricula; and
 - Empower students to make informed decisions as they develop study plans compatible with their potential, and their career and life goals, and take responsibility for their own learning.



Amenities & Sports
Complex and Sports
Centre



The Human Performance Laboratory of the Department of Health and Physical Education is located in the Block E of Tai Po Main Campus.

It consists of two laboratories. The total gross area is about 3,000 sq. feet. In order to support teaching and research in physical education and sports science, the laboratory is equipped with the most updated and sophisticated equipment in the area of exercise physiology, sports biomechanics and sports psychology.

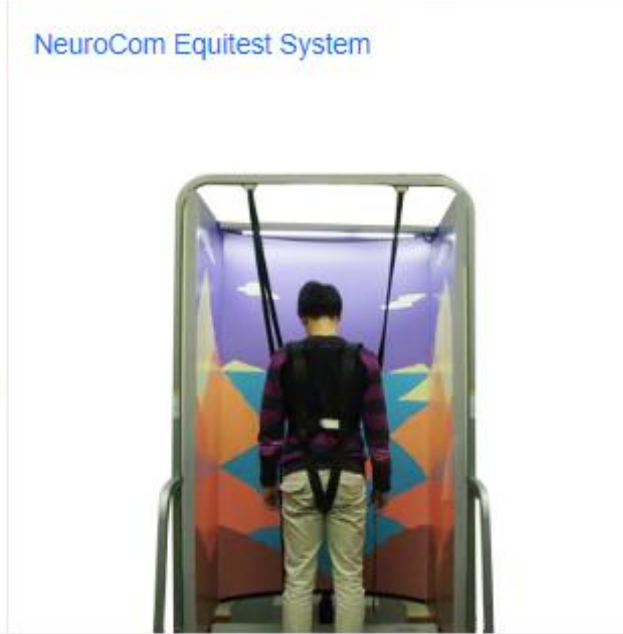
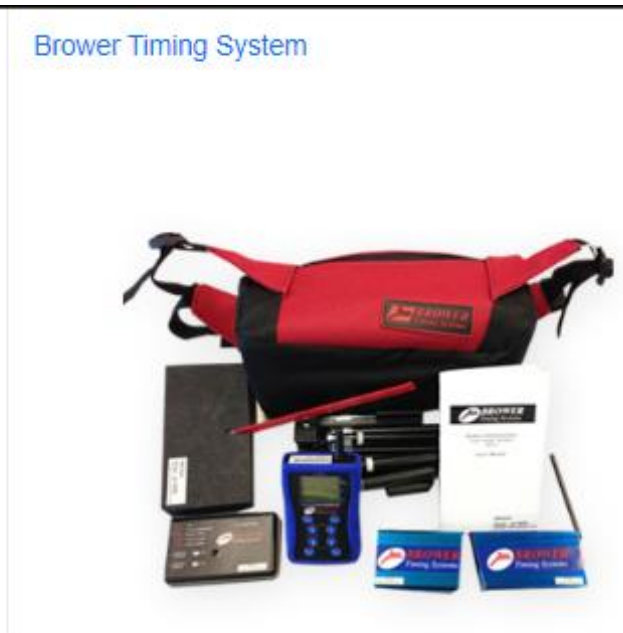
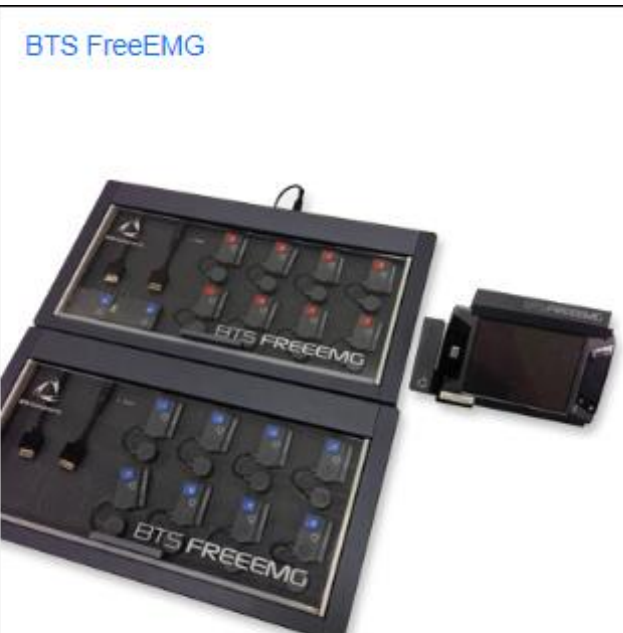
Human Performance Lab - 1



Human Performance Lab - 2



Human Performance Laboratory Equipment



Admission Enquiry

Registry
2948 6886
admission@eduhk.hk

Programme Enquiry

Mr. Chan Ching Yat
2948 6812
chingyat@eduhk.hk



THANK YOU!

For your attention



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)



**Department of
Health and
Physical Education**



01

Programme Introduction

JS8726

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

1ST Top 10 173RD

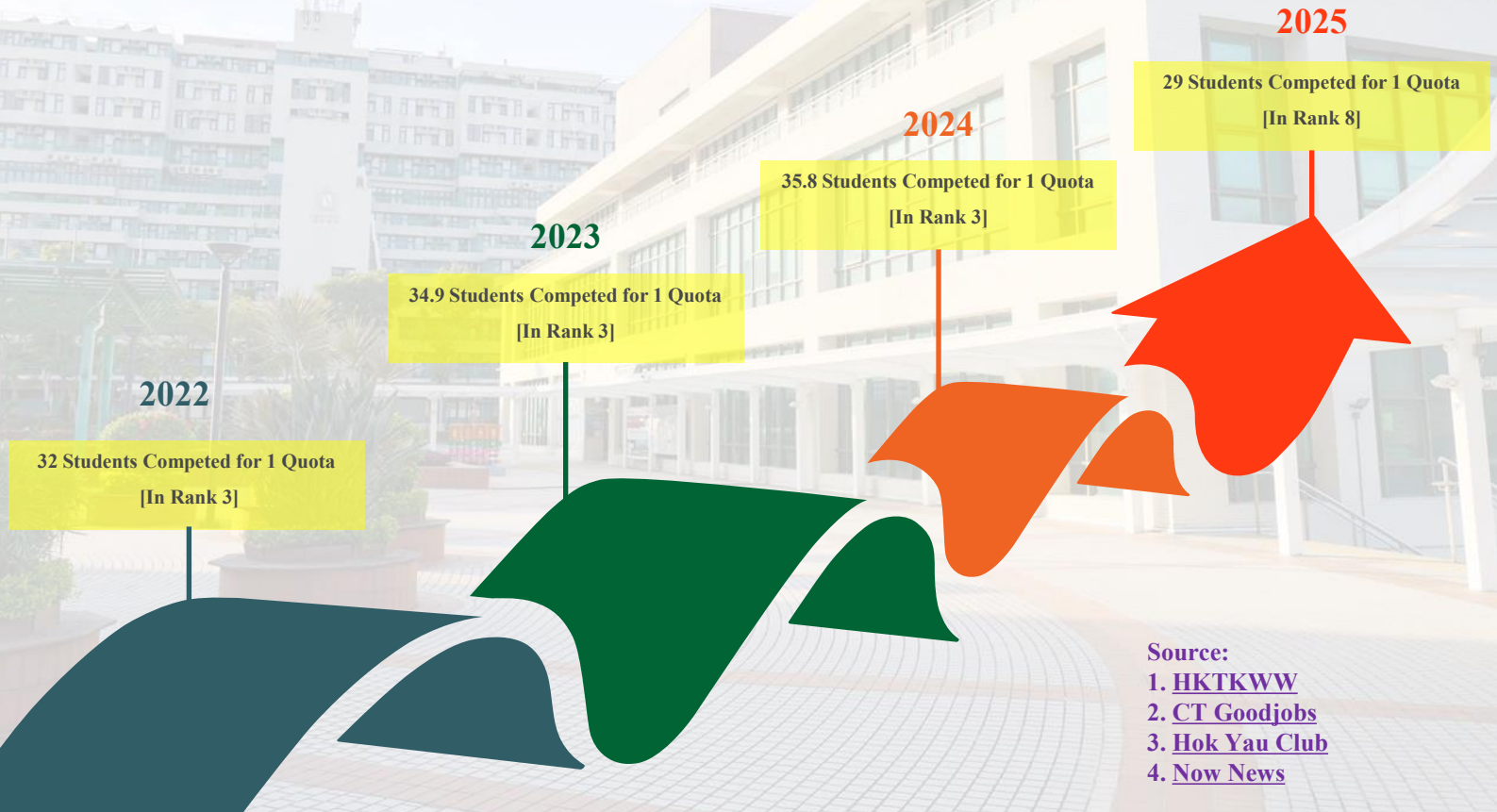
**UGC-funded
Interdisciplinary
UG Programme
Majoring in
Sports Science and Coaching**

