

Bachelor of Science in Exercise and Health



Institute of Human Performance
The University of Hong Kong

STUDENT HANDBOOK

(2009-10)

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TO ALL STUDENTS

Welcome to the *Institute of Human Performance*. The University of Hong Kong established the Institute on July 1st, 2002 to bring together both scientists and practitioners to support a range of activities designed to serve both the University and the broader community.

These activities include the provision of undergraduate and postgraduate degree programmes, as well as recreation and sport programmes, all of which are underpinned by an active research programme. We are very happy that you have joined us to be a part of this exciting Institute.

The purpose of this Handbook is to provide you with some necessary information about the Institute, its operation and the programme of study you have embarked upon.

During your period of study you will be required to make decisions about your current and future programme. It is important that you are well informed and that you seek advice at an early stage. The various documents produced by us and the University help you to do this. However, **seeking advice from your course lecturer, personal tutor or programme director is always a good idea.**

Please read all the information in this Handbook, and other documents that are given to you. These contain important information on coursework and assessment requirements.

We all hope that you have a happy and successful time with us.

Best wishes,

Professor Bruce Abernethy, Director

1) ABOUT THIS HANDBOOK

This handbook is intended as a guide for students. As such it attempts to explain the structure of the Institute, the programme of study and the administrative procedures and regulations, which are practised within the Institute. Detailed information regarding the University Regulations, course enrolment etc., are also available separately, although a summary of key points is included below. All students are entitled to these, and if you wish to read a copy then you can obtain them through the University web pages (<http://www.hku.hk/student/>). You are strongly encouraged to read these.

2) AIMS AND PHILOSOPHY OF THE PROGRAMME

Aims

Your programme of study in Exercise and Health has some general aims which you should be aware of. These are:-

- (a) To provide a multi-disciplinary course of education within the field of sport, exercise, leisure and health.
- (b) To develop the students' intellectual and imaginative powers; their understanding and judgement; their problem solving skills; their ability to communicate; their ability to see relationships within the field of sport, exercise, leisure and health.
- (c) To stimulate an enquiring, analytical and creative approach to their chosen areas of study and to encourage independent judgement, critical self-awareness and the development of transferable skills.

So, as well as course knowledge in the sports sciences and management, we will facilitate your learning in a wider range of skills which will be of use to you in your future career.

Philosophy

The philosophy of the programme is embodied in its first aim, in that it attempts to apply scientific principles to the study of sport, exercise and leisure. The programme is multidisciplinary in the sense that it employs various academic disciplines, e.g., biological, psychological, sociological. It is interdisciplinary in the sense that it integrates the different scientific disciplines towards an objective appraisal of the application of science to understanding human performance in sport, exercise and leisure with strong vocational/practical strands within each of the disciplines. In this respect, the programme attempts to bridge the gap between scientific principles on the one hand and the exercise and health practitioners on the other.

3) STRUCTURE OF THE INSTITUTE

Structure of the Institute

The Institute of Human Performance provides courses of study in not only the B.Sc. (Hons) Exercise and Health, but also MPhil and Ph.D programmes. The *Director of the Institute* is *Professor Bruce Abernethy* who has overall responsibility for the Institute. A list of administrative, academic and technical staff can be found on the IHP website: - www.hku.hk/ihp

Three very important administrative staff members of the BSc Exercise&Health team are:

Ms Cindy Chan - who looks after much of the administration of the BSc Exercise&Health
(Email: chansf@hku.hk / Tel: 2589 0587)

Ms Margaret Yu – who deals with all the on-line course registration issues.
(Email: mwfyu@hku.hk / Tel: 2589 0586)

Ms Christine Lo – who is responsible for administrative support of the BSc Exercise&Health at the Lindsay Ride site.
(Email: sflo@hku.hk / Tel: 2817 9352)

You can find Cindy and Margaret in the Patrick Manson Building, in the Academic Office.

4) ADMINISTRATION OF THE BSC PROGRAMME

The **Assistant Director of Teaching Programmes (Dr Alison McManus)** has overall responsibility for your programme of study.

The Institute holds regular BSc Committee meetings, and year representatives from students within the BSc Exercise&Health are invited to join these BSc Committee meetings. During these meetings issues relating to the curriculum, to student issues, and the general management of the programme are discussed. It is important that your **year representative** is elected from within your year group within the first 3 weeks of the semester. Once chosen he/she must inform Ms. Cindy Chan in the academic office. The year representative is responsible to other students within their year for **(1) bringing to the Committee any concerns or problems which affect students in their year and (2) reporting back to the students on issues arising from staff at the BSc Programme Committee meetings.** A Notice Board is also in place to assist with communication of important news and events.

Communication to students about day-to-day matters is made via announcements at lectures (which is one of the reasons punctual and regular attendance is necessary) and on notice boards. You should consult notice boards regularly, and if you do happen to miss a lecture check with classmates if any important organisational information has been given out. Information will also be given via email to student groups. It is important that you **check your email at least once per day.** We have also recently introduced **SMS text messaging – please check your messages on your mobile phone regularly.**

Complaints Procedures

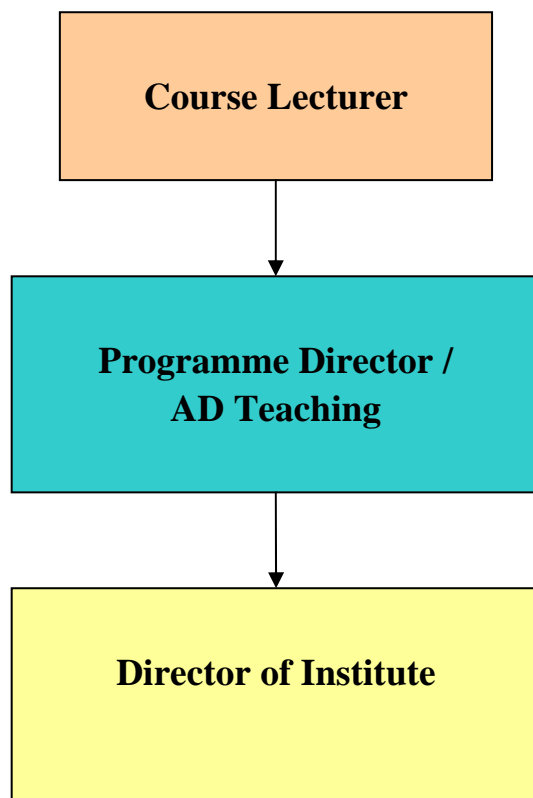
Should any student have any dissatisfaction with the way a course is organised or delivered, the **lecturer** should be the first person to contact. If this cannot be satisfactorily resolved, then the **Assistant Director (Teaching)** who is also the **Programme Director** should be the next person /people to see. Please see the flow chart overleaf.

If a problem exists which affects a number of students in the group, the Year Rep may be asked to raise this with the lecturer in the first instance, or the Assistant Director (Teaching) subsequently. If the problem remains unsatisfactorily resolved, then advice should be sought from the Director.

No appeal of examination results

Please note that General Regulation G9 stipulates that there shall be NO appeal against examination results. Only in situations where a clear mistake appears to have been made in the mathematical calculation of a grade will an appeal to be considered. Any requests to re-assess or re-mark a submitted assignment/thesis/report will normally be automatically refused.

If you have an academic or personal problem



5) STUDENT RESPONSIBILITIES

We have a number of expectations about the responsibilities of students with regard to their programme of study. With regard to those concerning effective learning it is **expected** that all students will:

- *attend all scheduled lectures and associated coursework*
- *be punctual in their attendance*
- *participate fully in discussions and all class activities*
- *turn off mobile phones when in class*
- *come prepared for the activity to be undertaken (including dressing appropriately)*
- *obtain permission for absence in advance due to any other reason than illness*
- *check emails and SMS regularly*
- *submit all assignments and other coursework by the due dates*

Submission of Coursework

Students are required to submit coursework by the date specified by the Lecturer. Normally students are advised at the start of the Semester of submission dates. Work is usually either submitted via the Academic Office, or via WebCt. In both cases the work is date and time stamped.

