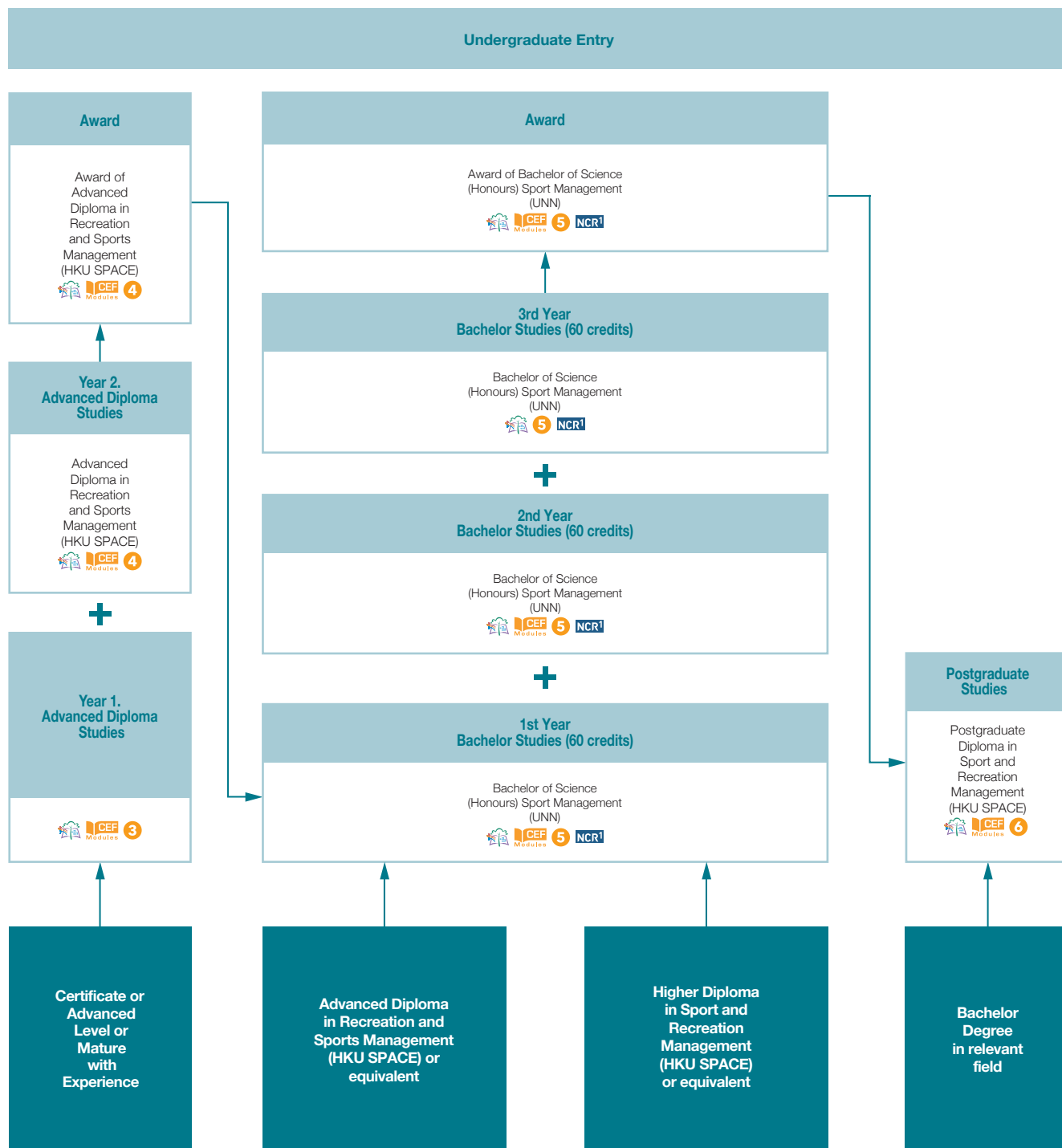


# Sports, Exercise and Recreation Management

體育、運動及康樂

## Pathways to Undergraduate and Postgraduate Studies in Recreation and Sports Management



\* University of Northumbria at Newcastle, UK (UNN) has recognized the Advanced Diploma in Recreation and Sports Management and Higher Diploma in Sport and Recreation Management awarded within the HKU system through HKU SPACE for a credit transfer of 180 credits. Students will need to require a further 180 credits to complete the entire programme.