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

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

Top Ten Most Competitive UG Programme in HK

(In Four Consecutive Years From 2022 to 2025)



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)	
PES3325	Sports Science and Coaching in Chinese Mainland <i>(This course includes a 2-week field experience in GBA/Chinese Mainland)</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

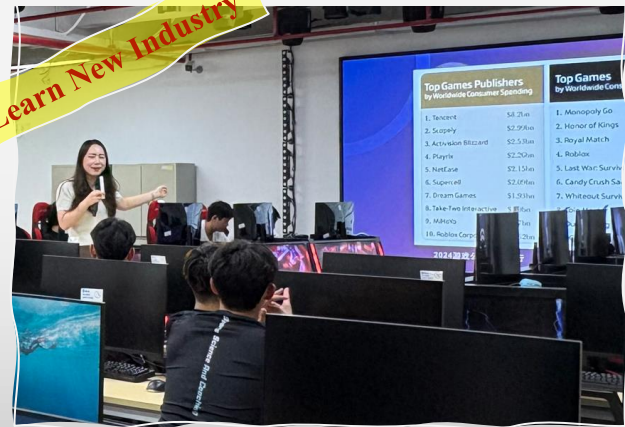
Previous GBA Field Visits



Learning Hydrotherapy
at the AquaLab
of Shenzhen Hyzen Hospital



Learning Wing Chun
in Foshan



Learning Esports
at the Guangzhou Sport
University

Remarkable and Professional Learning Experience

GBA Field Visit 2026



Experiencing traditional Chinese sports in Guangzhou, learning the culture behind it and the values it promotes, and having fun in class competitions.

Remarkable and Professional Learning Experience

Academic Conference



HPE Student Conference 2025/26
Final Year Project Poster Presentation

Remarkable and Professional Learning Experience

Community Service

Share Expertise · Serve the Community · Empower People



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



WEBZ TECHNOLOGY LAB

AESIR



Superior Fit
Wellness Centre
緻盈適健中心



東華三院
Tung Wah Group of Hospitals

SportSoHo

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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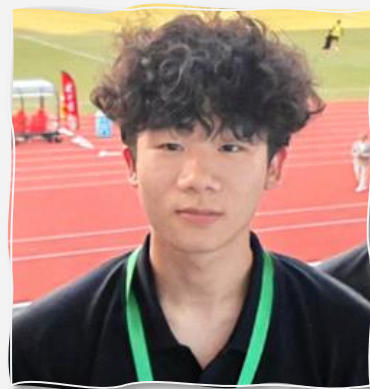
02

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 I received 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 experience, unforgettable memories, and lasting friendships that I will cherish for a lifetime.”

GUO Zhicheng Year 4 Student

What Our Students Say?