Work submitted late will be penalised according to the following guidelines:-

**** A 10% penalty per day for any late assignment. After 5 days, any late assignment without justified reason (ill health, etc) will receive a Fail grade. ****

*Extensions to submission dates may be granted **in advance** for extenuating circumstances.*

Staff Availability

For every course you take you will receive an outline from the Lecturer. This contains important contact information for that member of staff. Please follow the information given by individual members of staff and most importantly **ALWAYS make an appointment in advance to ensure availability**. If no time slots are available, please respect this and do not disturb the staff member concerned. Staff members are always contactable via email but allow at least 3 working days for a reply.

6) PROGRAMME OUTLINE

6.1) BSc(Exercise&Health) students in 2009-10 will study under the BSc Major/Minor structure below, which allows greater ranges of course choices, especially outside the IHP.

A. MAJOR-MINOR PROGRAMME STRUCTURE

BSc(Exercise&Health) students admitted in 2009-10 shall follow the BSc(Exercise&Health) curriculum, which includes:

- (i) 6 credits of courses in English language enhancement;
- (ii) 3 credits of Chinese language enhancement (candidates who have not studied Chinese language during their secondary education may be exempted from this requirement);
- (iii) a pass in a broadening course in Humanities and Social Sciences Studies, and a pass in a broadening course in Culture and Value Studies or an area of study outside this degree curriculum as an elective¹;
- (iv) a pass in the information technology proficiency test or a pass in an IT course or a 6-credit IT-integrated course; and
- (v) all required courses as prescribed in the major and minor curriculum.

Students shall select one of the following options for Major(s) and Minor:

Option 1: “Major in Exercise Science”;

Option 2: “Major in Exercise Science” plus a Minor; or

Option 3: “Major in Exercise Science” plus a second Major.

Options (all 180 credits)			
Option	Option 1	Option 2	Option 3
Core requirements	Major in Exercise Science[^]:	Major in Exercise Science[^]:	Major in Exercise Science[^]:
	24 credits (intro courses)	24 credits (intro courses)	24 credits (intro courses)
	48 credits (adv courses)	48 credits (adv courses)	48 credits (adv courses)
	18 credits (adv electives)	18 credits (adv electives)	18 credits (adv electives ^{^^})
		Minor*	2nd Major*
		12 credits (intro courses)	24 credits (intro courses)
		24 credits (adv courses)	48 credits (adv courses)
Broadening/Language Requirements			
	English: 6 credits	English: 6 credits	English: 6 credits
	Chinese: 3 credits	Chinese: 3 credits	Chinese: 3 credits

¹ Students may take Common Core courses to satisfy the UG3 requirements.

	Broadening ² : 6 credits	Broadening ² : 6 credits	Broadening ² : 6 credits
Other Requirement:	IT Test: non-credit-bearing; or an IT course or a 6-credit IT-integrated course	IT Test: non-credit-bearing; or an IT course or a 6-credit IT-integrated course	IT Test: non-credit-bearing; or an IT course or a 6-credit IT-integrated course
Any other courses:	Balance to make up the total number of credits required for graduation	Balance to make up the total number of credits required for graduation	Balance to make up the total number of credits required for graduation
Total Credits	180	180	180

Notes: 1. * No. of credits for majors or minors may vary from programme to programme

2. ^ Students without AL/AS/GCE/IB Biology or equivalent must take BIOL0126 "Fundamentals of Biology" in Year 1, Semester 1.

3. ^^ If the 2nd major is offered by the Faculty of Science, electives offered by the Science Faculty can be chosen.

B. PROGRAMME STRUCTURE FOR BSC(EXERCISE&HEALTH) STUDENTS

Year I (60 credits)	Year II and III (60 credits/year)	
Major in Exercise Science- Introductory Level 1 Courses (24 credits) PBSL1111 Kinetic Anatomy PBSL1114 Physiology for human movement PBSL1120 Foundations of exercise science PBSL1121 Physical activity and health Language enhancement (9 credits) ECEN1409 General English for Exercise&Health students ECEN1410 Professional communication skills for Exercise&Health students CEDU1006 Practical Chinese language course for BSc(Exercise&Health) students Biology (6 credits) <i>(only for students without AL/AS/GCE/IB Biology or equivalent)</i> BIOL0126 Fundamentals of biology	Major in Exercise Science- Core Advanced Level Courses (48 credits) 6 PSBL2229 Exercise physiology [#] 6 PBSL2225 Decision making using data 6 PBSL2233 Biomechanics 6 PBSL2234 Fundamentals of motor control and learning 6 PBSL2235 Measurement and promotion of physical activity 6 PBSL2236 Sport and exercise psychology**	Year III PBSL3998 Dissertation
Courses to be taken in Year I, II, and/or III		
Broadening courses³ (6 credits) (to fulfill General Regulations UG3 (b) & (c) Humanities and Social Sciences Studies or Culture and Value Studies or an area of study outside those of the curriculum		3 3

² Students may take a 6-credit IT-integrated course or Common Core course to satisfy the UG3 requirements.

³ Students may take a 6-credit IT-integrated course in Humanities and Social Sciences Studies or a 6-credit IT-integrated course in Culture and Value Studies or Common Core Course to satisfy the UG3 requirements.

Major in Exercise Science - Advanced Level Electives^^ (18 credits)	
PBSL3334 Advanced exercise physiology	6
PBSL3335 Advances in skill learning	6
PBSL3337 Physical activity and disability	6
PSBL3338 Physical activity and diseases of inactivity	6
PSBL3336 Exercise prescription and training	6
PBSL3339 Public health promotion of physical activity	6
PBSL3340 Special topic in exercise sciences	6
PBSL3341 Recent advances in exercise and health	6
PBSL3342 Current concepts in exercise and health	6
PBSL2200 Summer internship	0
(^^ If the 2 nd Major is offered by the Faculty of Science, electives offered by the Faculty of Science can be chosen.)	
Information Technology	
YITC1002 Information technology proficiency test ⁴	0
Courses from other prescribed Minor/Major and/or any inter-faculty-electives	
Course to fulfill the requirements for other approved Minor or Major, and to make up 60 credits/year.	

C. MAJORS AND MINORS AVAILABLE TO BSC STUDENTS

BSc(Exercise&Health) students who selected Option 2 or 3 may select a Major or Minor from the following list of Majors/Minors available for BSc(Exercise&Health) students. Not all Majors and Minors will be offered each year.

(Full syllabuses details are available on the programme website)

<u>Arts Majors</u>	<u>Arts Minors</u>
Chinese History and Culture	Chinese History and Culture
Chinese Language and Literature	Chinese Language and Literature
Chinese Studies	Chinese Studies
Translation	Translation
English Studies	English Studies
Cross-Cultural Studies in English	Cross-Cultural Studies in English
Language and Communication	Language and Communication
Comparative Literature	African Studies
Fine Arts	Comparative Literature
History	Fine Arts
Linguistics	History
Human Language Technology	Linguistics
Linguistics and Philosophy	Music
Music	Philosophy
Philosophy	American Studies
Linguistics and Philosophy	European Studies
American Studies	Japanese Culture
European Studies	Japanese Language
Japanese Studies	Modern China Studies

<p>Modern China Studies French German Spanish</p>	<p>French German Spanish Arabic Greek Italian Korean Portuguese Swedish Thai</p>
<p><u>Science Majors</u> Astronomy Biochemistry Biology Biotechnology Chemistry Earth Sciences Ecology & Biodiversity Environmental Protection Environmental Science Food & Nutritional Science Materials Science Mathematics Mathematics / Physics Microbiology Physics Risk Management Statistics</p>	<p><u>Science Minors</u> Actuarial Studies Astronomy Biochemistry Biology Biotechnology Chemistry Earth Sciences Ecology & Biodiversity Environmental Protection Food & Nutritional Science General Science Global Climate Change Mathematics Microbiology Physics Risk Management Statistics</p>
<p><u>Business & Economics Majors</u> Economics Finance</p>	<p><u>Business & Economics Minors</u> Business Economics Finance</p>
<p><u>Social Sciences Majors</u> Criminal Justice Geography Global Studies Media and Cultural Studies Politics and Public Administration Psychology Public and Social Administration Social Work and Social Administration Sociology</p>	<p><u>Social Sciences Minors</u> Criminal Justice Geography Global Studies Media and Cultural Studies Politics and Public Administration Psychology Public and Social Administration Social Work and Social Administration Sociology Family and Child Studies Human Resources Management Journalism and Media Studies</p>
<p><u>Engineering Majors</u> --</p>	<p><u>Engineering Minors</u> Computer Science</p>
<p><u>Education Majors</u></p>	<p><u>Education Minors</u></p>

--	Applied Child Development Education Information Management
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⁴ Students may take an IT course or a 6-credit IT-integrated course to satisfy the UG3 requirements.

Major in Exercise Science

The Major in Exercise Science synthesises the biophysical, psycho-social and health aspects of exercise, providing a multi-disciplinary programme of education in the exercise sciences and health.

Minimum Entry Requirement (from 2007-08): AL/AS/GCE/IB Biology or equivalent or BIOL0126 "Fundamentals of Biology"

Minimum Credit Requirement: 90 credits

Impermissible combination: Minor in Exercise Science

Introductory Level I Courses[^] (24 credits)

PBSL1111	Kinetic anatomy	6
PBSL1114	Physiology for human movement	6
PBSL1120	Foundations of exercise science	6
PBSL1121	Physical activity and health	6

Core Advanced Level Courses (48 credits)

PBSL2229	Exercise physiology [#]	6
PBSL2225	Decision making using data	6
PBSL2233	Biomechanics	6
PBSL2234	Fundamentals of motor control and learning	6
PBSL2235	Measurement and promotion of physical activity	6
PBSL2236	Sport and exercise psychology [*]	6
PBSL3998	Dissertation	12

Advanced Level Electives (18 credits)^{^^}

PBSL3334	Advanced exercise physiology	6
PBSL3335	Advances in skill learning	6
PBSL3337	Physical activity and disability	6
PBSL3338	Physical activity and diseases of inactivity	6
PBSL3336	Exercise prescription and training	6
PBSL3339	Public health promotion of physical activity	6
PBSL3340	Special topic in exercise sciences	6
PBSL3341	Recent advances in exercise and health	6
PBSL3342	Current concepts in exercise and health	6
PBSL2200	Summer internship	0

Notes: 1. [^] Students without AL/AS/GCE/IB Biology or equivalent must take BIOL0126 "Fundamentals of Biology" in Year 1, Semester 1.

2. [#] It is highly recommended that students take BIOC1001 "Basic Biochemistry" or BIOL1125 "Introduction to Biochemistry" prior to PBSL2229 "Exercise physiology".

3. ^{*} It is highly recommended that students take PSYC1001 "Introduction to Psychology" prior to PBSL2236 "Sport and exercise psychology"

4. ^{^^} If the 2nd major is offered by the Faculty of Science, electives offered by the Science Faculty can be chosen.

BSc(Exercise&Health) students from 2009-10

YEAR 1

Major in Exercise Science

CORE (24 credits)

PBSL1111	Kinetic anatomy
PBSL1114	Physiology for human movement
PBSL1120	Foundations of exercise science
PBSL1121	Physical activity and health

BROADENING COURSES / INTER-FACULTY ELECTIVES (6 credits)

Students may take IT-integrated courses or Common Core Courses to satisfy the UG3 requirements.

Candidates are required to fulfill the following requirements as specified in Regulation UG3(b) & (c) of the Regulations for First Degree Curriculum:

- (a) Successful completion of a 3-credit course in Humanities and Social Sciences Studies; and
- (b) Successful completion of a 3-credit course in Culture and Value Studies; *or* a 3-credit course in an area of study outside those of the candidates' own degree curricula, as an elective course.

LANGUAGE ENHANCEMENT COURSES

English Language Enhancement (6 CREDITS)

Chinese Language Enhancement (3 CREDITS)

INFORMATION TECHNOLOGY

YITC1002 Information technology proficiency test (non-credit-bearing)

FUNDAMENTALS OF BIOLOGY

BIOL0126 Fundamentals of biology (6 CREDITS)

(only for students without AL/AS/GCE/IB Biology)

MAJOR/MINOR COURSES / INTER-FACULTY ELECTIVES

Any other courses from other prescribed Major/Minor and/or any inter-faculty electives

YEAR 2**Major in Exercise Science****CORE (48 credits)**

PBSL2229	Exercise physiology (6 CREDITS)
PBSL2225	Decision making using data (6 CREDITS)
PBSL2233	Biomechanics (6 CREDITS)
PBSL2234	Fundamentals of motor control and learning (6 CREDITS)
PBSL2235	Measurement and promotion of physical activity (6 CREDITS)
PBSL2236	Sport and exercise psychology (6 CREDITS)

Courses from other prescribed Minor / Major and / or any inter-faculty-electives

Courses to fulfil the requirements for other approved Minor or Major, and to make up 60 credits/year

YEAR 3**Major in Exercise Science**

Normally Year 3 comprises of:

12 credits in Dissertation in an approved topic**18 credits in Core Advanced Level Electives (Not all courses will be offered each year):**

PBSL3334	Advanced exercise physiology (6 CREDITS)
PBSL3335	Advances in skill learning (6 CREDITS)
PBSL3336	Exercise prescription and training (6 CREDITS)
PBSL3337	Physical activity and disability (6 CREDITS)
PBSL3338	Physical activity and diseases of inactivity (6 CREDITS)
PBSL3339	Public health promotion of physical activity (6 CREDITS)
PBSL3340	Special topic in exercise sciences (6 CREDITS)
PBSL3341	Recent advances in exercise and health (6 CREDITS)
PBSL3342	Current concepts in exercise and health (6 CREDITS)
PBSL2200	Summer internship (non-credit-bearing)

Courses from other prescribed Minor / Major and / or any inter-faculty-electives

Courses to fulfil the requirements for other approved Minor or Major, and to make up 60 credits/year

Some students may need to request exemption from a course that either they have already completed OR are unable to take (e.g. Chinese if the student is a non- or limited-Chinese speaker). Such requests must be made in writing to the Programme Director.

In the case of exemption on the grounds of having already completed that course, sufficient evidence must be attached to the request of the previous course content (e.g., detailed course outline) and of the level, credit units and grade achieved.

Students must enrol on-line for all courses. There is an opportunity to adjust your choices during the ADD-DROP period.

If you have difficulties with your on-line registration please contact Margaret Yu in the IHP Academic Office (see earlier for contact details) who oversees the BSc. (Hons) Exercise&Health programme timetables and module enrolment.

