



SCHOOL OF PUBLIC HEALTH
THE UNIVERSITY OF HONG KONG

香港大學公共衛生學院

BACHELOR OF SCIENCE EXERCISE AND HEALTH

HANDBOOK

2016-2017

Exercise &

Health

Rehabilitation Science
Human Movement
Healthy Lifestyle
Exercise Science
Nutrition
Physical Activity
Community
Physiology
Rehabilitation Science
Nutrition
Applied Anthropometry
Psychology
Human Movement
Psychology



Dear Candidates,

On behalf of the School of Public Health, I am very pleased to extend a warm welcome to you as an undergraduate candidate. The School is committed to protecting and enhancing health for all people, through synthesis of state-of-the-science research, the dissemination of knowledge through education and training and effective evidence-based public health advocacy.

This handbook provides basic information about the Bachelor of Science in Exercise and Health [BSc (Exercise & Health)] programme you have embarked upon and guide you to other useful resources and points of contact. You may not find all the answers to your questions, but we pride ourselves on being a boutique and personable programme – if you have a question, do not be afraid to ask (we will tell you how later).

You should read the handbook in conjunction with the following documents:

- *University General Regulations*
- *Undergraduate Handbook (Full-time) 2016-17*
- *Regulations for First Degree Curricula*
- *Regulations & Syllabuses for the Degree of Bachelor of Science in Exercise and Health*

I hope you enjoy the BSc (Exercise & Health) programme, and have a challenging but rewarding learning experience at the University of Hong Kong.



Dr. Janice Johnston
Deputy Director (Education)
School of Public Health

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PROGRAMME AIMS

The BSc (Exercise & Health) is a programme dedicated to the scientific study of exercise and health and the role of exercise in population health and rehabilitation. You will gain a scientific understanding of how the body works and responds to exercise; the health benefits of exercise; how exercise can be prescribed, promoted and measured; and how movements are controlled and learned. But more than that, the programme is designed to meet the University's educational aims (<http://tl.hku.hk/reform/>) by delivering the following learning outcomes.

The University of Hong Kong's Educational Aims	BSc (Exercise & Health) Programme Learning Outcomes
<i>To enable our students to develop their capabilities in:</i>	<i>To enable our students to:</i>
Pursuit of academic / professional excellence, critical intellectual enquiry and life-long learning	<ul style="list-style-type: none">• Apply theoretical knowledge to practice, demonstrate an awareness of the limitations of existing theories and practices in exercise and health.• Apply rigorous analysis of health and exercise data, drawing appropriate conclusions.
Tackling novel situations and ill-defined problems	<ul style="list-style-type: none">• Apply multiple learning strategies in exercise and health.• Identify and apply alternate solutions to unique problems in exercise and health.
Critical self-reflection, greater understanding of others, and upholding personal and professional ethics	<ul style="list-style-type: none">• Demonstrate an awareness of the importance of health and fitness.• Demonstrate an appreciation of commonalities and differences amongst clients, being responsive to their individual needs and preferences.
Intercultural understanding and global citizenship	<ul style="list-style-type: none">• Demonstrate an awareness of ethical practices and procedures and respect for human rights.• Demonstrate interpersonal skills and integrity for establishing relationships with clients of diverse cultures.

The University of Hong Kong's Educational Aims

BSc (Exercise & Health) Programme Learning Outcomes

To enable our students to develop their capabilities in:

To enable our students to:

Communication and collaboration

- **Communicate concisely and effectively when presenting ideas, concepts and solutions.**
- **Present and interpret data using a range of technologies to both scientific and non-scientific audiences.**

Leadership and advocacy for the improvement of the human condition

- **Act as an advocate for exercise and health.**
- **Participate in the generation, interpretation, application and dissemination of important advances in exercise and health knowledge.**

PROGRAMME OVERVIEW

The BSc (Exercise & Health) curriculum normally requires 4 years of study. In order to graduate you need to successfully complete a minimum of 240 credits* comprising:

Curriculum Structure		Credits**
A. Core Requirements		
	Language Enhancement Courses	18
	Common Core Curriculum	36
	Sub-total:	54
B. Major in Exercise Science		
	Science Core Courses	24
	Subject Core Courses	36
	Specialism Courses	24
	Capstone Experience	12
	Sub-total:	96
C. Electives/Second Specialism/Minor***		90
	Total credits:	240

* Students are allowed to take additional credits up to 6 credits per semester and graduate with a maximum of 288 credits.