“I am excited to turn my enthusiasm for sports into a potential career as a football performance analyst. I joined the Performance Analysts Academy: Football Programme, which equipped me with essential theories, software application skills, and practical knowledge, helping me bridge theory with practice. I also had several opportunities to accompany youth teams to collect data in Guangzhou and abroad. Thank you to EdUHK and the 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 the Chinese Mainland. This discovery helped me appreciate sports nutrition research from different perspectives and understand how cultural factors influence the research. This trip has also 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 EdUHK’s unwavering support, as well as the support and care from my teachers and classmates. All of this has enabled me to excel in both my studies and sports competitions.”

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 thanks for their 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). During the internship, I was tasked with organizing a significant sports event — the First FASA Cup — alongside fellow interns. The internship enhanced my communication skills, problem-solving skills, and analytical thinking skills. These competencies are vital for my future career.”

CHU Yiu Nam, Sunny 2025 Graduate



“The programme helped me stand out from other competitors in the highly competitive admissions process for the Postgraduate Diploma in Education (PGDE). The transferable coaching skills and the generic attributes developed enabled me to gain a good insight into the current education issues and thus devise and provide feasible and innovative methods to enhance teaching effectiveness. Overall, the learning experience in this programme gave me greater confidence in navigating 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)	
	百萬元 (\$ Mn)	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	百萬元 (\$ Mn)	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
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 Policies 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.



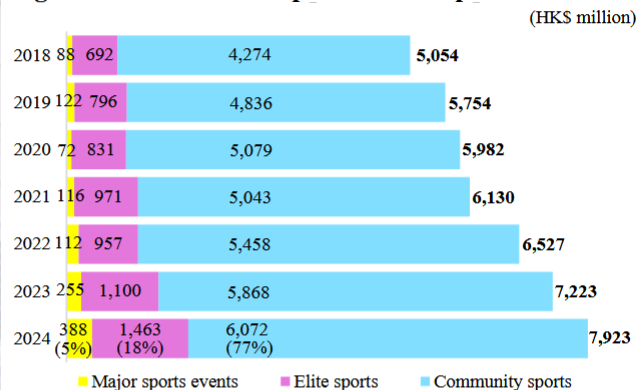
Hong Kong Sports Development (Continued)

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.

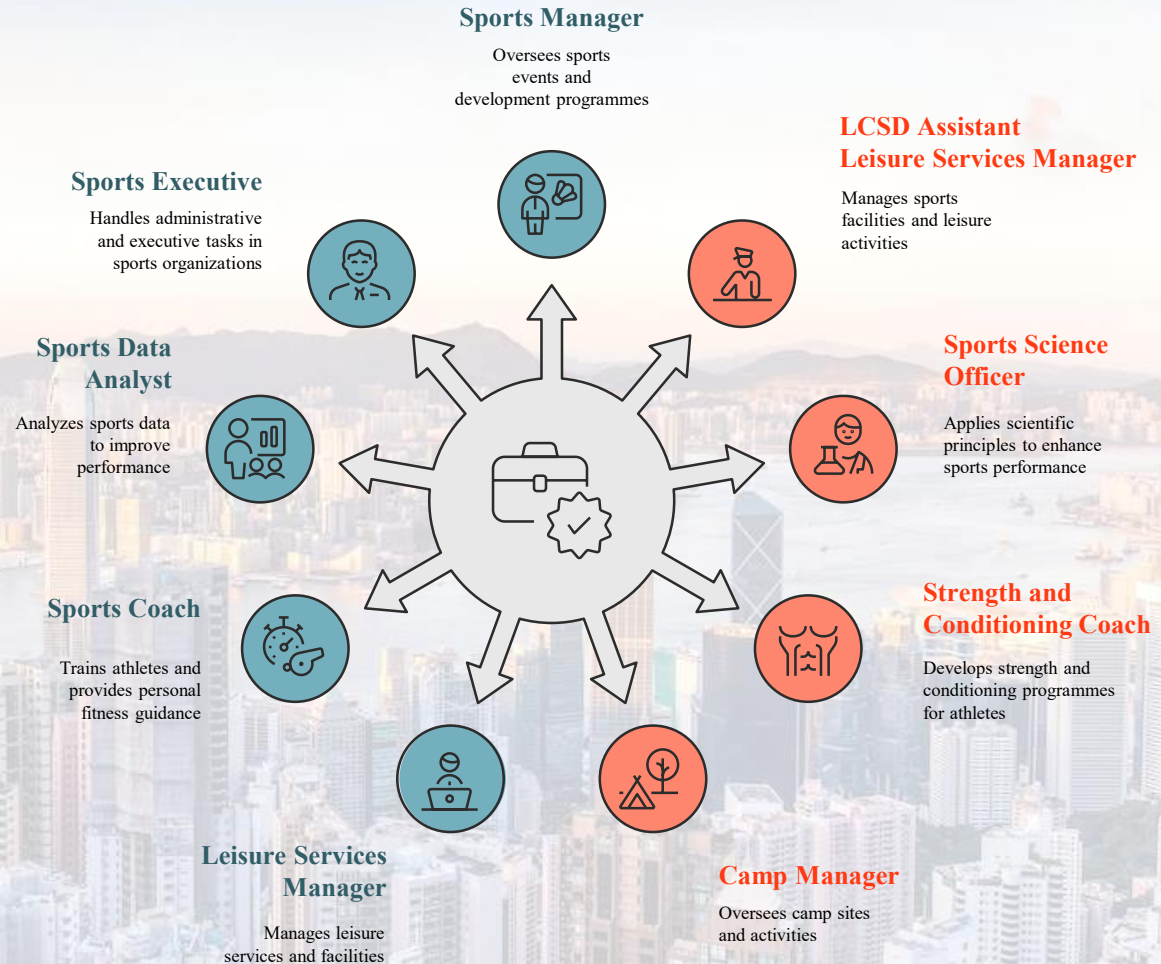


Career Prospects

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	
2) Exercise and Fitness Coaching	
3) Exercise Science and Health Fitness	
4) Food Technology and Nutrition	
5) Medical Laboratory Science	
6) Practical Psychology	x 1.5
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	<ul style="list-style-type: none"> Obtain a good Cumulative GPA Level 3 or above in Chinese and English Language subjects in HKDSE 	<ul style="list-style-type: none"> Obtain a satisfactory Final GPA Level 2 or above in Chinese and English Language subjects in HKDSE
Senior Year Admissions	X	<ul style="list-style-type: none"> 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	21
Normalised Mean cGPAs# (with a cap at 4.00)	3.30	3.33	3.37	3.44

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





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 presentation 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 presentation.*
- 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 Chinese Mainland. 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.*



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)



**Department of
Health and
Physical Education**

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01

Programme Introduction

JS8726

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

1ST Top 10 173RD

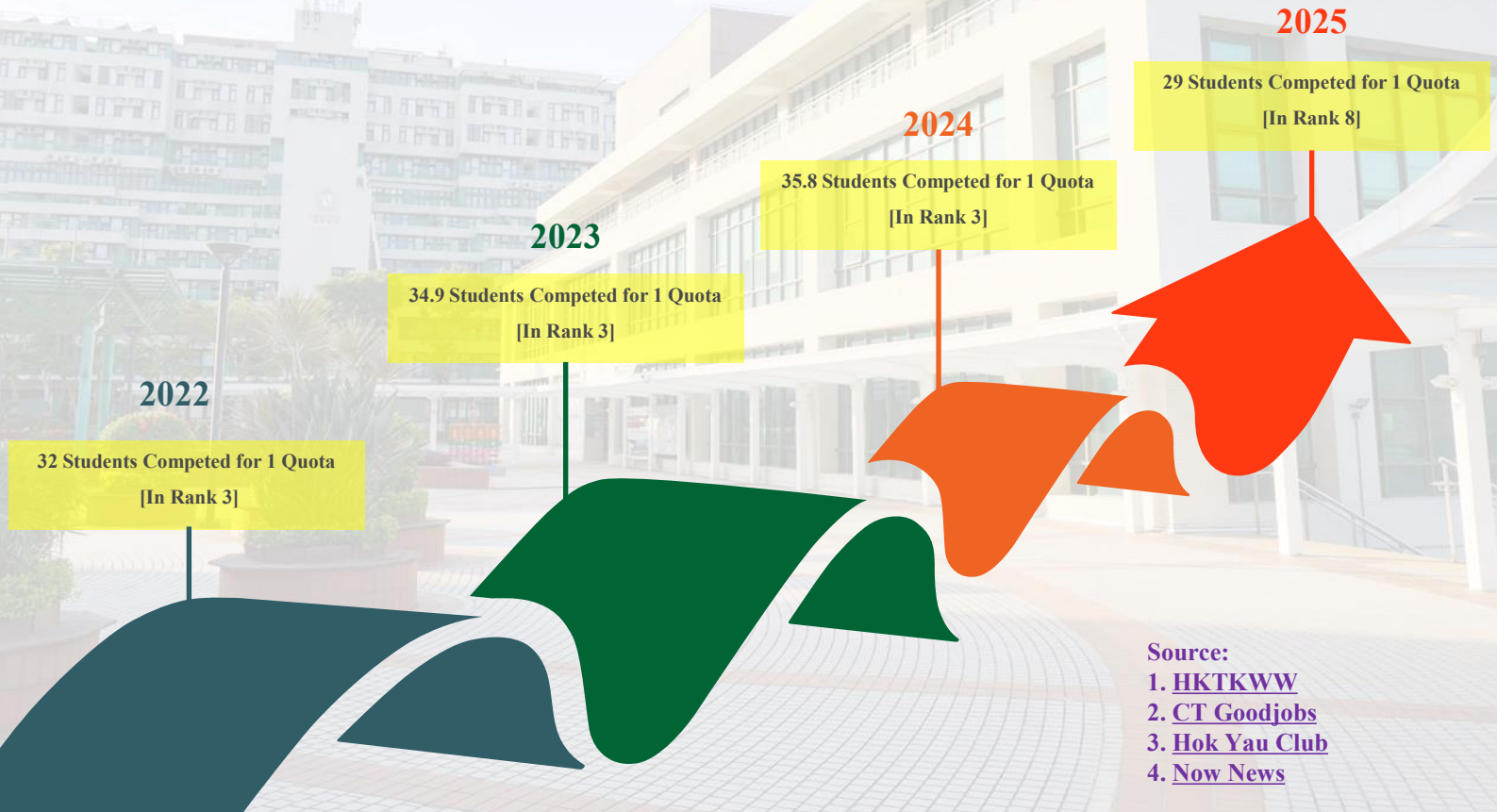
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Interdisciplinary
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Majoring in
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**Digital
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PES4324	Digital Marketing in Sports Event Management	

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

Previous GBA Field Visits



Learning Hydrotherapy
at the AquaLab
of Shenzhen Hyzen Hospital



Learning Wing Chun
in Foshan



Learning Esports
at the Guangzhou Sport
University

Remarkable and Professional Learning Experience

GBA Field Visit 2026



Experiencing traditional Chinese sports in Guangzhou, learning the culture behind it and the values it promotes, and having fun in class competitions.

