

**The University of Hong Kong
Institute of Human Performance**

**Major / Minor in Exercise Science
For non-Exercise&Health Students (2011-2012)**

What do I study if I take Exercise Science as a Second Major or Minor?

Second Major in Exercise Science (72 credits)

The Major in Exercise Science is a multi-disciplinary programme of education, synthesising the biophysical, psycho-social and health aspects of exercise. It is for students who are interested in the scientific study of human movement, with a particular focus on the recognition, evaluation, rehabilitation and prevention of acute and chronic illnesses related to inactivity.

Core 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
Advanced Level Courses (48 credits)		
PBSL2229	Exercise physiology	6
PBSL2233	Biomechanics	6
PBSL2234	Fundamentals of motor control and learning	6
PBSL2236	Sport and exercise psychology	6
PBSL2237	Research design and analysis for exercise and health	6
PBSL2239	Exercise prescription and training	6
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
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
PBSL3343	Measurement of physical activity	6
PBSL3344	Advanced exercise prescription and training	6
PBSL3998	Dissertation	12

Minor in Exercise Science (36 credits)

The Minor in Exercise Science provides an introduction to the discipline of exercise science and its application to health. It is for students who are curious about the scientific study of human movement and its various applications.

Core Introductory Level I Courses (12 credits)		
PBSL1120	Foundations of exercise science	6
PBSL1121	Physical activity and health	6
Advanced Level Courses (24 credits)		
PBSL2229	Exercise physiology	6
PBSL2233	Biomechanics	6
PBSL2234	Fundamentals of motor control and learning	6
PBSL2236	Sport and exercise psychology	6
PBSL2237	Research design and analysis for exercise and health	6
PBSL2239	Exercise prescription and training	6
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
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
PBSL3343	Measurement of physical activity	6
PBSL3344	Advanced exercise prescription and training	6
PBSL3998	Dissertation	12