

HONG KONG BAPTIST UNIVERSITY

Department of Sport and Physical Education

**STUDENT HANDBOOK
FOR THE
BACHELOR OF ARTS (HONS) DEGREE
IN
PHYSICAL EDUCATION AND RECREATION
MANAGEMENT
(2018-19 Curriculum)**

Admitted in 2018-2019 for Year 1

Website:<http://spe.hkbu.edu.hk/>

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Reference List for Students

(The following information may be obtained from the
Department Office)

Honours Project Handbook

Internship Handbook

SECTION 1

GENERAL INFORMATION

Detailed information on undergraduate programmes should be referred to Calendar / Bulletin (Academic Registry website: <http://ar.hkbu.edu.hk>)

1.1 Programme Title

This programme document describes the Bachelor of Arts Degree (B.A. Hons) with honours in Physical Education and Recreation Management. It involves study over a period of four academic years.

1.2 Philosophy / Rationale of the Programme

To be physically active is an integral and important part of healthy living. With an increasing awareness and need for quality and active lifestyles, the numbers of public and private sport facilities, fitness clubs, and residential clubhouses have increased substantially over the years. There is a high demand for professional management of sports and recreation programs and facilities as well as delivery of quality physical education in school and community environments. With the continual demand for well-trained graduates in the field of physical education, sport, and recreation management, the “Physical Education and Recreation Management” (PERM) programme was established since 1992.

Programme Aim

The overall aim of the PERM Programme is to provide students with sufficient depth and breadth of knowledge, skills, and practical experience in the discipline of physical education and recreation management. Furthermore, under the ethos of “whole person education” of the University, our students will also receive a strong liberal arts education such that they can embark on a variety of careers.

Programme Intended Learning Outcomes (PILOs)

Successful PERM students should be able to:

PILO 1: Explain the concepts and theories in physical education and sport sciences as well as in recreation management.

PILO 2: Identify the key issues and impacts concerning physical education and recreation management for different populations in the society and the global world.

PILO 3: Evaluate and apply theories, concepts, principles and practice from physical education and recreation management to various professions in the industry.

PILO 4: Apply knowledge and techniques, based on qualitative and quantitative research and problem solving approaches to design, execute and evaluate programmes in physical education, sport and recreation management.

PILO 5: Demonstrate effective communications, team work, and leadership skills.

PILO 6: Reflect on the importance to practice and promote life-long participation in physical and recreational activities.

1.3 Programme Duration And Delivery

The PERM programme is a four-year full-time undergraduate study. The programme will span 8 semesters or 10 semesters (for students who enroll for an additional year of “Diploma of Education (“2+3”) programme”). Each semester term normally lasts for 14 weeks.

1.4 Medium of Instruction

All courses use English as the medium of instruction.

1.5 Assessment

The standard method of assessing course work and examination performance is the grade point average (GPA) based on outcome-based learning outcomes. Letter grades are used to indicate the evaluation of a student’s performance in each course. The number of grade points awarded is directly related to the letter grade and the units allotted to the course. These units indicate the workload attaching to the course. Normally, with the exception of the skill course, a three-unit course involves a workload equivalent to attendance at three meeting hours per week for one semester. The workload may be lectures, tutorials or seminars and usually last for 50 minutes, or it may be a combination of these and independent study.

The grading system and academic standards follows the university systems as specified in a particular year of Calendar/Bulletin when students are admitted.

The Grade Point Average (GPA) is obtained by adding all the grade points gained and then

dividing the sum by the total number of units attempted. The Cumulative GPA (cGPA) is calculated from the cumulative grade points gained and the cumulative number of units attempted.

For academic standards and honours classification, please refer to the University Calendar/Bulletin.

It is fully recognized that an overly rigid, mechanistic assessment of student performance is to be avoided, so the Programme Team will have powers in difficult or borderline cases to viva candidates and take the results into account in deciding on the class of degree to be awarded.