See legend on page 031 圖像說明於第 031 頁

**R** Minimum Entry Requirements 基本入學要求 (P.017)

**S** Fee 學費

**D** Duration 修業期

**M** Medium of Instruction 教學語言

**Q** Qualifications Framework 資歷架構

**E** Exemption 豁免

**S** Short Course 短期課程

For more and latest programme information, please visit our website  
有關最新課程資訊及詳情，請瀏覽學院網站 [hkuspace.hku.hk](http://hkuspace.hku.hk)

## Postgraduate Diploma in Sport and Recreation Management

Programme Code: HS110A

Application Code: 2345-HS110A



☎ 2587 3154

✉ serm\_pgdp@hkuspace.hku.hk

The programme aims to optimise the employment opportunities of graduates and to ensure the ongoing development and acquisition of professional skills, attitudes and knowledge in a variety of recreation and sport settings.

- R** Applicants shall hold a degree from a recognized institution in an appropriate subject, for example sport, social sciences, management or business, or equivalent.  
If the degree or equivalent qualification is from an institution where the language of teaching and assessment is not English, applicants shall provide evidence of English proficiency such as:
- an overall band of 6.0 or above with no subtests lower than 5.5 in the IELTS;
  - HKALE Use of English at Grade E or above; or
  - equivalent qualifications.

**\$** HK\$37,500 per programme  
Application Fee: HK\$150

**D** 9 months



**Q** Level 6 (Reg. No.: 13/000427/L6) Validity Period: 02 Sep 2013 - on-going

## Postgraduate Certificate in Holistic Wellness Management

Programme Code: HS198A

☎ 3762 0862



✉ serm\_pgdp@hkuspace.hku.hk

This unique programme provides advanced knowledge of the contribution of physical activity and integrative approaches to wellness. It also aims to enhance students understanding of business management skills related to the wellness industry with a focus on the design of relevant and feasible wellness programmes. It is suitable for fitness instructors, personal trainers, exercise and wellness leaders, corporate human resources personnel, community organisation programme directors and other front-line health and fitness professionals seeking to further their knowledge of this area through higher level academic studies.

**\$** HK\$24,500 per programme  
Application Fee: HK\$150

**D** 6 months



**Q** Level 6 (Reg. No.: 22/000182/L6) Validity Period: 01 Mar 2022 - on-going

## Bachelor of Science (Honours) Sport Management

Programme Code: HS105A

University of Northumbria at Newcastle, UK

Application Code: 2365-HS105A



☎ 3762 0862

✉ serm\_bsc@hkuspace.hku.hk

This part-time programme aims to produce graduates who can critically review the processes and practices that are central to professions within sport management. It is designed to provide an academically and vocationally relevant curriculum that will stimulate students to become active learners, question existing practice and develop effective evaluative skills in a sport and recreation management setting.

- R** Applicants shall hold a Higher Diploma in Sport and Recreation Management awarded within the HKU system through HKU SPACE, or an equivalent qualification from a recognised institution.  
Applicants, who are graduates of the programmes taught in English, are normally regarded as demonstrating the required English Proficiency. In other cases, IELTS 6.0 is required.  
Applicants may be required to attend an interview and/or an English test.

**\$** HK\$145,107 per programme for 2024/25 intake, payable in three installments.  
Application Fee: HK\$150

**D** 3 years



**Q** Level 5 (Reg. No.: 15/002495/L5) Validity Period: 01 Sep 2015 - 31 Aug 2026

## Advanced Diploma in Recreation and Sports Management

Programme Code: HS099A

Application Code: 2290-HS099A



☎ 2587 3154

✉ serm\_ad@hkuspace.hku.hk

This programme is designed for people who are currently working in leisure administration or recreation and sports management positions, or who intend to pursue a career in the management of leisure services.

- R** Applicants shall:
- have gained in the HKDSE Examination Level 3 in 2 subjects and Level 2 in 3 subjects (including English Language); or equivalent; or
  - have gained in the HKAL Grade E in 2 AL subjects and 3 passes at HKCEE Level (including English Language) or, equivalent; or
  - be at least 21 years of age and have 3 years of relevant work experience and provide evidence of English proficiency, such as HKCEE English Language at Level 2; or HKCEE English Language (Syllabus B) at Grade E or Grade C (Syllabus A); or equivalent.
- Applicants may be required to attend an interview.

**\$** HK\$25,500 per year  
Application Fee: HK\$150

**D** 2 years



**Q** Level 4 (Reg. No.: 07/001904/4) Validity Period: 05 May 2008 - on-going

## Certificate for Module (Sport and Recreation Strategic Marketing)

Programme Code: HS166A

Application Code: 2345-HS166A



☎ 2587 3154

✉ serm\_pgdp@hkuspace.hku.hk

The Certificate for Module (Sport and Recreation Strategic Marketing) provides students with the opportunity to develop a strategic understanding of marketing processes and practice from a service organization and sport and recreation management perspective. Students will be able to develop an appreciation of the skills of marketing through the study of examples and case studies from the world of sport and recreation.

- R** Applicants shall hold a degree from a recognized institution in an appropriate subject, for example sport, social sciences, management or business, or equivalent.  
If the degree or equivalent qualification is from an institution where the language of teaching and assessment is not English, applicants shall provide evidence of English proficiency such as:
- an overall band of 6.0 or above with no subtests lower than 5.5 in the IELTS;
  - a score of 550 or above in the paper-based TOEFL, or a score of 213 or above in the computer-based TOEFL, or a score of 80 or above in the internet-based TOEFL; or
  - HKALE Use of English at Grade E or above; or
  - HKDSE Examination English Language at level 3 or above; or
  - equivalent qualifications.

Consideration will also be given to mature age applicants who do not fulfill the academic requirement but who can demonstrate extensive industrial experience in positions requiring senior management skills. Such applicants shall have to provide evidence of English proficiency such as an overall band of 6.0 in the IELTS, or equivalent.

Applicants with other qualifications will be considered on individual merit.

**\$** HK\$7,500  
Application Fee: HK\$150

**D** 14 weeks



**Q** Level 6 (Reg. No.: 19/000683/L6) Validity Period: 01 Jun 2019 - on-going

# Sports, Exercise and Recreation Management

## 體育、運動及康樂

### Certificate for Module (Sport and Recreation Policy)

Programme Code: HS167A

Application Code: 2365-HS167A

☎ 2587 3154

✉ [serm\\_pgdp@hkuspace.hku.hk](mailto:serm_pgdp@hkuspace.hku.hk)

The Certificate for Module (Sport and Recreation Policy) aims to provide students with an understanding of contemporary sport and recreation policy developments and how they frame strategic planning practices within the sport and recreation industry.

**R** Applicants shall hold a degree from a recognized institution in an appropriate subject, for example sport, social sciences, management or business, or equivalent.

If the degree or equivalent qualification is from an institution where the language of teaching and assessment is not English, applicants shall provide evidence of English proficiency such as:

- an overall band of 6.0 or above with no subtests lower than 5.5 in the IELTS;
- a score of 550 or above in the paper-based TOEFL, or a score of 213 or above in the computer-based TOEFL, or a score of 80 or above in the internet-based TOEFL; or
- HKALE Use of English at Grade E or above; or
- HKDSE Examination English Language at level 3 or above; or
- equivalent qualifications.

Consideration will also be given to mature age applicants who do not fulfill the academic requirement but who can demonstrate extensive industrial experience in positions requiring senior management skills. Such applicants shall have to provide evidence of English proficiency such as an overall band of 6.0 in the IELTS, or equivalent.

Applicants with other qualifications will be considered on individual merit.

**\$** HK\$7,500

Application Fee: HK\$150

**D** 14 weeks

 English

**Q** Level 6 (Reg. No.: 19/000759/L6) Validity Period: 01 Jul 2019 - on-going

### Certificate for Module (Sport and Recreation Strategic Business Management)

Programme Code: HS171A

Application Code: 2365-HS171A

☎ 2587 3154

✉ [serm\\_pgdp@hkuspace.hku.hk](mailto:serm_pgdp@hkuspace.hku.hk)

The Certificate for Module (Sport and Recreation Strategic Business Management) aims to examine the development of contemporary management and business theories and processes and the application of these to the sport and recreation industry. It considers the challenges facing sport and recreation business professionals and the strategies to deal with the complex challenges in the global context of changing social, cultural, organisational and consumer expectations. Specific attention will be applied to understanding perspectives on learning organisations, best practice, plus quality and quality assurance in the management and business context of international sport and recreation.

**R** Applicants shall hold a degree from a recognized institution in an appropriate subject, for example sport, social sciences, management or business, or equivalent.

If the degree or equivalent qualification is from an institution where the language of teaching and assessment is not English, applicants shall provide evidence of English proficiency such as:

- an overall band of 6.0 or above with no subtests lower than 5.5 in the IELTS;
- a score of 550 or above in the paper-based TOEFL, or a score of 213 or above in the computer-based TOEFL, or a score of 80 or above in the internet-based TOEFL; or
- HKALE Use of English at Grade E or above; or
- HKDSE Examination English Language at level 3 or above; or
- equivalent qualifications.

Consideration will also be given to mature age applicants who do not fulfill the academic requirement but who can demonstrate extensive industrial experience in positions requiring senior management skills. Such applicants shall have to provide evidence of English proficiency such as an overall band of 6.0 in the IELTS, or equivalent.

Applicants with other qualifications will be considered on individual merit.

**\$** HK\$7,500

Application Fee: HK\$150

**D** 14 weeks

 English

**Q** Level 6 (Reg. No.: 19/001091/L6) Validity Period: 01 Oct 2019 - on-going



See legend on page 031 圖像說明於第 031 頁

**R** Minimum Entry Requirements 基本入學要求 (P.017)

**\$** Fee 學費

**D** Duration 修業期

**M** Medium of Instruction 教學語言

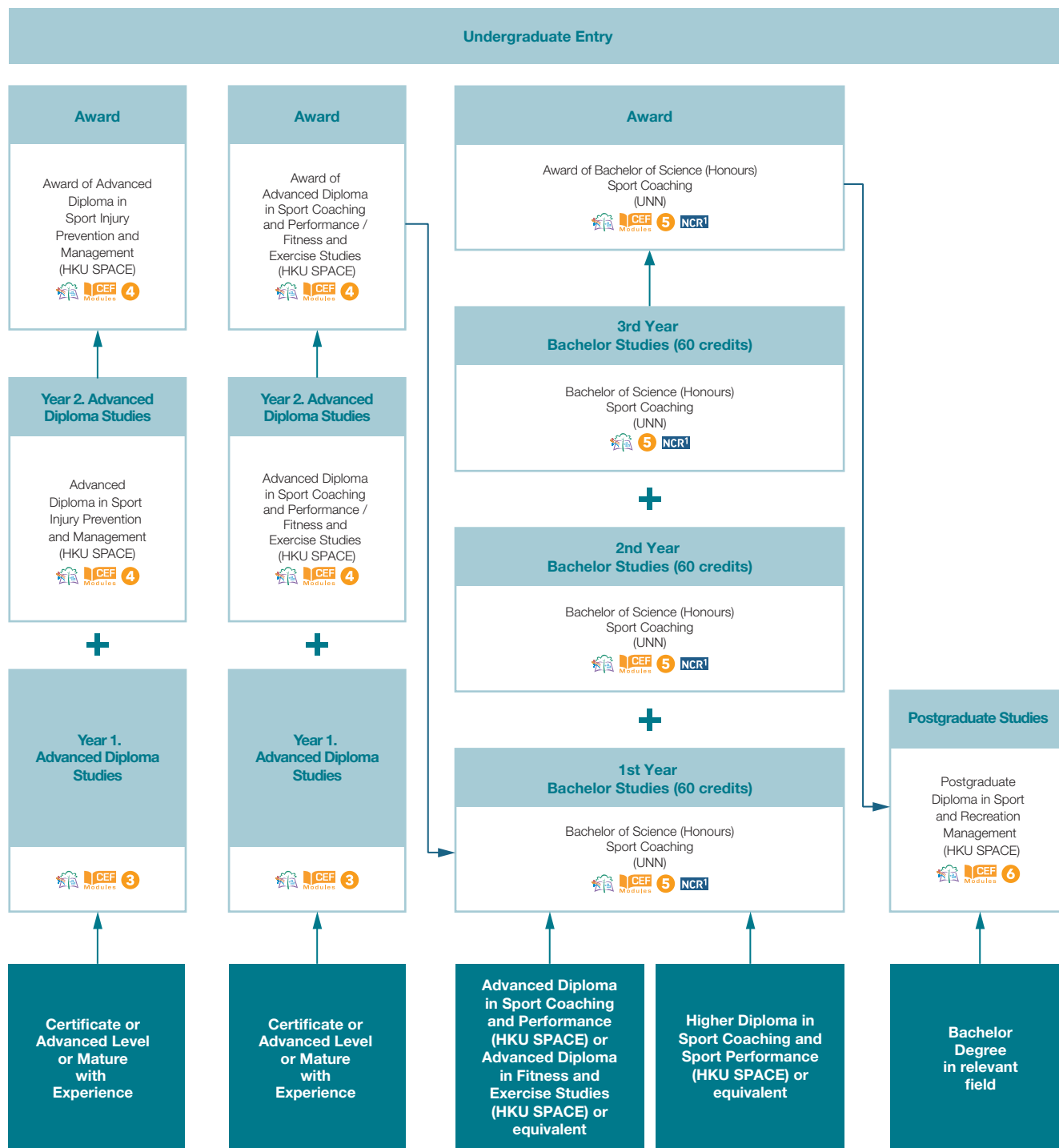
**Q** Qualifications Framework 資歷架構

**E** Exemption 豁免

**S** Short Course 短期課程

For more and latest programme information, please visit our website  
有關最新課程資訊及詳情，請瀏覽學院網站 [hkuspace.hku.hk](http://hkuspace.hku.hk)

### Pathways to Undergraduate and Postgraduate Studies in Sport, Exercise and Coaching



\* University of Northumbria at Newcastle, UK (UNN) has recognized the Advanced Diploma in Fitness and Exercise Studies / Sport Coaching and Performance and Higher Diploma in Sport Coaching and Sport Performance awarded within the HKU system through HKU SPACE for a credit transfer of 180 credits. Student will need to require a further 180 credits to complete the entire programme.

**NCR1** This is an exempted course under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育(規管)條例》，本課程屬獲豁免課程。It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

**NCR2** These are exempted courses under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育(規管)條例》，這些課程屬獲豁免課程。It is a matter of discretion for individual employers to recognize any qualification to which these courses may lead. 個別僱主可酌情決定是否承認這些課程可令學員獲取的任何資格。

**NCR3** The course operator is applying for exemption under the Non-local Higher and Professional Education (Regulation) Ordinance. 課程主辦人正根據《非本地高等及專業教育(規管)條例》辦理豁免註冊手續。It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

# Sports, Exercise and Recreation Management

## 體育、運動及康樂

### Bachelor of Science (Honours) Sport Coaching

Programme Code: HS154A

University of Northumbria at  
Newcastle, UK

Application Code: 2365-HS154A



☎ 3762 0862

✉ [serm\\_bsc@hkuspace.hku.hk](mailto:serm_bsc@hkuspace.hku.hk)

This is a programme specifically for future coaches and sports educators. This specialisation means that you will have the skills, knowledge and understanding that may not be taught in a general sports degree.

The curriculum of the programme reflects staff expertise and research interests, key trends in associated national, international professional bodies and current sport policy, and the relevant national benchmarks.

Embedded transferable skills in areas such as information technology, problem-solving, communication and reflective practice will help students to prepare for a global market and pursue lifelong learning.

- Unique top-up degree programmes offered by one of the top universities in the UK for international undergraduate study in sport;
- Completed in 36 months of part-time study;
- Work placement opportunities in public and private sectors.

- R** 1. Applicants shall hold a Higher Diploma in Sport Coaching and Sport Performance awarded within the HKU system through HKU SPACE, or an equivalent qualification from a recognised institution;
2. Applicants, who are graduates of programmes taught in English, are normally regarded as demonstrating the required English Proficiency. In other cases, IELTS 6.0 is required.
3. Applicants may be required to attend an interview and/or an English test.

**\$** HK\$145,107 per programme for 2024/25 intake, payable in three installments.  
Application Fee: HK\$150

**D** 3 years

🇬🇧 English

**Q** Level 5 (Reg. No.: 18/000760/L5) Validity Period: 01 Sep 2018 - 31 Aug 2026

### Advanced Diploma in Sport Injury Prevention and Management

Programme Code: HS086A

Application Code: 2290-HS086A



☎ 2587 3154

✉ [serm\\_ad@hkuspace.hku.hk](mailto:serm_ad@hkuspace.hku.hk)

The overall aim of the programme is to provide students with the knowledge and skills to develop expertise in the management of injury arising from vigorous exercise and sport. It is designed to provide students with an in-depth understanding of sport injuries, preventative measures and sport injury management so that they can assist themselves and guide those under their supervision.

Students are expected to use this knowledge to underpin the development and delivery of sport and exercise programmes.

- R** Applicants shall:
- have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent;
  - (a) (i) be aged at least 21 years of age and have three years of relevant work experience, or
  - (ii) hold a Certificate in relevant subjects;
  - and
  - (b) Provide evidence of English proficiency, such as:
    - (i) HKDSE English Language at Level 2; or
    - (ii) HKCEE English Language at Level 2; or
    - (iii) HKCEE English Language (Syllabus B) at Grade E (Grade C in the case of English Language (Syllabus A)); or
    - (iv) an overall band of 6 with subtest of 5.5 in the IELTS; or
    - (v) a score of 550 in the paper-based TOEFL or a score of 213 in the computer-based TOEFL.

Applicants may be required to attend an interview and/or an English test.

**\$** HK\$21,500 per year  
Application Fee: HK\$150

**D** 2 years

🇬🇧 English

**Q** Level 4 (Reg. No.: 09/000971/4) Validity Period: 04 May 2009 - on-going

### Advanced Diploma in Sport Coaching and Performance (credit bearing courses)

This programme enables learners to study part of the wide range of modules available in Advanced Diploma in Sport Coaching and Performance programme. Learners may choose any of the modules listed below and enrol for a maximum of two modules per semester. Students are assessed by written assignments and examinations as prescribed in the Advanced Diploma programme. Upon successful completion of each module, participants will earn a Certificate of Achievement. Credits accumulated are fully transferable to the Advanced Diploma in Sport Coaching and Performance programme, should the participant wish to finish the entire Advanced Diploma programme.

\* Students who have completed any one of these modules are eligible to apply for the programme "Certificate in Strength and Conditioning"「肌力與體能訓練證書」課程 (HS235A)

#### Anatomy and Physiology for Exercise \*

Programme Code: SPFE4013

This module aims to provide students with an understanding of the skeletal, neural and muscular functions, and the physiological processes that provide the basis for human capacity to move and exercise.

#### Introduction to Sport Coaching and Performance \*

Programme Code: SPFE3009

This module aims to provide an introduction to the coaching process and to the basic principles and components of performance enhancement.