Remember to choose broadening and inter-faculty electives with care and thought – make sure you are interested in the area and that it contributes to your education. You can check the selection by going to the following websites:

Broadening Courses

<http://www.hku.hk/student/broadening/>

Undergraduate Degree Regulations and Course Descriptions

<http://www.hku.hk/student/uregcourse/>

Assessment Boards

There is one major assessment board, the Board of Examiners. The purpose of the Board of Examiners (BoE) is to moderate and approve the marks awarded for each course and to consider recommendations from the AD-Teaching, and if necessary, an IHP Internal Examiners Board (which may meet prior to the BoE). The Board of Examiners also makes decisions on the final award and degree classification for year 3 students as well as considering recommendations for any students who do not perform adequately for discontinuation or disciplinary action. Grades are not final until approved by the BoE.

Degree classification

The degree classification is calculated in the following way:

BSc(Exercise&Health) Year 1 students (2009-10)

Year 1, 2 and 3 results count equally towards honours so the Weighted-GPA is calculated with this weighting.

Year 1	33.3%
Year 2	33.3%
Year 3	33.3%

Failure of a course/s

(i) Unsatisfactory performance – BSc(Exercise&Health) Year 1 student 2009-10

Candidates in any academic year who have passed less than 36 credits of courses may be required to discontinue their studies in accordance with General Regulation G12.

Note: For any students who began their degree from 2007-08 or later, they have to retake the entire failed course(s), or substitute an approved elective course if permitted. There is NO supplementary / resit exam for failed courses.

7) OTHER ISSUES

Personal Mitigating Circumstances (PMC)

If circumstances beyond a student's control have affected their performance a PMC form must be completed. Appropriate evidence must be attached to the PMC (e.g. Doctor's note). A successful PMC submission may not lead to a change in course grade approved by the Internal Examiners Board or Board of Examiners. It may be used by the subsequent BoE to grant deferral in the event of failure or poor performance. Please submit the PMC form to the Academic Office normally within five working days of the problem.

Disability

If you require special consideration in assessments/coursework or exam due to any disability, (e.g. registered dyslexia, hearing or eyesight problems) you should submit a letter to your course lecturer with the appropriate evidence attached (e.g. Doctor's note).

This will form the basis of a decision on the special consideration, which can be made by the lecturer.

Please note that a claim for special consideration must be made for each academic year.

Academic Impropriety

This includes cheating, plagiarism, and collusion. All of these offences are taken very seriously by the University and may result in an automatic **Fail** for the course and possible higher penalties such as being fined, temporarily suspended or expelled from the University, as determined by the University Disciplinary Committee. The definition of each is as follows:

1. Cheating Includes

- 1.1 communicating with or copying from any other student during an invigilated examination.
- 1.2 communicating during an invigilated examination with any person other than a properly authorised invigilator or another authorised member of staff.
- 1.3 introducing any written or printed material into the room where the invigilated examination is taking place unless expressly permitted by the Module Leader or regulations of the programme study.

- 1.4 introducing any electronically stored information into the room where the invigilated examination is taking place unless expressly permitted by the Module Leader or regulations of programme of study.
- 1.5 gaining access to unauthorised material during or before an assessment.
- 1.6 in any other way the provision or assistance in the provision of false evidence of knowledge or understanding in assessments.

2. Plagiarism Includes

The representation of the work, written or otherwise, of any other person, including another student, or any institution, as the candidate's own. Examples of plagiarism may be as follows:

- 2.1 the verbatim (exact) copying of another's work without acknowledgement.
- 2.2 the close paraphrasing of another's work by simply changing a few words or altering the order of presentation, without acknowledgement.
- 2.3 unacknowledged quotation of phrases from another's work.
- 2.4 the deliberate and detailed presentation of another's concept as one's own.

3. Collusion Includes

The conscious collaboration, without official approval, between two or more students in the preparation and production of work which is ultimately submitted by each in an identical or substantially similar form and/or is represented by each to be the product of his or her individual efforts. Collusion also occurs where there is unauthorised co-operation between student and another person in the preparation and production of work, which is presented as the student's own.

When submitting coursework you should sign a form indicating you have read and understood the above definitions and that your work is your own.

Students suspected of any of the above offences are reported to the Director of the Institute who will investigate the matter following the guidelines laid down by the University.

Examples of Plagiarism

1. Use of another's idea

Original source (Atkinson and Edwards, 1999)

The majority of time trials are held either on an undulating circuit or on a dual carriageway with a 180° turn at half-distance so there will inevitably be varying wind direction and gradient. Therefore, a flatline pacing strategy would be, in many races (including the Olympic time trial), sub-optimal for performance.

This is Plagiarism if you wrote:

Because most time trials are held on hilly courses or on out-and-back freeways, external wind and hill conditions would vary, thus rendering a flatline pacing strategy sub-optimal for performance, even in Olympic time trials.

N.B. Even though the passage has been rephrased, this is still plagiarism since no reference has been attached to the information that has been communicated.

Solutions

One either references a direct quote if it is an important statement or rephrase and reference. i.e.

Atkinson and Edwards (1999; p15) summarised the observations on pacing strategy during cycling thus,

“The majority of time trials are held either on an undulating circuit or on a dual carriageway with a 180° turn at half-distance so there will inevitably be varying wind direction and gradient. Therefore, a flatline pacing strategy would be, in many races (including the Olympic time trial), sub-optimal for performance.”

Or:

In their review of pacing strategy research, Atkinson and Edwards (1999) maintained that because most time trials are held on hilly courses or on out and back freeways, external wind and hill conditions would vary, thus rendering a flatline pacing strategy sub-optimal for performance, even in Olympic time trials.

2. Use of another's words

Obviously, it is even worse to use someone's ideas and words without acknowledgement. An example of this would be if the original source was totally unreferenced without quotation marks. But it could still be plagiarism if you provide a reference but still copy words.

The following is still Plagiarism if you wrote:

Most time trials are held either on an undulating circuit or on a dual carriageway with a 180° turn at half-distance so there will inevitably be varying wind direction and gradient. Therefore, a flatline pacing strategy would be, in many races (including the Olympic time trial), sub-optimal for performance (Atkinson and Edwards, 1999).

Note that because there are no quotation marks showing that these are someone else's words, it is still plagiarism. A few words at the beginning of the sentence have been changed but this is not enough. Without quotation marks, it is assumed that you have read the reference and put it into your own words.

Solution

Rephrase totally or provide the appropriate quotation marks.

PLEASE REFER TO FOR THE UNIVERSITY GUIDELINES ON PLAGIARISM:

<http://www.hku.hk/plagiarism/>

Equal Opportunities, Health and Safety

The University's Equal Opportunity policy, which covers gender, race, disability and age discrimination, expresses its desire to demonstrate respect for these individuals and to maximise their potential. This is addressed through the appropriate training of staff responsible for the recruitment and teaching of students, by addressing appropriate equal opportunities issues where appropriate in the course, and by ensuring that equal opportunities philosophy and language are widely practised within the University.

The full texts of the University Equal Opportunities Policies are available from the Equal Opportunities Unit (**hotline: 22415115**).

The University also has other policies on environmental issues and on Health and Safety. Staff and students are encouraged through relevant procedures and practices to be environmentally aware. Health and Safety policies directly affect the operation of the Institute, and students who undertake laboratory and field work. There is an expectation that staff and students of the Institute will undertake risk assessments related to their practical work so that their procedures and practices conform to Health and Safety requirements, and that biological hazardous material is disposed of in the required manner.

8) USEFUL CONTACT NUMBERS

Contact	Telephone Number
IHP Academic Office PMB (Cindy Chan)	2589 0587
Lindsay Ride Office (Christine Lo)	2817 9352
Module enrolment (Margaret Yu)	2589 0586
Faculty of Education (Margaret Li)	2241 5413
CEDARS -grants, housing, benefits, disabilities, financial	2859 2305
Careers & Placement	2859 2317
Counselling and Person Enrichment	2857 8388
Hall applications (local) (Ms. Carrie Cheng)	2859 7082
Hall applications (overseas) CEDARS	2859 2305
MTR cards application	2859 2441
New student registration card application	2857 8380
Student Exchange Programmes	2219 4138
Computer Centre	2859 2491
Students' Union	2546 8455
Medical Appointments	2549 4686
Dental Appointments	2859 2511
Equal Opportunities Unit	2241 5115
Safety Office	2859 2400
Library	2859 2202
IHP – Sport & Recreation	2817 4046

9) SOME ASSESSMENT AND ASSIGNMENT GUIDELINES

9.1 Late Submission of Assignments without prior Approval

To order to be fair to students who have submitted their assignments on time, and to encourage effective time-management skills, late submission of assignment/ dissertation without prior approval will receive the following penalties:

- i. a 10% penalty per day for any late assignments (that is, any assignments handed in after the deadline time MUST be accounted as being late).
- ii. After 5 days, any late assignment without a justified reason (ill health etc), would receive a Fail grade.

9.2 Deferral of Assignment Deadline

In order to reduce the administrative burden on the Programme Director, applications (from students) for the deferral of assignment deadlines may be processed directly by the module coordinator concerned. The application and the outcome should be copied to the Programme Director and the Academic Office (Cindy Chan/Margaret Yu) for information.

Applications would normally be granted under the following circumstances if substantiated by appropriate evidence:

- (i) medical reasons,
- (ii) childbirth,
- (i) marriage,
- (ii) death in family,
- (iii) unexpected personal or work related crisis,
- (iv) other reasons considered acceptable by the course teacher concerned.

9.3 Plagiarism

In the event that the Examiner suspects plagiarism,

- (ii) s/he should report this to the Chief Examiner;
- (iii) The Chief Examiner may arrange for double marking of the assignment; and may interview the student normally together with the Examiner. The student could be asked to provide the source document from which s/he is alleged to have adapted his/her work /dissertation from.
- (iv) Students may be required to present themselves for an oral examination in cases where the assignment is suspected of plagiarism;
- (v) The case may be considered by the AD-Teaching, or an IHP Internal examiners' meeting and/or by the Board of Examiners (whether it would be considered at a meeting, would depend on whether there is a scheduled meeting that could consider the case fairly shortly, without delay);
- (vi) If the evidence provided is sufficient to determine the case is a *prima facie* case of plagiarism, then the Examiner, the Chief Examiner or the Dean, or the Chairperson (in cases that have been

heard by the BoE) would submit a complaint to the Registrar under Statute XXXI (1)(g) of the Powers of the Disciplinary Committee, “an offence in connexion with degree, diploma, or certificate examinations, including violation of any of the regulations of the Senate governing conduct at examinations or otherwise;”;

(vii) The procedure as laid down in the Statutes are as follows:

“Statute XXXI (2): A complaint shall be addressed in writing to the Registrar and shall be considered to have been made when it is received by the Registrar. The Registrar shall inform the Vice-Chancellor within 7 days of the complaint, and the Vice-Chancellor shall then decide within 28 days whether a charge is to be brought against the student before the Disciplinary Committee.

Statute XXXI (3): No charge shall be brought before the Committee unless the complaint leading to the charge is made within 1 month of the time when the matter of such complaint arose: Provided that if it is proved to the satisfaction of the Committee that the material facts relating to the complaint were or included facts of a decision character which were at all times outside the knowledge (actual or constructive) of the complainant until a date which was after the end of the period of 1 month referred to above, a charge may be brought before the Committee notwithstanding the expiry of the said period of 1 month.”

- (viii) The Faculty would prepare the documentation for the Registrar and inform the student that the case has been submitted to the Vice-Chancellor for consideration;
- (ix) If the case would be heard by the Disciplinary Committee, normally, the Faculty Secretary would act as the University’s prosecutor, the Examiner and/or Programme Director would act as the witness;
- (x) If the student is found guilty, the Disciplinary Committee would determine the penalties to be imposed: reprimand, fine, withdrawal from academic or other University privilege, suspension, or expulsion.

(You may refer to the University’s document “What is plagiarism?” to ascertain whether the case in question would be considered a plagiarism case – see: <http://www.hku.hk/plagiarism/>)

9.4 Discontinuation

- The Board of Examiners may recommend, in accordance with the relevant regulations, student(s) to be required to discontinue his/her studies; and such cases would be referred to the Faculty Review Committee (FRC);
- The Faculty would invite the student(s) to attend the FRC meeting. It should also be explained to the student that they have the option of voluntary withdrawal;
- The FRC would conduct a review of the individual circumstances, general academic and non-academic of the student(s) and determine whether there were extenuating circumstances that may have affected the performance of the student(s) during the examination. The FRC would

make a recommendation to the BoE as to whether or not the student(s) should be recommended for discontinuation of studies;