** 6 credits = 120-180 student workload hours, including student-teacher face-to-face contact, reading, researching and writing assignments.

*** These 90 credits may include a second specialism and/or a minor offered in other curricula to broaden students' knowledge base outside the realm of exercise science.

FIRST YEAR

You shall normally take 60 credits, comprising:

- 12 credits in Science Core Courses
- 12 credits in Subject Core Courses in the Exercise Science Major
- A 6-credit Core University English course
- 24 credits of courses in the Common Core Curriculum, including one course from each Area of Inquiry
- 6 credits in elective courses

SECOND YEAR

You shall normally take 60 credits, comprising:

- 12 credits in Science Core Courses
- 24 credits in Subject Core Courses in the Exercise Science Major

- A 6-credit English in the Discipline course
 - 12 credits of courses in the Common Core Curriculum, including one course from different Areas of Inquiry
 - 6 credits in elective courses
-

THIRD YEAR

You shall normally take 60 credits, comprising:

- 12 credits in advanced level Specialism Courses in the Exercise Science Major
 - A 6-credit Chinese language enhancement course
 - 42 credits in elective courses (may include courses for a second specialism or minor)
-

FOURTH YEAR

You shall normally take 60 credits, comprising:

- 12 credits in advanced level Specialism Courses in the Exercise Science Major
 - A 12-credit Capstone Experience
 - 36 credits in elective courses (may include courses for a second specialism or minor)
-

Advanced Standing Credits

Students with GCE A-level or IB Diploma qualifications and at least seven years of secondary education at the time of being admitted to the BSc (Exercise & Health) Programme are eligible to apply for up to 48 credits of advanced standing - 24 credits of free electives, and 24 UG5 credits (Chinese language enhancement course, Core University English, and 12 credits of Common Core course). Advance standing credits would have been stipulated in your admission letter. The Registry maintains that it is the student's responsibility to accurately report their secondary education qualifications (i.e. at least 7 years) during the admission process in order to be awarded Advanced Standing Credits.

CURRICULUM STRUCTURE

1. Courses for the Exercise Science Major (96 credits)

Students are required to complete a total of 96 credits of courses for the Exercise Science major, including Science Core Courses, Subject Core Courses, Specialism Courses and the Capstone Requirement.

Science Core Courses (24 credits)

		Year	Credits
BBMS1001	Human Biology	1	6
BBMS2004	Human Anatomy	1	6
CMED2004	Behavioural Sciences I	2	6
BBMS2002	Evidence-based Practice and Public Health	2	6

Subject Core Courses (36 credits)

- Any 6 of the following:

		Year	Credits
EXSC1001	Foundations of Exercise Science	1	6
EXSC1002	Physical Activity and Health	1	6
EXSC1003	Kinetic Anatomy and Biomechanics	2	6
EXSC2001	Fundamentals of Motor Control	2	6
EXSC2003	Exercise Physiology	2	6
EXSC2006	Measurement of Physical Activity	2	6
EXSC2007	Exercise Prescription and Training	2	6

Specialism Courses (24 credits)

- Students are required to complete 24 credits from the following Specialism Courses to make up at least one of the two specialisms, i.e. (A) Exercise and Health; or (B) Exercise Specialist

Specialism (A): Exercise and Health		Year	Credits
EXSC3001	Internship	3/4	6
EXSC3003	Advances in Skill Learning	3/4	6
EXSC3004	Physical Activity and Disability	3/4	6
EXSC3005	Physical Activity and Diseases of Inactivity	3/4	6
EXSC3006	Public Health Promotion of Physical Activity	3/4	6
EXSC3014	Rehabilitation Science	3/4	6
EXSC3007	Special Topics in Exercise Sciences	3/4	6
EXSC3008	Recent Advances in Exercise and Health	3/4	6
EXSC3009	Current Concepts in Exercise and Health	3/4	6
EXSC3011	Advanced Exercise Prescription and Training	3/4	6
EXSC3014	Rehabilitation Science	3/4	6
EXSC3015	Sport and Exercise Psychology	3/4	6