Remarkable and Professional Learning Experience

Academic Conference



HPE Student Conference 2025/26
Final Year Project Poster Presentation

Remarkable and Professional Learning Experience

Community Service

Share Expertise · Serve the Community · Empower People



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



WEBZ TECHNOLOGY LAB

AESIR



Superior Fit
Wellness Centre
緻盈適健中心



東華三院
Tung Wah Group of Hospitals

SportSoHo

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”



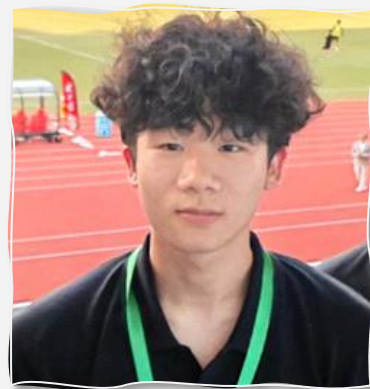
02

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 I received 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 experience, unforgettable memories, and lasting friendships that I will cherish for a lifetime.”

GUO Zhicheng Year 4 Student

What Our Students Say?

“I am excited to turn my enthusiasm for sports into a potential career as a football performance analyst. I joined the Performance Analysts Academy: Football Programme, which equipped me with essential theories, software application skills, and practical knowledge, helping me bridge theory with practice. I also had several opportunities to accompany youth teams to collect data in Guangzhou and abroad. Thank you to EdUHK and the 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 the Chinese Mainland. This discovery helped me appreciate sports nutrition research from different perspectives and understand how cultural factors influence the research. This trip has also 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 EdUHK’s unwavering support, as well as the support and care from my teachers and classmates. All of this has enabled me to excel in both my studies and sports competitions.”

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 thanks for their 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). During the internship, I was tasked with organizing a significant sports event — the First FASA Cup — alongside fellow interns. The internship enhanced my communication skills, problem-solving skills, and analytical thinking skills. These competencies are vital for my future career.”

CHU Yiu Nam, Sunny 2025 Graduate



“The programme helped me stand out from other competitors in the highly competitive admissions process for the Postgraduate Diploma in Education (PGDE). The transferable coaching skills and the generic attributes developed enabled me to gain a good insight into the current education issues and thus devise and provide feasible and innovative methods to enhance teaching effectiveness. Overall, the learning experience in this programme gave me greater confidence in navigating the competitive admissions landscape.”

CHAN Yan Hang 2025 Graduate

The background is a solid dark blue color. It features several abstract, organic shapes in yellow, orange, and teal. In the top left, there are thin, overlapping orange lines. In the top right, there is a large yellow shape with a small yellow circle inside it. In the bottom left, there is a teal shape with a yellow circle overlapping it. In the bottom right, there is an orange shape. The text '03' is centered in the upper half of the image.

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)	
	百萬元 (\$ Mn)	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	百萬元 (\$ Mn)	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
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 Policies 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.



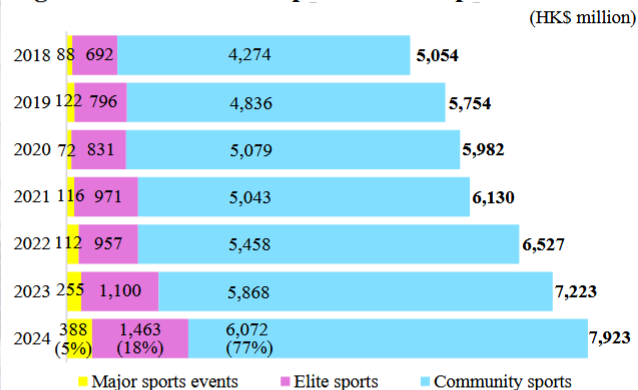
Hong Kong Sports Development (Continued)

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.