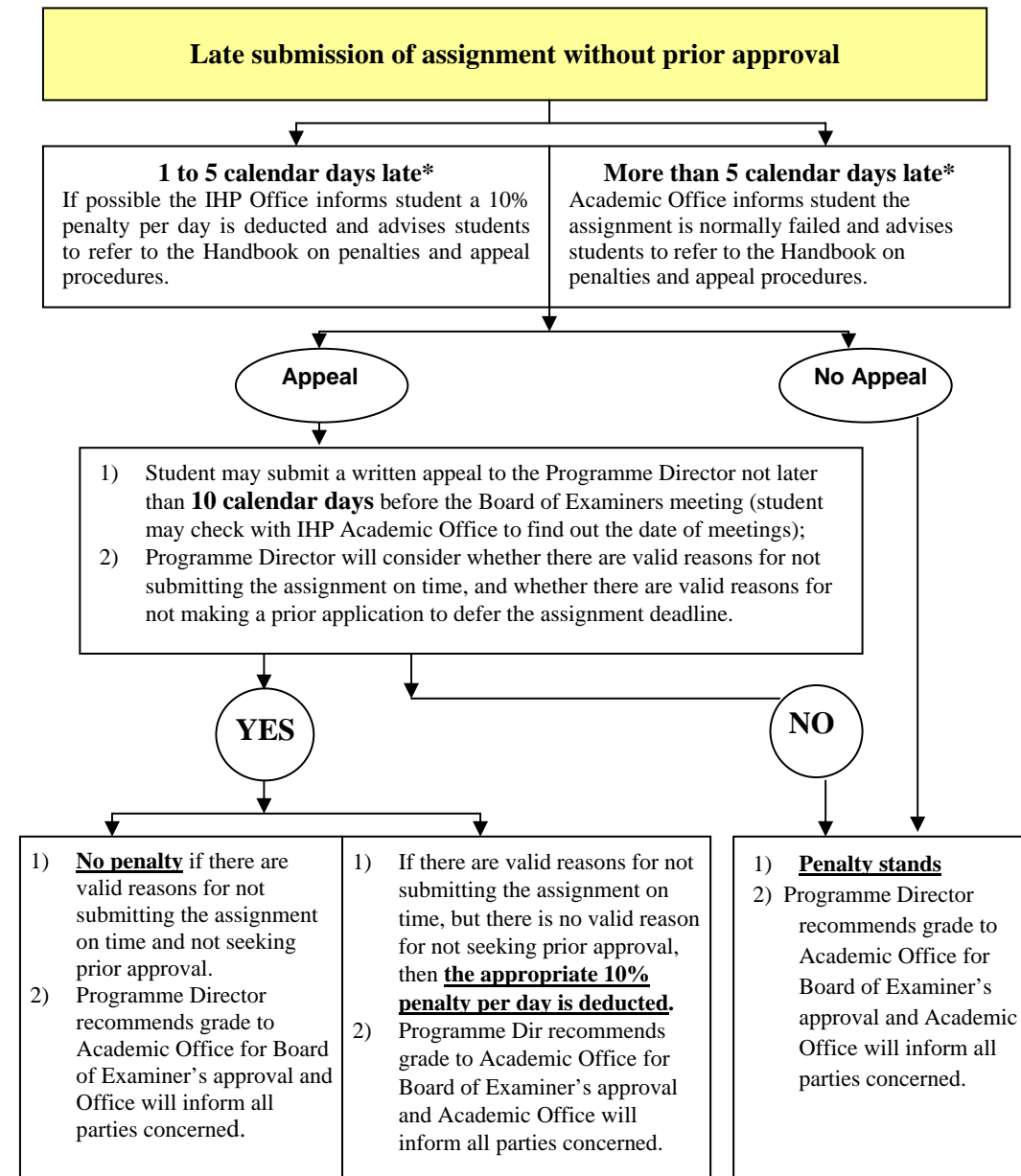
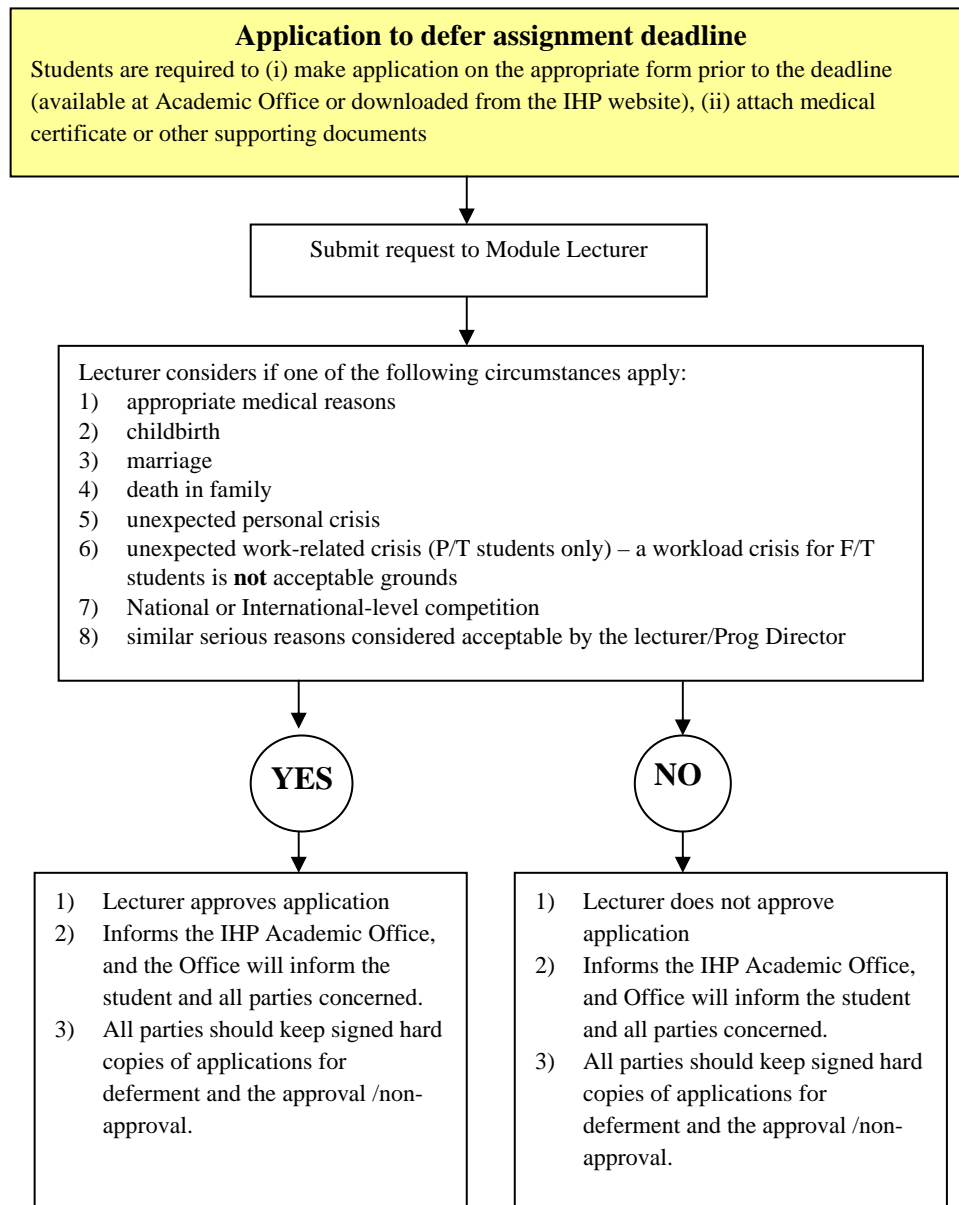
- In the cases where discontinuation of studies is NOT recommended, the Chief Examiner would be invited to recommend a course of action to be taken by the student, i.e. re-examination or repeating arrangements;
- The recommendation of the FRC and the Chief Examiner would be circulated to the BoE for approval;
- The final decision of the BoE would be communicated to the student in writing;
- The Secretary of the BoE would put forward those discontinuation case(s) to the Committee on Discontinuation (CoD) for consideration, and the student would be invited to present his/her case before the CoD; if the student is required to be discontinued, according to the Senate's ruling, the student would be prohibited from entering the same study programme again, but s/he would be allowed to apply in other discipline within the university;
- If the student is NOT required to be discontinued, then the Chief Examiner would be invited to recommend a course of action for the student and such recommendation would be put forward to the BoE for approval.

This document is based on one produced by the FLTC in the Faculty of Education.

9.5 Generic Grading Criteria

Grade	Content	Logic & Coherence	Reading & Research	Language	Presentation
A Excellent	<ul style="list-style-type: none"> • Excellent performance with full coverage of the topic • Meets all basic and higher order goals • Very high level of skills (interpretation, application, analysis, evaluation) shown 	<ul style="list-style-type: none"> • Concepts clearly understood • Argument always logical • Assignment follows logical structure or development 	<ul style="list-style-type: none"> • Wide, supportive reading of relevant literature • Good critical understanding • Referencing clear & appropriate 	<ul style="list-style-type: none"> • Expresses meaning very clearly • Appropriate and correct use of grammar, spelling & punctuation 	<ul style="list-style-type: none"> • High standard of presentation • Legible, tidy copy • Format requirements fully met
B Good	<ul style="list-style-type: none"> • Good performance with good coverage of the topic • Meets all basic and most higher order goals • High level of skills (interpretation, application, analysis, evaluation) shown 	<ul style="list-style-type: none"> • Concepts clearly understood • Argument generally logical • Assignment follows logical structure or development 	<ul style="list-style-type: none"> • Well aware of relevant literature • Good reflective understanding • Referencing clear & appropriate 	<ul style="list-style-type: none"> • Expresses meaning clearly • Only occasional errors in grammar, spelling or punctuation which do not impede meaning 	<ul style="list-style-type: none"> • Good standard of presentation • Legible, tidy copy • Format requirements met
C Satisfactory	<ul style="list-style-type: none"> • Satisfactory performance with reasonable coverage of the topic • Meets all basic but only some higher order goals • Reasonable level of skills (interpretation, application, analysis, evaluation) shown 	<ul style="list-style-type: none"> • Concepts understood • Logic of argument is satisfactory despite some flaws • Only minor problems with structure or development of assignment 	<ul style="list-style-type: none"> • Shows awareness of relevant literature • Evidence of reflective understanding • Referencing satisfactory 	<ul style="list-style-type: none"> • Expresses meaning satisfactorily • Errors in grammar, spelling or punctuation occasionally impede meaning 	<ul style="list-style-type: none"> • Reasonably good standard of presentation, ie: • tidiness, legibility • format requirements
D Pass	<ul style="list-style-type: none"> • Borderline acceptable performance, with limited coverage • Meets only basic goals • Only basic level of skills (interpretation, application, analysis, evaluation) shown 	<ul style="list-style-type: none"> • Basic understanding of concepts • Argument is weak but can be followed • Some problems with structure or development of assignment 	<ul style="list-style-type: none"> • Little reading of relevant literature • Basic understanding but limited reflection • Some problems with referencing 	<ul style="list-style-type: none"> • Expression of meaning is acceptable • Some confusion caused by grammatical errors, or poor spelling or punctuation 	<ul style="list-style-type: none"> • Acceptable despite some weaknesses in presentation, ie : • tidiness, legibility or • format requirements
F Fail	<ul style="list-style-type: none"> • Unsatisfactory performance • Question /Task may have been misunderstood • Many aspects of the topic neglected • Even basic goals not met • Basic skills not demonstrated 	<ul style="list-style-type: none"> • Many concepts not understood • Illogical argument • Assignment rambles & lacks structure 	<ul style="list-style-type: none"> • Little or no evidence of reading • Uncritical acceptance of others' views • Referencing inadequate 	<ul style="list-style-type: none"> • Meaning often unclear • Unacceptable grammar, spelling & punctuation 	<ul style="list-style-type: none"> • Poor presentation: • Untidy, often illegible copy; and/or • Unacceptable format