Specialism (B): Exercise Specialist		Year	Credits
EXSC3001	Internship	3/4	6
EXSC3002	Advanced Exercise Physiology	3/4	6
EXSC3003	Advances in Skill Learning	3/4	6
EXSC3007	Special Topics in Exercise Sciences	3/4	6
EXSC3008	Recent Advances in Exercise and Health	3/4	6
EXSC3009	Current Concepts in Exercise and Health	3/4	6
EXSC3010	Advanced Measurement of Physical Activity	3/4	6
EXSC3011	Advanced Exercise Prescription and Training	3/4	6
EXSC3012	Applied Anthropometry	3/4	6
EXSC3013	Sport and Exercise Nutrition	3/4	6

Note: The Specialism Courses may be offered in alternate years. Students should check the course availability and course pre-requisite(s) carefully.

Capstone Requirement (12 credits)

		Year	Credits
EXSC4000	Dissertation	4	12

2. Common Core Courses (36 credits)

Students are required to complete 6 Common Core courses (6-credit each) by the end of the second year, selecting at least one and not more than two courses from each Area of Inquiry with not more than 24 credits of courses being selected within one academic year.

3. Language Enhancement Courses (18 credits)

Students are required to complete 2 English Language courses (6-credit each), including 6 credits of Core University English and 6 credits of English-in-the-Discipline course by the end of the second year; and 1 Chinese Language course (6 credits) by the end of third year.

4. Electives/Second Specialism/Minor (90 credits)

Apart from taking the 96 credits of courses for the Exercise Science major as specified in paragraph 1, plus the Common Core courses (36 credits) and the Language Enhancement courses (18 credits), Students can plan their study with the remaining credits (i.e. 90 credits) in various manners, subject to timetable constraints and approval of the host faculties. Those interested in enriching and deepening their understanding on topics in the field of exercise science may opt to take a second specialism within the BSc (Exercise & Health) curriculum, while those who would like to broaden their knowledge base outside the realm of exercise science can consider a minor and/or electives offered in other curricula.

DATES OF SEMESTERS 2016–2017

First Semester	
First Day of Teaching	01.09.2015 (Thu)
Reading/Field Trip Week	17.10.2016 (Mon) – 22.10.2016 (Sat)
Last Day of Teaching	30.11.2016 (Wed)
Revision Period	01.12.2016 (Thu) – 07.12.2016 (Wed)
Assessment Period	08.12.2016 (Tue) – 23.12.2016 (Fri)
Second Semester	
First Day of Teaching	16.01.2017 (Mon)
Class Suspension Period for the Lunar New Year	28.01.2017 (Sat) – 03.02.2017 (Fri)
Reading/Field Trip Week	06.03.2017 (Mon) – 11.03.2017 (Sat)
Last Day of Teaching	29.04.2017 (Sat)
Revision Period	01.05.2017 (Mon) – 06.05.2017 (Sat)
Assessment Period	08.05.2017 (Mon) – 27.05.2017 (Sat)
Optional Summer Semester	
Teaching and Assessment Period	26.06.2017 (Mon) – 19.08.2017 (Sat)

ASSESSMENT

Students will be assessed continuously throughout their studies by diverse forms of assessment, including written papers, oral presentations, short answer questions, MCQs, laboratory reports, case studies, practical presentations and journal reports. Any work submitted for assessment must be the work of the student who submits it, prepared specifically for the purpose.

Submission of the Same Work More Than Once

Submitting an exact copy or significant portions of another assignment you have done for a different course without stating clearly that some of it has formed part of another assignment is not acceptable and may result in a **Fail** grade.

Plagiarism

Plagiarism is defined as “the unacknowledged use, as one’s own, of work of another person, whether or not such work has been published.” This includes published books and journal articles, materials on websites, unpublished lecture notes, textbooks, teaching materials of other teachers and any work of other students. You are expected to read books, journal articles and websites on relevant topics, and to view other audio-visual materials but if you wish to mention any ideas that you find in a book/journal/website, you must provide references (see “*References*” below).