The grading system is as follows:-

<u>Letter Grade</u>	<u>Academic Performance</u>	<u>Grade Point Per Unit</u>
A	Excellent	4.00
A-		3.67
B+	Good	3.33
B		3.00
B-		2.67
C+	Satisfactory	2.33
C		2.00
C-		1.67
D	Marginal Pass	1.00
E	Conditional Pass	0.00
F	Fail	0.00

A student must attain a GPA above 2.00 for a given semester in order to remain in good academic standing.

1.6 Academic Honours

President's Honour Roll: Applicable to students with semester GPA of 3.50 or above with no grades below "C" for a given semester.*

five days after the absence.

1.10 Student Enquiries and Appeals Regarding Academic Matters

- A. Students may address queries on academic matters to the Academic Registrar, the Dean of the Faculty/School, the Department/Programme Head or Programme Director, or any member of the teaching staff as relevant. The usual channel is for students to consult the course instructor when the query is about work in a particular course on a programme, the Department/Programme Head or Programme Director when the matter is related to the programme as a whole, and the Academic Registrar when the query concerns academic policies and procedures. If the query has the potential to become a matter for appeal, students should submit their official enquiries in writing to the Academic Registry.

Student Appeals against Course-Based Assessment

- B. Students who wish to appeal against the result of course-based assessment should follow the following procedures:
1. A student who wishes to appeal against the result of course-based assessment including examination grades should first appeal in writing to the course instructor and Department/Programme Head/Programme Director concerned within three weeks after students are notified of the course semester grades.
 2. The course instructor, or a review panel as decided by the Department/Programme Head/Programme Director, shall review the case and report to the Department/Programme Head or Programme Director, giving explanations. The student should be informed of the decision within 6 weeks since he/she lodges an appeal. Any changes in grades should be reported to the Academic Registry at the same time.
 3. If the student is not satisfied with the decision of the re-assessment, he / she may appeal in writing to the Academic Registrar within 2 weeks after receiving the decision from the programme, giving full reasons in support of the appeal. A fee will be charged for the appeal.
 4. The Academic Registrar shall review the case and determine if there are grounds for re-consideration:

- (i) If the Academic Registrar considers that there are insufficient grounds for the appeal, the appeal will be refused and the decision is final.
- (ii) If the appeal is accepted, the Academic Registrar shall reconsider the case in consultation with the course instructor and the Department / Programme Head or Programme Director to make a final decision. If deemed appropriate, the Academic Registrar may convene an Appeal Panel to review the case to make a final decision.

Student Appeals against Academic Decisions (Repeat a Year of Study and Dismissal)

- C Upon the recommendation of the Department/Programme Head or Programme Director, the Senate may require students with poor academic results to repeat a year of study or be dismissed from the University. A student who wishes to appeal against such academic decisions should do so in writing to the Academic Registrar before the deadline set for the completion of clearance procedures, giving full reasons in support of the appeal. A fee will be charged for the appeal.
- D The Academic Registrar will determine if there are grounds for re-consideration:
1. If it is considered that there are no grounds for the appeal, the original Senate decision requiring repeating a year of study or dismissal will be upheld and the decision is final.
 2. If the appeal is accepted, an Appeal Panel will be convened to consider the case. A decision of the Appeal Panel to uphold the original Senate decision of requiring repeating a year of study or dismissal is final.

Any recommendation of the Appeal Panel to revoke Senate decision shall be subject to ratification by Senate.

- E The Composition of the Appeal Panel shall be as follows:
1. Chairman --- Chairman of Undergraduate Regulations Committee; or in his/her absence, a senior academic nominated by the Academic Registrar;
 2. One senior academic nominated by the Chairman;
 3. Academic Registrar.

SECTION 2

PROGRAMME STRUCTURE

2.1 Basic Structure

This design of the Programme places emphasis on an education which will train students in intellectual, physical and social skills which are so important in a wide variety of occupational areas.

Students are required to complete a minimum 128 Units (Major 67 units, General Education 31 units, Elective 30 units) of courses for graduation.

The programme structure of the Bachelor of Arts (Hons) Degree in Physical Education and Recreation Management is divided into 3 main areas of study: Major Courses, General Education Courses and Electives Courses. This structure requires 128 units distributed as follows:

	<u>Units</u>
Major Courses	67
General Education Courses	31
Electives Courses	30
Total:	<hr style="width: 100%; border: 0.5px solid black;"/> 128

Student should take note of specific requirement of General Education Courses as well as the graduation requirements (i.e. completion of a minimum of 36 units of courses (including Honours Project) at the upper level (Level 3 and 4), attain foundation Putonghua proficiency).

2.2 Programme Contents

The PERM programme consists of 67 units of major courses comprising of 8 major required courses (24 units), 4 research and methodology courses (12 units) , 6 required skill courses (6 units), 3 major elective skill courses (3 units), 6 major elective courses (18 units) and 2 internship courses (4 units).

The PERM programme offers dual foci in both “Physical Education” and “Recreation Management”. The major required courses are composed of basic sport science courses that are related to the human movement and sports studies, including “Human Anatomy & Physiology”, “Sport & Exercise Psychology”, “Exercise Physiology”, “Prevention & Care

of Sport Injuries” & “Motor Learning & Development” etc. At the same time, other major required courses are management-related, including “History & Philosophy of Physical Education, Sport & Recreation”, “Organization & Administration in Physical Education & Recreation” & “Theory & Practice in Sport & Recreation Management”.

Based on the same principle, some major elective courses are sport and physical education related: “Fitness & Recreation for Selected Population”, “Health Fitness Evaluation & Assessment”, “Kinesiology”, “Nutrition & Health”, “Coaching Theory and Methodology”, “Outdoor Recreation” and “Principles and Practice of Exercise and Weight Management”.

The other major elective courses are management related: “Sociology of Sport and Recreation”, “Recreation Programming and Event Management”, “Sport Media & Public Relation” , “Introduction to Horticulture” , “Facility Management”, “Financial & Human Resources Management in Leisure Services”, “Leadership and Communication in Sport and Recreation” & “Marketing in Sport & Leisure Services”

The programme has built-in skill courses with a total of 17 different sport skills. Six of them are required skills: Swimming, Track & Field, Gymnastics, Conditioning & Fitness, Dance and Outdoor Pursuits. Students are asked to take three additional elective skill courses to fulfill the programme requirement.

The PERM programme has built in a "one-semester off campus programme" in which students can choose to apply for exchange the semester 1 of the 3rd year.

Since the University degree has an “Honours” component, all students are required to complete the Level 4 course of “Honours Project” in the fourth year of study. Honours Project is intended to prepare a student with individual initiative for independent research and problem solving either at the postgraduate level or as a physical education and recreation professional. Topic selection takes place near the end of year three and the student is under the guidance of an academic staff who will serve as the Adviser for the Honours Project thereafter.

Lastly, the PERM has a distinct component of a 2-unit “Internship-Local Placement” & a 2-unit “Internship-Overseas Placement” courses. Students are required to complete 250 hours of “Internship-Local Placement” in local sport and recreation agencies such as YMCA or National Sport Associations and 250 hours of “Internship-Overseas Placement” in overseas sport and recreation agencies such as the Walt Disney World International Cultural Programme, USA Camp Site, Taiwan Outward Bound School etc. The internship allows students to gain first-hand knowledge and understanding of community structure. It also gives students opportunities to experience contacts with professionals on the jobs and to integrate knowledge and theories with practical skills. Students are required to possess a valid first-aid qualification offered by Auxiliary Medical Services/Red Cross/St. John’s or equivalent organizations. Students are also required to attend a minimum of two conferences/workshops/seminars/ academic activities offered or approved by the Department of Sport and Physical Education or the University before being allowed to take “Internship-Overseas Placement” in their Year 3 summer break.

PERM Curriculum Structure

Major required courses	<u>Units</u>	<u>Units</u>
Core Course		24
Research & Methodology Courses		12
Skills Courses		9
(1) Required Skills Courses	6	
(2) Elective Skills Courses	3	
Internship		4
(1) Internship – Local Placement	2	
(2) Internship – Overseas Placement	2	
Major Elective Courses		<u>18</u>
	Total	67

A.	<u>MAJOR REQUIRED COURSES</u>	67 Units
		Units
(1)	<u>Core Courses:</u>	
	PERM 1006 Human Anatomy and Physiology	3
	PERM 1007 Sport and Exercise Psychology	3
	PERM 1015 History and Philosophy of Physical Education. Sport and Recreation	3
	PERM 2005 Exercise Physiology	3
	PERM 2006 Organization and Administration in Physical Education and Recreation	3
	PERM 3027 Prevention and Care of Sports Injuries	3
	PERM 3037 Motor Learning and Development	3
	PERM 3046 Theory and Practice in Sport and Recreation Management	3 —
		24
(2)	<u>Research and Methodology Courses:</u>	
	PERM 2007 Tests and Measurement	3
	PERM 3006 Research Methods	3
	PERM 4898-9 Honours Project	6 —
		12
(3)	<u>Skill Course</u>	
	<u>Required Skills:</u>	
	PERM 1305 Swimming	1
	PERM 1306 Conditioning & Fitness	1
	PERM 1307 Dance	1
	PERM 1315 Gymnastics	1
	PERM 1316 Track & Field	1
	PERM 1317 Outdoor Pursuits	1 —
		6
	<u>Elective Skills</u>	
	PERM 1425 Badminton	1
	PERM 1426 Golf	1
	PERM 1427 Squash	1
	PERM 1435 Table-Tennis	1
	PERM 1436 Tennis	1
	PERM 1445 Taekwondo	1
	PERM 1446 Tai Chi	1
	PERM 1447 Basketball	1
	PERM 1455 Handball	1
	PERM 1456 Soccer	1
	PERM 1465 Volleyball	1 —
		3

(4)	<u>Internship</u>			
	PERM 3056	Internship – Local Placement	2	
	PERM 3057	Internship – Overseas Placement	2	4
			—	
		Sub-Total		49

B. MAJOR ELECTIVE COURSES

Students are required to select 6 courses among the following 15 courses offered by the Department according to their interest for more specialized study.

	PERM 3007	Sociology of Sport and Recreation	3	
	PERM 3015	Recreation Programming and Event Management	3	
	PERM 3016	Fitness and Recreation for Selected Population	3	
	PERM 3017	Health Fitness Evaluation and Assessment	3	
	PERM 3025	Kinesiology	3	
	PERM 3026	Nutrition and Health	3	
	PERM 3045	Sport Media and Public Relation	3	
	PERM 3047	Coaching Theory and Methodolgy	3	
	PERM 3055	Introducation to Horticulture	3	
	PERM 4005	Facility Management	3	
	PERM 4006	Financial and Human Resources Management in Leisure Services	3	
	PERM 4007	Leadership and Communication in Sport and Recreation	3	
	PERM 4016	Outdoor Recreation	3	
	PERM 4017	Principles and Practice of Exercise and Weight Management	3	
	PERM 4115	Marketing in Sport and Leisure Services	3	18
			—	
		Sub-Total		18
		Total		67

2.3 General Education Courses

The General Education courses comprised of 31 units, included 13 units of University Core Requirements and 18 units of General Education Requirements.

I. University Core		Unit	Total
	University English I & II	6	13
	University Chinese	3	
	Healthy Lifestyle	2	
	The Art of Persuasion	2	
II. General Education Programme			
Level I	Foundational Courses		
	Students have to take one 3-unit course under each of the following categories: 1. History and Civilization (3 units) 2. Values and the Meaning of Life (3 units) 3. Quantitative Reasoning (3 units)	9	18
Level II	Interdisciplinary Thematic Courses		
	Students have to take two 3-unit course under any of the following themes: 1. Science, Technology and Society 2. Sustainable Communities 3. Culture, Creatively and Innovation	6	
Level III	GE Capstone	3*	
		Total	31
	*Can be double-counted		

2.4 Elective Courses

The Elective Courses include 30 units.

SECTION 3

SPECIAL NOTES FOR STUDENTS (Department Policy / Practice)

3.1 Academic Advising

The programme coordinator is responsible for the overall management of the programme as well as being the academic advisor for students. Each new student is assigned with a advisor and a student can seek advice from his/her designated advisor throughout the whole study period.

3.2 Applying for Overloading of Units

When a student wishes to take 19 & above units, permission will only be granted if his/her cGPA is equal or over 2.67 (i.e. average of B-).

When a student wishes to take 21 & above units, permission will only be granted if his/her cGPA is equal or over 3.00 (i.e. average of B).

Deviation from these guidelines may be granted by the Programme Coordinator **only for special cases**, for example, overload due to re-taking of “fail grade” course or being in the final term in final year.

3.3 Plagiarism & Cheating in Student’s Work / Test

“Plagiarism” means using someone’s work as one’s own work. The Department takes serious action if a student is found to commit plagiarism or cheating. Penalty may include a “fail” grade of a course or even dismissal for a serious case. Details of the publication “Avoiding Plagiarism” by the Academic Registry can be accessed on http://buar2.hkbu.edu.hk/curr/avoid_plagiarism/.

3.4 Academic Problems

Students who wish to appeal against any academic decisions should follow the appeal procedures listed under section 1.10.

3.5 Audio / Video-taping in Classes

Approval has to be sought from the class instructor concerned if the student wants to have audio/video-taping during a class. The class instructor has his/her right in either granting or not granting the approval.

3.6 Additional Costs

The following PERM core/elective courses have additional fee. Please be reminded that the costs listed on the table are only estimations.

Core / Elective Course	Kind of Activities	Costs (HK\$)
Core Course PERM 1006 Human Anatomy & Physiology PERM 3015 Recreation Programming & Event Management	(1) Venue booking fee (2) Transportation to venue (3) Or other items	Subject to the booking fee from Hong Kong Government / private organization and public transportation fee.
Elective Course PERM 4016 Outdoor Recreation PERM 4005 Facility Management	(1) Venue booking fee (2) Transportation to venue (3) Or other items	Subject to the booking fee from Hong Kong Government / private organization and public transportation fee.
Core Skill Course PERM 1315 Gymnastics	(1) Venue booking fee. (2) Transportation to outside venue (3) Or other items	Subject to the booking fee from Hong Kong Government and public transportation fee.
Core Skill Course PERM 1317 Outdoor Pursuits	(1) Camp booking fee including accommodation, catering and canoe activities. (2) Or other items.	Half of the total booking fee divided by the number of students. (~\$180 - \$250)

3.7 **Applying for Programme of Diploma of Education**

The Diploma of Education Programme is offered by the Department of Education Studies. Students who opt for teaching physical education career track may apply through the Department of Education Studies in term 2, Year 2. Please take note that the quota and the decision of admission rests with the Department of Education Studies.

3.8 **Insurance**

All students participating in the undergraduate programme are covered by a Group Personal Accident Insurance Policy arranged by the Hong Kong Baptist University against death and permanent disablement arising from accidents while participating in academic or extra-curricular activities arranged by the University and/or student organizations. Insurance coverage may change by year. For most updated information, other coverage details, check website of Finance Office : <http://www.hkbu.edu.hk/~fohome/fopage.html>

N.B. Insurance coverage includes incidents during sport skill lessons, activities organized by a course, sport team training and society activities.

Claiming Procedure

Insured Person shall within 30 days of injury, complete and return the Personal Accident Claim Form together with supporting document to the Finance Office, Hong Kong Baptist University for onward transmission to Zurich Insurance Company for claims handling. Insurance claim form can be accessed on website of Finance Office : <http://www.hkbu.edu.hk/~fohome/fopage.html>.

Remarks:

Supporting Document

1. Medical Receipts
2. Medical Referral Letter
3. A self-explanatory letter describing how, where & when injury has occurred together with a signature signed by related instructor or coach as a witness.