

Programme Features

- 1 Our Programme aims to nurture talents for growth, transformation, and future challenges. Courses include sports biomechanics, motor learning, exercise physiology, coaching science, sports technology, rehabilitation science, and research methods, which are topics related to STEAM fields. Our students will be trained with a multidisciplinary approach, and some of them may further their studies at master's or doctoral levels.
- 2 In addition to the professional knowledge obtained from this Programme, students will join the internship programme which allows them to develop their social responsibility and have wider engagement with different stakeholders.
- 3 Our Programme will involve world-class teachers from CUHK and guest lecturers at the international level. There are state-of-the-art sports and research facilities at CUHK that can further enhance the quality of student experience and learning.
- 4 Students will be engaged in research experience in their final year project. They will have the opportunity to conduct research and collect data in the lab and in the field, which will enhance their research performance and critical thinking skills.
- 5 Students will have the opportunity to join the exchange programmes in Mainland China or overseas institutions, which allows them to gain and share knowledge with students from different cultures and backgrounds.

Career Prospects

Coaching

Rehabilitation

Sports Therapy

Administrators in government subvented / national sports associations

Physical training officers, inspectors or officers in the disciplinary forces

Executives in the fitness and leisure industries

Supervisors / officers in the private and commercial sectors

Further study in higher-degree programmes in sports science and physical education

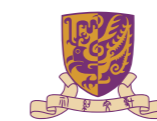


Enquiry

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Faculty of Education
CUHK 中大教育



4 years B.Sc. Programme

JS4320 Bachelor of Science

(Human Movement Science and Health Studies) Programme
Dual Degree Programme with Beijing Sport University (Optional)

理學士
(人體運動科學與健康研究) 學位課程
香港中文大學 — 北京體育大學本科雙學位課程
(可供學生選擇)

Strive for Excellence · Embrace Inheritance (卓越·傳承)

體育運動科學系
Department of Sports Science
and Physical Education

*This new programme to be introduced in 2025-26 is subject to confirmation of the University Senate

Mission

To inspire and nurture students to become competent professionals and leaders, making lifelong contributions to society in the field of sports science, health education and physical activity.

To advance inter- and multi-disciplinary knowledge and generate impactful translational research, leading to meaningful and tangible benefits for human health and well-being.

4-year B.Sc. in Human Movement Science and Health Studies

Programme Description

The programme is a four-year full-time degree programme, aims to provide an interdisciplinary learning experience to students who are interested in the scientific and medical aspects of human movement, coaching, health and rehabilitation, as well as research-oriented activities in academia.

In this Programme, students will examine human movement from a variety of perspectives, including injury prevention, exercise rehabilitation, biomechanics, exercise physiology, health and fitness, motor control and motor development to equip them with necessary knowledge to contribute to major medical advances and development of more effective models of health care. The Programme will also prepare students for professional careers in coaching, rehabilitation, sports therapy, health-related sector, and sport-related industrial or exercise scientist.

Programme Highlights

The Programme is characterized by two highly linked areas.

Human Movement Science explores the causes and consequences of human movement across one's lifespan, including the prevention and treatment of acute and chronic conditions that cause disorders of movement.

Health Studies cover how to develop and apply principles of exercise-based preventative intervention, management of health and well-being, and rehabilitation to individuals who are injured or physically impaired (e.g., disability, chronic disease).

Admission Requirements

HKDSE students

Candidates who meet the following admission requirements eligible to apply for admission to the Programme:

Core Subject(s)	Level
CHINESE LANGUAGE	3
ENGLISH LANGUAGE	3
MATHEMATICS COMPULSORY PART	2
CITIZENSHIP AND SOCIAL DEVELOPMENT	(Attained)

+

Elective Subject(s)	Minimum Level
ANY 2 SUBJECTS <small>NOTE</small>	3

NOTE: These two subjects may include:

- (i) 2 New Senior Secondary elective subjects; or
- (ii) 1 New Senior Secondary elective subject and Mathematics (Extended Part) Module I or Module II.

Internship and Research Project as Capstone Experience

To help students to broaden their horizons and achieve an all-round development, a variety of experiential learning opportunities such as Internship and research project are provided.

Dual Degree Programme (Optional)

The Department of Sports Science and Physical Education offers an option for local students admitted to Bachelor of Science (Human Movement Science and Health Studies) Programme to apply for participating in a dual degree programme (DDP) with Beijing Sports University. This Dual Degree Programme (DDP) combine the strength from both institutions. In addition to the education and research excellence in sports science, CUHK will offer students the unique experience of integrated eastern and western educational disciplines and overseas exchange opportunities. At BSU, students can acquire knowledge about sports rehabilitation and receive the national-level sports training with the use of advanced sports facilities. Graduates from this DDP will be equipped with comprehensive knowledge and skills in sport and exercise science at the international level. They will be able to pursue career in sports science research, sports training, physical education, health education and administration, sport-related industrial and academic institutions at all levels.

Under this framework, students in this programme will obtain a Bachelor of Science in Human Movement Science and Health Studies offered by CUHK and a Bachelor of Education in Sport Science offered by BSU upon completion of the graduation requirements of the concerned programmes.

Study Pattern Of Dual Degree Programme

Students will study for 2 years at CUHK and 2 years at BSU, respectively. They will obtain each bachelor's degree from both institutions upon completion of the graduation requirements.

For CUHK DDP students:



For BSU DDP students:

