

First and the only local Sports Degree programme with Sports Therapy  
Specialisation in Hong Kong since 2012



Bachelor of Social Sciences  
(Honours) in Sports and  
Recreation Management  
運動及康樂管理 (榮譽) 社會科學學士

YEAR 1

ENTRY

SSSDP JUPAS CATALOGUE NO. JSSV09

YEAR 3

ENTRY

SELF-FINANCED MH125101 (FT) MH525101 (PT)

## PROGRAMME HIGHLIGHTS

- Covers a broad range of areas in sports skills training, sports therapy and rehabilitation, sports and recreation management, fitness coaching and management
- Students can specialise in areas of sports coaching, sports therapy and sports management

### Programme Overview

The programme aims to provide students who wish to pursue or further advance their careers in the areas of sports coaching, sports therapy, or sports management, with a rigorous and intellectual programme of study. Through high-quality education and training which emphasises theoretical and practical knowledge, professional skills, and Work-Integrated Learning, graduates will be professionally and/or clinically competent in their disciplines.

For skills training, practical training and tutorials are embedded into modules to develop presentation skills, management skills, and critical reasoning. Students will be given ample opportunities to practise these skills in their study.

Additionally, they are required to choose one of the three programme specialisations (Sports Coaching, Sports Therapy, and Sports Management) in Year 3 and Year 4 to equip them with specific professional knowledge and skills.

### Career Prospects

#### Sports Coaching Specialisation

Graduates from this specialisation can become sports coaches, strength and conditioning coaches, fitness coaches or sports scientists. Potential employers include National Sports Associations, The Hong Kong Sports Institute Limited, the Leisure and Cultural Services Department, fitness centres, and sports clubs.

#### Sports Therapy Specialisation

Graduates from this specialisation are eligible to register at The Society of Sports Therapists, UK as Sports Therapists and become full members. Potential employers include sports therapy and rehabilitation clinics, National Sports Associations, The Hong Kong Sports Institute Limited, and sports clubs/teams.

#### Sports Management Specialisation

Graduates from this specialisation can work at the Leisure and Cultural Services Department, private or residential clubhouses, event management companies, sports marketing companies, theme parks, National Sports Associations, and The Hong Kong Sports Institute Limited.

### Professional Recognition

The Sports Therapy specialisation of this programme is accredited by The Society of Sports Therapists, UK.

The Sports Coaching specialisation of this programme is accepted by the National Strength and Conditioning Association (NSCA) Education Recognition Program (ERP).

This programme is eligible for Qualification Validation of the Coach Accreditation Programme Level 3 Sports-General Theory Coach by the Hong Kong Coaching Committee.

## INDUSTRY ENDORSEMENT

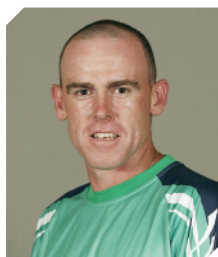


"I have been involved in this degree programme from its initial accreditation to the implementation. The programme provides both theoretical knowledge and hands-on practical experience, which makes it very unique from other degree programmes. In Hong Kong, we need more coaches with relevant degree training. Likewise, there has been a huge demand in the sports management area. The sports therapy specialisation in this degree programme is the very first in Hong Kong. Sports Therapists will be able to

provide on-field service to athletes for injury treatments and fitness training. I fully support this degree programme and foresee its positive impact to Hong Kong."

### Amy LC Chan, JP

Executive Manager, Racing Development Board/Headmistress, Apprentice Jockeys' School  
The Hong Kong Jockey Club



"The SRM degree at THEi, is a forward thinking programme, which provides students with opportunities to practically apply theoretical concepts in real world settings. Sports Coaching students help deliver our sports science testing and strength and conditioning training. Sports Therapy students deliver injury prevention and rehabilitative programmes. Whereas, Sports Management students have helped conduct mock press conferences and media training. We are excited to

continue growing and developing our mutually beneficial collaboration with SRM."

### Trent Johnston

Head Coach  
Cricket Hong Kong

## GRADUATE ENDORSEMENT



"THEi provides students with a variety of work-integrated learning and internship opportunities, such as working for the Hong Kong Rugby Sevens. During the programme, I worked at the YMCA for my Sports Therapist placement, which was part of the 250-hour

"Work-integrated Learning" module. It was great to have been given the opportunity to apply knowledge learned in class to real-life situations."

### Leonardo LEE

(2017 Graduate)

Employed as an Scientific Conditioning Coach  
Hong Kong Sports Institute



"THEi provides students with a good balance of both practical and work-related assignments, which effectively diversify our learning experience. I am really pleased to have had the opportunity of joining the SRM programme as it has equipped me with the tools needed to

seek employment in the sport industry."

### Yandy NG

(2019 Graduate)

Employed as a Sports Officer  
Hong Kong Amateur Swimming Association



"The SRM programme allowed me to gain extensive knowledge in sport and recreation, as well as form a larger understanding of the variety of internships and work-integrated learning activities available. My four-year SRM experience really helped in the development of my career."

### Avak CHUNG

(2016 Graduate)

Employed as an Assistant Leisure Services Manager II  
Leisure and Cultural Services Department

## PROGRAMME STRUCTURE

#### YEAR 1

##### General Education Module

- Chinese 1
- English for Academic Studies 1
- Creativity & Innovation in Society

##### Industry/Profession Specific Module

- Sports Skills Development - Individual Sports
- Introduction to Functional Anatomy & Exercise Physiology
- Philosophy & Sociology in Sports & Recreation
- Business Management Fundamentals
- Sports Skills Development - Team Sports
- Sports Massage & Stretching
- Law & Ethics in Sports & Recreation
- Motor Learning & Control for Human Performance

#### YEAR 2

##### General Education Module

- Technology, Society & Work
- Entrepreneurial Mindset
- General Education Elective 1

##### Industry/Profession Specific Module

- Sports Skills Development - Aqua Sports
- Management of Sports Injuries
- Nutrition for Health & Performance
- Facilities Management in Sports & Recreation
- Adventure-based Recreation
- Active & Healthy Lifestyle Promotion
- Marketing Management
- Sports & Recreation for Selected Populations

#### YEAR 3

##### General Education Module

- Chinese 2
- English for Academic Studies 2
- English for Professional Purposes
- General Education Elective 2

##### Industry/Profession Specific Module

- Fitness Coaching & Management
- Research Methods & Statistics
- Programme Elective 1\*
- Programme Elective 2\*
- Work-integrated Learning

##### Specialisation: Sports Coaching

- Advanced Functional Anatomy & Exercise Physiology
- Sports Coaching - Individual Sports
- Strength & Conditioning for Sports Performance
- Exercise Principles & Programming

##### Specialisation: Sports Therapy

- Advanced Functional Anatomy & Exercise Physiology
- Recognition & Evaluation of Sports Injuries
- Rehabilitation of Sports Injuries
- Strength & Conditioning for Sports Performance

##### Specialisation: Sports Management

- Sports Media, Communication & Public Relations
- Sports Events Planning & Management
- Operation & Management in Clubhouse & Spa
- Contemporary Issues in Volunteering Management

#### YEAR 4

##### General Education Module

- General Education Elective 3
- General Education Elective 4

##### Industry/Profession Specific Module

- Honours Project 1
- Honours Project 2

##### Specialisation: Sports Coaching

- Performance Measurement & Analyses
- Outdoor Sports Skills & Coaching
- Sports Biomechanics
- Sports Psychology
- Sports Coaching - Team Sports
- Talent Identification & Long-Term Development

##### Specialisation: Sports Therapy

- Exercise Testing & Training for Sports Injuries Prevention
- Vertebral Manual Therapy
- Peripheral Manual Therapy
- Pitchside Emergency & Trauma Management
- Rehabilitation of Special Populations
- Professional Practice & Clinical Leadership in Sports Therapy

##### Specialisation: Sports Management

- Sports & Globalisation
- Accounting for Management
- Strategic Management
- Park, Pool & Horticulture Management
- Customer Service Management in Sports & Recreation
- Specialisation Elective Module 1

Find out more about the SRM programme



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