#### Physical Performance Perspectives \*

Programme Code: SPFE4015

The module aims to provide students with an understanding of the changes in human movement behaviour across the lifespan and the influence these changes have on motor performance. Students will chart the development cycle of people and relate this to considerations from infancy, through adulthood to older adults. Students should understand the way people learn, develop and perform skilled movement. How people process information, programme and control movement through senses in set conditions will be explored, and students should appreciate the use of suitable environments and training techniques.

#### Nutrition for Sport and Exercise

Programme Code: SPFE3010

The module aims to introduce students to the relationship between diet and exercise, and how this knowledge is used in by the exercise practitioner in planned exercise programmes and the promotion of healthy lifestyles.

#### Developing and Assessing Sport Performance \*

Programme Code: SPFE5010

This module aims to provide students with the skills to critically assess sport performance in athletes, to investigate those extrinsic and intrinsic factors that impact upon performance and to provide the basis for students to be able to formulate their own strategies for developing sport performance.

#### Exercise Physiology: Aerobic and Anaerobic \*

Programme Code: SPFE4014

The module aims to provide students with an understanding of the impact that exercise has on the physiology of the body using Aerobic and Anaerobic training as the medium of instruction.

#### Body In Motion \*

Programme Code: SPFE4017

The module aims to provide students with an understanding of the mechanical laws which affect the efficient movement of the body in different exercise settings.

See legend on page 031 圖像說明於第 031 頁

**R** Minimum Entry Requirements 基本入學要求 (P.017)

**\$** Fee 學費

**D** Duration 修業期

**🇬🇧** Medium of Instruction 教學語言

**Q** Qualifications Framework 資歷架構

**E** Exemption 豁免

**S** Short Course 短期課程

For more and latest programme information, please visit our website  
有關最新課程資訊及詳情，請瀏覽學院網站 [hkuspace.hku.hk](http://hkuspace.hku.hk)



### Participation Behaviour and Exercise \*

Programme Code: SPFE5011

The module is designed to introduce students to the psychological factors related to participation in exercise and sport.

### Performance Programming for Coaches: Theory to Practice \*

Programme Code: SPFE5012

This module aims to develop students' knowledge and skills in sport programming with a focus on short term and long term plans. Students should understand the components of the sport coaching plans including vertical integration and horizontal sequencing of components through the use of periods, phases, macro-cycles and micro-cycles. It also provides students with an understanding of the programming considerations relating to coaching specific population groups, such as children, female athletes, athletes with disabilities and masters athletes.

☎ 2587 3154

✉ [serm\\_ad@hkuspace.hku.hk](mailto:serm_ad@hkuspace.hku.hk)

- R** Applicants shall:
- have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent; or
  - (a) (i) be aged at least 21 years of age and have three years of relevant work experience, or
  - (ii) hold a Certificate in relevant subjects; and
  - (b) provide evidence of English proficiency, such as:
    - (i) HKDSE English Language at Level 2; or
    - (ii) HKCEE English Language at Level 2; or
    - (iii) HKCEE English Language (Syllabus B) at Grade E (Grade C in the case of English Language (Syllabus A)); or
    - (iv) an overall band of 6 with subtests of 5.5 in the IELTS; or
    - (v) a score of 550 in the paper-based TOEFL or a score of 213 in the computer-based TOEFL.
- Applicants may be required to attend an interview and/or an English test.

**\$** HK\$4,250 per module

**D** 4 months

### 瑜伽導師訓練證書 (中級)

課程編號: HS234A

☎ 2587 3153

✉ [serm\\_sc@hkuspace.hku.hk](mailto:serm_sc@hkuspace.hku.hk)

本課程按照瑜伽聯盟 (Yoga Alliance) 的標準設計，主要為已完成本學院「瑜伽導師訓練證書」課程或持有瑜伽聯盟標準的 RYT 200 瑜伽導師訓練證書人士而設。課程旨在提升學員的瑜伽知識及瑜伽教學實踐經驗，透過分析教學和練習技術，學員將掌握進階的瑜伽教學技巧。

- R** 申請人必須：
- 完成香港高中課程；或
  - 完成香港中學會考課程或具同等學歷
- 及
- 持有按香港大學體制，經香港大學專業進修學院頒授的「瑜伽導師訓練證書」；或
  - 完成瑜伽聯盟標準的 RYT 200 瑜伽導師訓練證書

**\$** HK\$48,000  
報名費用: HK\$150

**D** 300 小時

🇬🇧 粵語

**Q** 資歷架構級別: 3 資歷名冊登記號碼: 25/000307/L3  
資歷名冊登記有效期: 2025 年 2 月 1 日 - 持續有效

### 瑜伽導師訓練證書

課程編號: HS175A

報名代碼: 2280-HS175A

☎ 2587 3153

✉ [serm\\_sc@hkuspace.hku.hk](mailto:serm_sc@hkuspace.hku.hk)