Late/Deferral procedures – IHP – adopted Jan 2005



* Late submission of assignment without prior approval:

- (i) Assignments should be handed directly to the Academic Office for immediate time-stamping.
- (ii) For assignments submitted by post, the post-marked date will be considered as the date of submission.
- (iii) Lecturer marks assignment on merit and makes appropriate grade deduction. The Programme Director will handle appeal cases, if any.

10). FORMS FOR SUBMITTING INFORMATION TO THE ACADEMIC OFFICE

FORM 1: Late submission/deferral request for assignment/dissertation

FORM 2: Assignment cover sheet (use this for proof you have submitted your assignment)

FORM 3: Personal Mitigating Circumstances (PMC)

FORM 4: Notification of leave of absence

FORM 1

REQUEST FOR LATE SUBMISSION/DEFERRAL OF ASSIGNMENT/DISSERTATION**Institute of Human Performance
The University of Hong Kong**

Note: Applications for a coursework assignment deferral should reach your module tutor prior to the submission date. For dissertation deferrals, the application should reach the Program Director one month prior to the deadline.

Student Name: _____ Student Number: _____
 E-mail address: _____ Mobile Phone: _____
 BSc Year: 1 or 2 or 3 Semester: 1 or 2 Date: _____
 Module title: _____ Module code: PBSL _____
 Module Lecturer/Tutor: _____
 Request Deferral for which assignment: _____
 Current submission date: _____
 Reason for deferral (give full details): _____

List any attached supporting documents: _____

Action: Received by _____ Date: _____

Module tutor's actions: (i) Deferral Approved/Not Approved (select)
 (ii) New submission date: _____
 (iii) Copy sent to Academic Office (Rec'd by _____ Date _____)

Program Director's actions: Approval of dissertation deferral only:

 Signature Date

IHP Academic Office: Student informed of result and new date _____ (action taken by _____)
 Program Director alerted to multiple deferrals
 by the same student _____ (_____) (action taken by _____)

FORM 2

Received by Academic Office

Date: _____
Time: _____THE UNIVERSITY OF HONG KONG
INSTITUTE OF HUMAN PERFORMANCEBSc(Exercise&Health) Assignment Cover Sheet

Programme: *BSc(Exercise&Health) or other: _____

Year of Study: * 1 / 2 / 3

Course Code: _____ Student No: _____

Course Title: _____

Course Teacher: _____

Due Date: _____

*please delete as appropriate

Assignment Topic: _____

Student Declaration:

This assignment is entirely my own work except where I have duly acknowledged other sources in the text and listed those sources at the end of the assignment; I have not previously submitted this work to this University or any other institution for a degree, diploma or other qualification; I understand that I may be orally examined on my submission.

Signed: _____ Date: _____

Remarks : If you wish to receive a formal acknowledgment of assignment, please complete the following slip.

**Acknowledgment**

Course code :	
Course title :	
Topic of Assignment :	
HKU No.:	

Received on: _____ Chop/Initials _____

FORM 3

PERSONAL MITIGATING CIRCUMSTANCES (PMC) FORM

NOTES FOR GUIDANCE

Personal Mitigating Circumstances are circumstances that are beyond the students' control, e.g., illness, and family bereavement. Please submit this form to the Academic Office, normally within five working days of the event.

Please provide brief explanation of the PMC:

Please attach appropriate evidence to the PMC form (e.g. Doctor's note)

NAME YEAR

CONTACT EMAIL ADDRESS AND TELEPHONE

FORM 4

NOTIFICATION OF LEAVE OF ABSENCE FORM

NOTES FOR GUIDANCE

Student must notify the Institute *in advance* if they are to be absent from the course. Leave of absence may be with or without permission. The form must be submitted to the Academic Office.

with permission

This will normally be given for absences due to illness, personal circumstances and representation at major National or International sporting events (within reason). Students may reasonably expect to seek information from lecturers regarding aspects of the module missed, to be given copies of handouts, which may be given during lectures and an extension (if appropriate) for the submission of specified coursework.

without permission

Permission will not normally be given for undeclared time off, time off for holidays or work. If students are absent without permission they can expect none of the benefits outlined above. However for various reasons we need to have some record of your absence and a contact address.

NAME YEAR

PERIOD OF ABSENCE from to

REASON FOR ABSENCE

CONTACT ADDRESS AND TELEPHONE

PERMISSION GRANTED/NOT GRANTED

Notification of leave of absence with permission

NAME..... YEAR

Leave of absence has been approved for the period to

SIGNED DATE

11) B.Sc.(Exercise&Health) Calendar: September 2009- August 2010

	SUN	MON	TUE	WED	THUR	FRI	SAT	
			1	2	3	4	5	FIRST SEMESTER: SEP 1 - DEC 19, 09
SEP-09	6 13 20 27	7 14 21 28	8 15 22 29	9 16 23 30	10 17 24	11 18 25	12 19 26	First Day of Teaching: Sep 1, 07
OCT-09	4 11 18 25	5 12 19 [26]	6 13 20 27	7 14 21 28	[1] 8 15 29	2 9 16 30	[3] 10 17 31	Reading/ Field Trip Week: Oct 12 - 17
NOV-09	1 8 15 22 29	2 9 16 23 30	3 10 17 24	4 11 18 25	5 12 19 26	6 13 20 27	7 14 21 28	Last Day of Teaching: Nov 28
DEC-09	6 13 20 27	7 14 21 28	8 15 22 29	9 16 23 30	10 17 [24]	11 18 [25]	12 19 [26]	Revision Period: Nov 30 - Dec 5 Assessment Period: Dec 7 - 19
JAN-10	3 10 17 24 31	4 11 18 25	5 12 19 26	6 13 20 27	7 14 21 28	[1] 8 15 22 29	2 9 16 23 30	SECOND SEMESTER: JAN 11 - MAY 22, 10 First Day of Teaching: Jan 11
FEB-10	7 14 21 28	8 [15]	9 [16]	10 17	11 18	<12> 19	[13] 20 27	Class Suspension Period for the Lunar New Year: Feb 13 - 19
MAR-10	7 14 21 28	1 8 15 22 29	2 9 [16]	3 10 17 24 31	4 11 18 25	5 12 19 26	6 13 20 27	Reading/ Field Trip Week: Mar 1 - 6
APR-10	4 11 18 25	[5] 12 19 26	[6] 13 20 27	7 14 21 28	1 8 15 22 29	[2] 9 16 23 30	[3] 10 17 24	Last Day of Teaching: Apr 24 Revision Period: Apr 26 - May 1 Assessment Period: May 3 - 22
MAY-10	2 9 16 23 30	3 10 17 24 31	4 11 18 25	5 12 19 26	6 13 20 27	7 14 [21]	[1] 8 15 22 29	
JUN-10	6 13 20 27	7 14 21 28	8 15 22 29	9 [16] 23 30	10 17 24 25	11 18 26	12 19	OPTIONAL SUMMER SEMESTER JUN 21 - AUG 14
JUL-10	4 11 18 25	5 12 19 26	6 13 20 27	7 14 21 28	[1] 8 15 22 29	2 9 16 30	3 10 17 31	
AUG-10	1 8 15 22 29	2 9 16 23 30	3 10 17 24 31	4 11 18 25	5 12 19 26	6 27	7 14 21 28	

