



Advanced Diploma in Fitness and Exercise Studies



THE UNIVERSITY OF HONG KONG
School of Professional and Continuing Education



Introduction

Increased awareness of the benefits of exercise and a healthy lifestyle has promoted greater participation in sport and exercise resulting in the growth of fitness clubs, gymnasiums and spa's, and exercise professionals providing related services, in both the public and commercial sectors. HKU SPACE offers the Advanced Diploma in Fitness and Exercise studies to enable people, who provide fitness and exercise programmes in both community and commercial organisations, to develop their knowledge and skills and embark upon studies leading to academic awards.

Programme Structure

The two years of part time study comprises 12 modules, normally each requiring 30 hours of lectures and 8 hours of tutorials extended over 12 sessions and an academic writing skills module of 7 hours. On satisfactory completion of the 13 modules, students are eligible for the Advanced Diploma in Fitness and Exercise Studies awarded within the HKU system by HKU SPACE.

YEAR ONE:

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| 1. Anatomy and Physiology for Exercise* | 4. Exercise Physiology: Aerobic and Anaerobic Exercise* |
| 2. Risk Management and Exercise Facilities | 5. Physical Performance Perspectives |
| 3. Nutrition for Sport and Exercise | 6. Professional Practice I |

* Module content is supplemented by online interactive learning materials

YEAR TWO:

1. Body in Motion
2. Participation Behaviour and Exercise
3. Exercise Programming and Prescription
4. Exercise Techniques: An Asian and specific population perspective
5. Commercial Aspects in Exercise Programming
6. Professional Practice II

Teaching and Assessment

Students accepted onto this programme of studies will generally be working professionals or will have an interest in the subject area and are expected to bring their own experiences to the classroom and share them with fellow students. All classes will be conducted by qualified academic and professional staff with extensive teaching experience. Each taught module of the Diploma / Advanced Diploma will be assessed on the basis of coursework (60%) and examination (40%) unless specified otherwise. Examinations will take place at the end of each module. The pass mark for all modules is set at 50%.

The medium of instruction will be English.

Entry Requirements

Applicants shall:

1. Have gained in the HKDSE Examination Level 2 or above in 5 subjects (including Chinese Language and English Language), or equivalent; or
 2. (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 English Test.

Pathways to Undergraduate and Postgraduate Studies offered by HKU SPACE and Partner institutions (part time mode)*



Financial Assistance And Loans

Please be advised of the following organizations and schemes that may be approached for assistance:

Extended Non-means tested Loan Scheme

<http://www.info.gov.hk/sfaa/cn/schemes/nlss.htm> or contact SFAA at 2150 6222.

HKU SPACE Master Card

<http://www.hkuspace.hku.hk/admission/financial-assistance/hku-space-master-card>

Application Procedure

Application may be made online via HKU SPACE website, or you may complete and return to HKU SPACE the application form for the Advanced Diploma in Fitness and Exercise Studies together with a cheque for HK \$150 application fee made payable to "HKU SPACE". The application form can be obtained at HKU SPACE Learning Centers or the HKU SPACE website. The deadline is normally in July each year but prospective students are encouraged to apply early. Admission will be on a first-come-first-served basis for qualified applicants. Please refer to the HKU SPACE website for current programme fees.

Return to: Sport, Exercise and Recreation Management subject group
 HKU School of Professional and Continuing Education
 13/F., Fortress Tower, 250 King's Road, Fortress Hill, Hong Kong

Further Information

For further information please contact Miss. Sylvia Leung

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HKU SPACE Web Site

<http://www.hkuspace.hku.hk/prog/adv-dip-in-fitness-exercise-studies>



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