本課程為瑜伽練習者、瑜伽愛好者或有志投身瑜伽教學人士而設。課程內容包括瑜伽的起源、歷史和哲學、瑜伽呼吸法、基礎瑜伽解剖學、瑜伽冥想和瑜伽素食等。學生還會學習理解基本姿勢、實習及瑜伽教學重點，從而掌握教授瑜伽課堂的步驟和技巧。完成課程後，符合資格的學生，可以申請註冊成為 RYT200 瑜伽導師。本課程畢業生符合報讀「瑜伽導師訓練證書 (中級)」(HS234A) 資格。

- R** 申請人必須：
- 年滿 18 歲或以上
  - 完成香港高中課程；或
  - 完成香港中學會考課程或具同等學歷。

**\$** HK\$33,000  
報名費用: HK\$150

**D** 200 小時

🇬🇧 粵語

**Q** 資歷架構級別: 3 資歷名冊登記號碼: 20/00053/L3  
資歷名冊登記有效期: 2020 年 3 月 1 日 - 持續有效

### 肌力與體能訓練證書

課程編號: HS235A

☎ 2587 3154

✉ [serm\\_ad@hkuspace.hku.hk](mailto:serm_ad@hkuspace.hku.hk)

本課程為已完成體適能訓練課程或擁有相關經驗的學員提供進階學習機會。課程旨在加深學員對體適能訓練的知識和實踐經驗，學員將透過設計、分析和編排有效的訓練方案，從而掌握進階的訓練技巧。

**\$** HK\$19,200  
報名費用: HK\$150

**D** 4 個月

**Q** 資歷架構級別: 3 資歷名冊登記號碼: 25/000306/L3  
資歷名冊登記有效期: 2025 年 2 月 1 日 - 持續有效

### Certificate for Module (Exercise Support for Healthy Ageing)

Programme Code: HS184A

Application Code: 2290-HS184A

☎ 2587 3153

✉ [serm\\_sc@hkuspace.hku.hk](mailto:serm_sc@hkuspace.hku.hk)

The programme aims to provide students with knowledge of the beneficial training effects of exercise and the proper food requirements for healthy ageing. It also aims to introduce the physiological changes, physiological assessment criteria and progress monitoring in exercise programming for ageing and aged clients. Discussion will also cover specific energy and nutritional needs, exercise food strategies, dietary supplements and functional foods that may further enhance the effects of training in active older adults.

**\$** HK\$3,600  
Application Fee: HK\$150

**D** 30 hours

**Q** Level 3 (Reg. No.: 20/000586/L3) Validity Period: 15 Sep 2020 - on-going

### 證書 (單元: 拉丁舞初階)

課程編號: HS213A

報名代碼: 2280-HS213A

☎ 2587 3153

✉ [serm\\_sc@hkuspace.hku.hk](mailto:serm_sc@hkuspace.hku.hk)

本課程為對拉丁舞有興趣人士、拉丁舞練習者、或有志提升拉丁舞基礎人士而設。課程旨在介紹各種拉丁舞的基本理論、起源、異同和特色，並教授學生拉丁舞 (倫巴、恰恰和森巴) 的入門基本步法及技巧。

**R** 申請人必須年滿 18 歲

**\$** HK\$6,000  
報名費用: HK\$150

**D** 30 小時

🇬🇧 粵語

**Q** 資歷架構級別: 3 資歷名冊登記號碼: 23/000696/L3  
資歷名冊登記有效期: 2023 年 7 月 1 日 - 持續有效

## Sports, Exercise and Recreation Management

## 體育、運動及康樂

## 證書(單元：運動攝影)

課程編號：HS196A

報名代碼：2270-HS196A

☎ 2587 3153

✉ serm\_sc@hkuspace.hku.hk

本課程旨在教授學員運動攝影的基礎拍攝及編輯技術，讓學員掌握運動攝影創作的要素，並能獨立創作以運動為主題的照片圖輯。

💰 HK\$3,960

⌚ 33小時

🇬🇧 粵語

📋 資歷架構級別：3 資歷名冊登記號碼：21/001104/L3  
資歷名冊登記有效期：2021年10月1日 - 持續有效

## 瑜伽

課程編號：SPRM9002

報名代碼：2290-1770NW

☎ 2587 3153

✉ serm\_sc@hkuspace.hku.hk

本課程主要介紹「哈達瑜伽」。瑜伽起源於印度，具有悠久的歷史。學習瑜伽的最終目的是要達致身體、精神和心靈的平衡。通過這個課程，學員將學習傳統「哈達瑜伽」的式子、呼吸法和冥想，掌握瑜伽的基本知識及技巧，並明白如何將瑜伽應用到日常生活並開始個人的瑜伽修煉。

👤 學員必須 18 歲或以上，並且體格強健。

💰 HK\$2,220

年長學員優惠：HK\$1,776

⌚ 8 個星期

🇬🇧 粵語輔以英語

## 初級彼拉提健康運動

課程編號：SPRM9006

報名代碼：2290-1652NW

☎ 2587 3153

✉ serm\_sc@hkuspace.hku.hk

本課程主要介紹彼拉提健康運動 (Pilates) 的基本動作。彼拉提是一種養生運動，透過專注 (concentration)、軸心 (center core)、控制 (control) 呼吸 (breathing)、準確 (precision)、流暢 (flow) 的方式，提高身體力量、柔韌性和平衡。並適合希望藉著深層肌肉訓練及鍛鍊腰腹肌肉來塑造體型與提升運動及活動表現的人士。

👤 學員必須 18 歲或以上，並且體格強健。

💰 HK\$1,840

年長學員優惠：HK\$1,472

⌚ 6 個星期

🇬🇧 粵語輔以英語

## 靜坐介紹班

課程編號：SPRM9003

報名代碼：2285-2073NW

☎ 2587 3153

✉ serm\_sc@hkuspace.hku.hk

本課程主要是介紹現今常用的兩種靜坐方式：一是瑜伽的傳統方法，二是佛學的禪修。這兩種靜坐方式，在現今繁忙的都市生活裡，都能使人緩解緊張不安的情緒。本課程以實踐形式去體驗靜坐的好處。

👤 學員必須 18 歲或以上，並且體格強健。

💰 HK\$2,220

年長學員優惠：HK\$1,776

⌚ 8 個星期

🇬🇧 粵語輔以英語

## 太極拳

課程編號：SPRM9001

☎ 2587 3153

✉ serm\_sc@hkuspace.hku.hk

本課程旨在指導學員通過意識的運作、呼吸的控制、形體的調整及和諧的動作，舒展筋骨，緩解神經緊張，按摩關節，從而達致身心健康，延年益壽。這是一套適合任何年齡人士參加，練習時可站可坐的中國氣功基本保健運動。導師亦會教授學員於練習太極氣功時適用的自然和混合呼吸方法。

👤 學員必須 18 歲或以上，並且體格強健。

💰 HK\$1,500

年長學員優惠：HK\$1,200

⌚ 6 個星期

🇬🇧 粵語輔以英語

## 姿勢(脊骨)改良班

課程編號：SPRM9009

☎ 2587 3153

✉ serm\_sc@hkuspace.hku.hk

本課程除介紹怎麼是不良姿勢外，還會介紹怎麼是良好姿勢，改善關節活動能力的方法，軟組織放鬆技巧，肌筋膜放鬆法，肌肉能量技巧和肌肉力量訓練動作等。

👤 學員必須 18 歲或以上，並且體格強健。

💰 HK\$2,280

年長學員優惠：HK\$1,824

⌚ 8 個星期

🇬🇧 粵語輔以英語

## 健健康康上班去系列：

## 強健肌肉及伸展運動，達致良好體態

課程編號：SPRM9008

報名代碼：2335-1800NW

☎ 2587 3153

✉ serm\_sc@hkuspace.hku.hk

現今都市人生活繁忙，在工作桌上的工作時更愈來愈長。加上對良好體態的意識及察覺低，最後導致嚴重的肌肉疼痛，甚至需要看醫生及作物理治療。其實這些問題是可以避免的。本課程旨在幫助學員了解良好姿態、運動技巧及鞏固身體特定部份以改良體態。

💰 HK\$2,350

年長學員優惠：HK\$1,880

⌚ 10 個星期

🇬🇧 粵語輔以英語

## Preparation course for the International NASM Certified Personal Trainer Certification (NASM-CPT)

Programme Code: SPRM9141

Application Code: 2290-1561NW

☎ 2587 3153

✉ serm\_sc@hkuspace.hku.hk

The purpose of this short course is to provide the opportunity for current and former HKU SPACE Sport, Exercise and Recreation Management Subject Group students, to enhance their professional development by attaining a highly sought-after personal training certification.

👤 - Aged 18 years or above

- Current or former award bearing programme students of HKUSPACE Sport, Exercise and Recreation Management (SERM) Subject Group

💰 HK\$3,500

⌚ 18 hours

🇬🇧 English, supplemented with Cantonese

See legend on page 031 圖說說明於第 031 頁

👤 Minimum Entry Requirements 基本入學要求 (P.017)

💰 Fee 學費

⌚ Duration 修業期

🇬🇧 Medium of Instruction 教學語言

📋 Qualifications Framework 資歷架構

🇬🇧 Exemption 豁免

🕒 Short Course 短期課程

For more and latest programme information, please visit our website  
有關最新課程資訊及詳情，請瀏覽學院網站 [hkuspace.hku.hk](http://hkuspace.hku.hk)