[] Genereal Holiday

Reading/ Field Trip Week

() University Holiday (Full Day)

Revision Period

<> University Holiday (afternoon only)

Class Suspension Period for the Lunar New Year

Assessment Period

12) 2008-2009 TIME-TABLES

B.Sc.(Exercise and Health) 2009-2010YEAR 1
SEMESTER 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.30 – 10.20	BIOL0126 Fundamentals of Biology		BIOL0126 Fundamentals of Biology	PBSL1120 (Cindy Sit) LR-G15 Foundations of exercise science	BIOL0126 Fundamentals of Biology
10.40 – 11.30				PBSL1120 Foundations of exercise science	
11.40 – 12.30				PBSL1120 Foundations of exercise science	
1.00 – 1.50					
2.00 – 2.50	PBSL1121 (Alison McManus) HC-LG06 Physical activity and Health				
3.00 – 3.50	PBSL1121 Physical activity and Health			ECEN1409 General English for Exercise&Health students	
4.00-4.50	PBSL1121 Physical activity and Health			ECEN1409 General English for Exercise&Health students	

Students without AL/AS/GCE/IB Biology or equivalent must take BIOL0126 Fundamentals of Biology
Students must take YITC1002(a) Information Technology Proficiency Test [0 credit] – Self Studies

YEAR 1
SEMESTER 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.30– 10.20	First Aid Course LR-G15	ECEN1410 Professional Communication skills for Exercise&Health students	PBSL1114 (Tony Barnett) LR-G15 Physiology for human movement	PBSL1111 (Tony Barnett) LR-G16 Kinetic Anatomy	
10.40 – 11.30	First Aid Course LR-G15	ECEN1410 Professional Communication skills for Exercise&Health students	PBSL1114 Physiology for human movement	PBSL1111 Kinetic Anatomy	
11.40 – 12.30	First Aid Course LR-G15		PBSL1114 Physiology for human movement	PBSL1111 Kinetic Anatomy	
1.00 – 1.50		CEDU1006 Practical Chinese Language course for BSc(Exercise&Health) students			
2.00 – 2.50		CEDU1006 Practical Chinese Language course for BSc(Exercise&Health) students\			
3.00 – 3.50					
4.00 – 4.50					

PMB-101 Seminar Room, 1/F Patrick Manson Building, 7 Sassoon Road
LR-G15 Psychology Laboratory, Lindsay Ride Sports Centre
LR-G16 Seminar Room, Lindsay Ride Sports Centre
HC-LG06 Lecture Theatre, Hui Oi Chow Science Building

B.Sc.(Exercise and Health) 2009-2010**YEAR 2
SEMESTER 1**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.30 – 10.20		PBSL2225 (Ester Cerin) RR201 Com Lab Decision Making Using Data			
10.40- 11.30		PBSL 2225 Decision Making Using Data			
11.40–12.30		PBSL 2225 Decision Making Using Data			
1.00 – 1.50					
2.00 – 2.50		PBSL2229 (Tony Barnett) HC-LG06 Exercise Physiology	PBSL2235 (Alison McManus) PMB-101 Measurement and promotion of physical activity		
3.00 – 3.50		PBSL2229 Exercise Physiology	PBSL2235 Measurement and promotion of physical activity		
4.00 – 4.50		PBSL2229 Exercise Physiology	PBSL2235 Measurement and promotion of physical activity		

**YEAR 2
SEMESTER 2**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.30 – 10.20	First Aid Course LR-G15	PBSL3341 (Duncan Macfarlane) LR-G15 Recent advances in exercise and health		PBSL2234 (Jamie Poolton / Bruce Abernethy) PMB-101 Fundamentals of motor control and learning	
10.40- 11.30	First Aid Course LR-G15	PBSL3341 Recent advances in exercise and health		PBSL2234 Fundamentals of motor control and learning	
11.40–12.30	First Aid Course LR-G15	PBSL3341 Recent advances in exercise and health		PBSL2234 Fundamentals of motor control and learning	
1.00 – 1.50					
2.00 – 2.50		PBSL2236 (Richard Masters) PMB-101 Sport and exercise psychology			
3.00 – 3.50		PBSL2236 Sport and exercise psychology			
4.00 – 4.50		PBSL2236 Sport and exercise psychology			

PMB-101 Seminar Room, 1/F Patrick Manson Building, 7 Sassoon Road

RR201 Computer Laboratory, Run Run Shaw Building

LR-G15 Psychology Laboratory, Lindsay Ride Sports Centre

LR-G16 Seminar Room, Lindsay Ride Sports Centre

HC-LG06 Lecture Theatre, Hui Oi Chow Science Building

B.Sc.(Exercise and Health) 2009-2010**YEAR 3
SEMESTER 1**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.30 – 10.20			PBSL3336 (Kenneth Liang) LR-G15 / AHC Exercise prescription and training	PBSL3334 (Duncan Macfarlane) LR-G16 Advanced Exercise Physiology	PBSL3339 (Ester Cerin) LR-G15 Public health promotion of physical activity
10.40–11.30			PBSL3336 Exercise prescription and training	PBSL3334 Advanced Exercise Physiology	PBSL3339 Public health promotion of physical activity
11.40–12.30			PBSL3336 Exercise prescription and training	PBSL3334 Advanced Exercise Physiology	PBSL3339 Public health promotion of physical activity
1.00 – 1.50					
2.00 – 2.50	PBSL3337 (Cindy Sit) PMB-101 Physical activity and disability				
3.00 – 3.50	PBSL3337 Physical activity and disability				
4.00 – 4.50	PBSL3337 Physical activity and disability				
5.00 - 5.50					

**YEAR 3
SEMESTER 2**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.30 – 10.20		PBSL3341 (Duncan Macfarlane) LR-G15 Recent advances in exercise and health			
10.40–11.30		PBSL3341 Recent advances in exercise and health			
11.40–12.30		PBSL3341 Recent advances in exercise and health			
1.00 – 1.50					
2.00 – 2.50				PBSL3335 (Richard Masters) PMB-101 Advances in skill learning	
3.00 – 3.50				PBSL3335 Advances in skill learning	
4.00 – 4.50				PBSL3335 Advances in skill learning	
5.00- 5.50					

PMB-101 Seminar Room, 1/F Patrick Manson Building, 7 Sassoon Road
LR-G15 Psychology Laboratory, Lindsay Ride Sports Centre
LR-G16 Seminar Room, Lindsay Ride Sports Centre
AHC Active Health Clinic, Stanley Ho Sports Centre, Sandy Bay