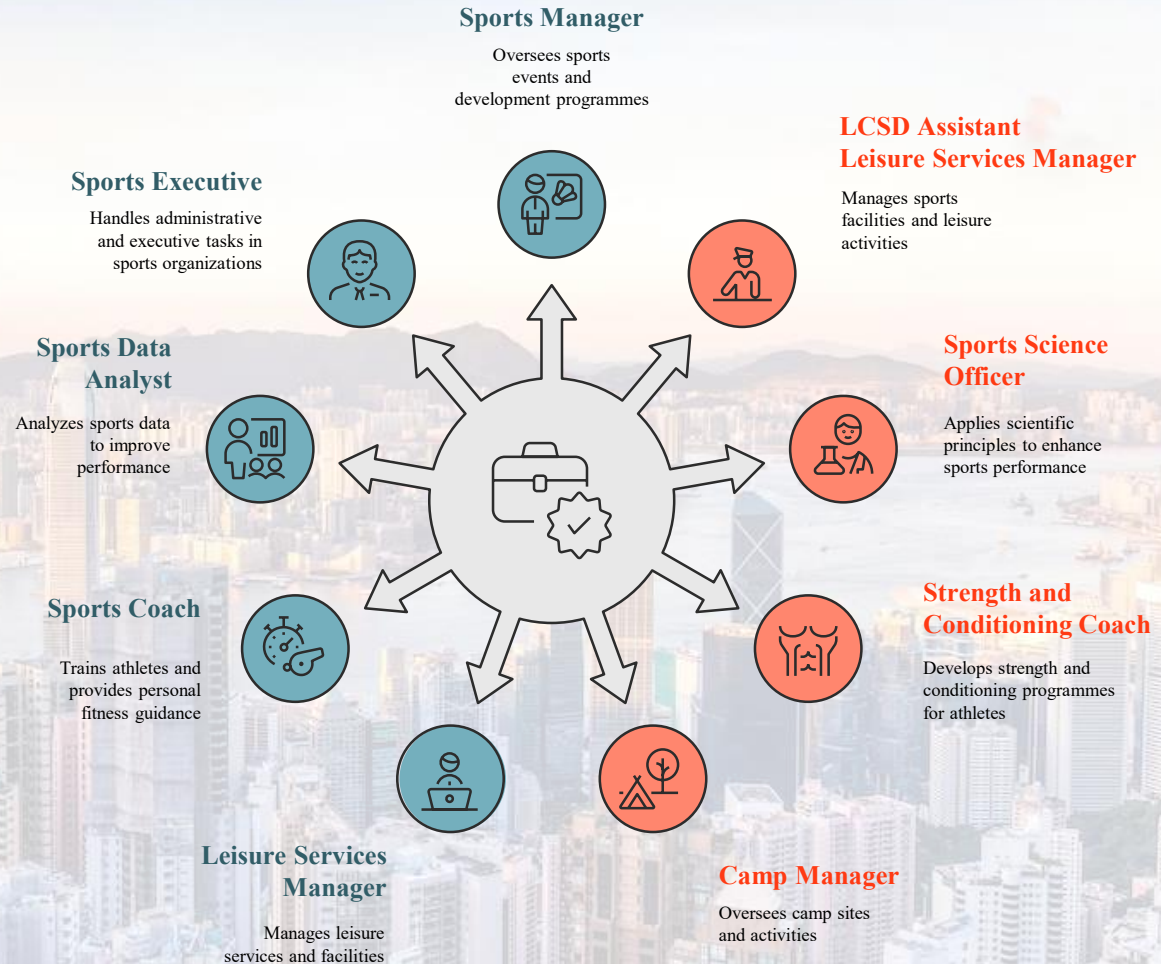


Career Prospects

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	
2) Exercise and Fitness Coaching	
3) Exercise Science and Health Fitness	
4) Food Technology and Nutrition	
5) Medical Laboratory Science	
6) Practical Psychology	x 1.5
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	<ul style="list-style-type: none"> Obtain a good Cumulative GPA Level 3 or above in Chinese and English Language subjects in HKDSE 	<ul style="list-style-type: none"> Obtain a satisfactory Final GPA Level 2 or above in Chinese and English Language subjects in HKDSE
Senior Year Admissions	X	<ul style="list-style-type: none"> 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	21
Normalised Mean cGPAs# (with a cap at 4.00)	3.30	3.33	3.37	3.44

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





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 presentation 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 presentation.*
- 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 Chinese Mainland. 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.*