

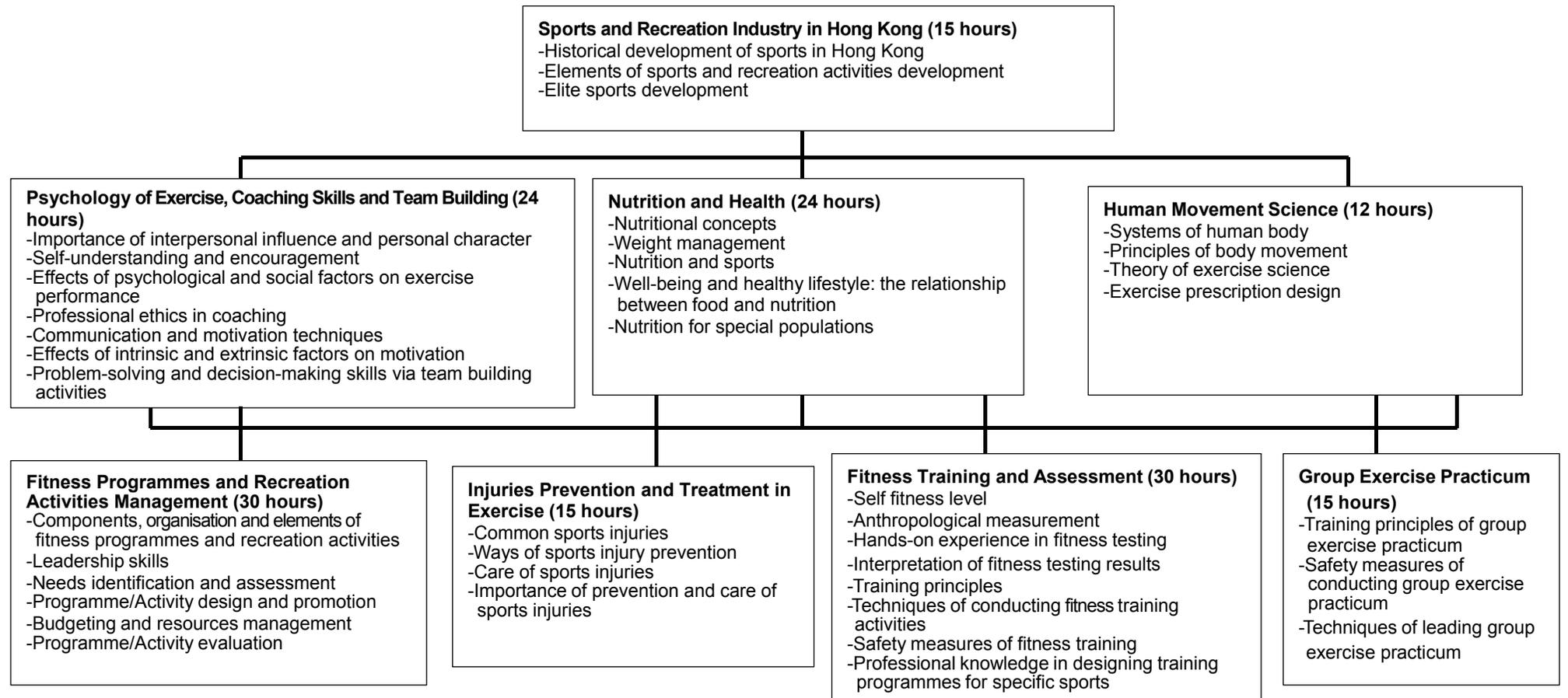
## Applied Learning (Senior Secondary Level)

### 2016-18 Cohort

Item	Description
1. Subject Title	Exercise Science and Health Fitness
2. Course Provider	School of Continuing Education, Hong Kong Baptist University
3. Area of Studies/ Course Cluster	Applied Science/Sports
4. Medium of Instruction	Chinese
5. Learning Outcomes	<p>Upon completion of the subject, students should be able to:</p> <ol style="list-style-type: none"> <li>(1) describe the basic concepts of exercise science and health fitness;</li> <li>(2) design and conduct simple and appropriate physical wellness activities according to the needs of individuals and groups;</li> <li>(3) demonstrate a positive attitude towards the benefits of regular physical activities and an awareness of the importance of promoting health fitness in modern society;</li> <li>(4) apply the principles of exercise science and health fitness to enhance their own and others' exercise performance;</li> <li>(5) demonstrate basic coaching and communication skills required in exercise instruction;</li> <li>(6) demonstrate self-motivation and confidence in their approach to learning and the ability to work individually and collaboratively; and</li> <li>(7) develop self-understanding for further studies and career development in the related field.</li> </ol>

## 6. Curriculum Map – Organisation and Structure

### Core (165 hours)



### Elective (15 hours) (Choose any one)

Exercise Science Practicum (15 hours)	
<b>Elective Module 1: Design of Elite Sports Training</b> -Training of elite sports -Lifestyle and attitude of professional athletes -Research on elite training -Project work	<b>Elective Module 2: Health care Consultancy Report</b> -Importance of a health care consultancy report -Positive attitude towards a healthy lifestyle -Research on health care consultancy report -Project work

## 7. The Context

- The information on possible study and career pathways is provided to enhance students' understanding of the wider context of the specific Applied Learning course. Students who have successfully completed Applied Learning courses have to meet other entry requirements as specified by the institutions.
- The recognition of Applied Learning courses for admission to further studies and career opportunities is at the discretion of relevant institutions. The Education Bureau and the course providers of Applied Learning are exploring and seeking recognition related to further education and career development opportunities for students successfully completing the Applied Learning courses.