Examples of plagiarism include:

- Verbatim (exact) copying of another’s work without acknowledgement.
- Close paraphrasing of another’s work by simply changing a few words or altering the order of presentation, without acknowledgement.
- Unacknowledged quotation of phrases from another’s work.
- Deliberate and detailed presentation of another’s concept as one’s own.

Plagiarism is a serious matter. An online system – Turnitin – is used by the university to assess the originality of students’ written work. Your assignments will normally be submitted through Turnitin, and those judged to be the product of plagiarism will receive a Fail grade. The students concerned may, as determined by the Chief Examiner, be reported to the University’s Disciplinary Committee who may impose further penalties, including withdrawal from academic or other University privilege, suspension, or expulsion. We reserve the right to orally examine any student on a submitted written assignment if we suspect there may have been plagiarism. Collusion will be treated similarly. Collusion refers to 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.

You will attend a compulsory hands-on library workshop about plagiarism and copyright issues in the first semester. If you are still unsure of any aspects of the preparation and presentation of assignments, ask your Course Coordinators for guidance as early as possible. You are also strongly advised to read the booklets “*What is Plagiarism*” (<http://www.hku.hk/plagiarism>) and “*Plagiarism and How to Avoid It*” (<http://www4.caes.hku.hk/plagiarism/>).

Misconduct during an Invigilated Examination

This is again a serious matter. Misconduct during an invigilated examination may result in an automatic **Fail** grade for the course and possible higher penalties, as determined by the University Disciplinary Committee.

Examples of misconduct during an invigilated examination include:

- Communicating with or copying from any other student during an invigilated examination.
- Communicating during an invigilated examination with any person other than a properly authorized invigilator or another authorized member of staff.
- Introducing any written or printed material into the room where the invigilated examination is taking place unless expressly permitted by the Course Coordinator.
- Introducing any electronically stored information into the room where the invigilated examination is taking place unless expressly permitted by the Course Coordinator.
- Gaining access to unauthorized material during or before the examination.

References

The American Psychological Association (APA) style of referencing should be used for all assignments unless your lecturer specifies another style.

Ideas or words from other sources in the text of your assignment should be referred to as follows:
[Note the use of quotation marks when exact phrases or sentences are cited.]

- According to Pinker (1994), six-year-old children have a vocabulary of approximately 13,000 words.
- Masters (1992) hypothesized that “disruption of the automaticity of a skill under pressure will be less likely if the skill has been learned implicitly” (p. 354).

Then for each of the references in the text, you should give the source in your References section.
[Note that the book or journal name is *italicized*.]

Pinker, S. (1994). *The language instinct*. London: Penguin.

Masters, R. S. W. (1992). Knowledge, (k)nerve and know-how: the role of explicit versus implicit knowledge in the breakdown of a complex motor skill under pressure. *British Journal of Psychology*, 83, 343–358.

These are only two examples. Check one of the many guides on the internet to see the APA referencing style for other sources such as book chapters, edited books, multiple authors, websites etc. You may also find relevant information from the HKU library website (https://lib.hku.hk/general/research/guides/citation_styles.html).

Submission of Assignments

Students should follow closely their Course Coordinator's instructions for submission of assignments. A signed Assignment Cover Sheet (see Page 24) must be attached to all assignments. To facilitate 'blind marking' only the student number should be shown on the assignment manuscript.

Penalties for Late Submission of Assignments

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

- Up to 3 days late:
 - 10% penalty per day late will be deducted from the mark the assignment would have otherwise received;
- More than 3 days late:
 - The assignment will receive a Fail grade

Deferral of Assignment Submission

If you are experiencing problems in completing an assignment, please contact your Course Coordinator. If, for some very serious reason, you believe you will not be able to submit an assignment on time, you must apply for a deferment.

The application (see Page 25) should be submitted to the Course Coordinator directly for processing, and the application and decision copied to the General Office, School of Public Health (email: exhealth@hku.hk) for record.

This request should be made at least one week before the assignment deadline.

Applications would normally be granted under the following circumstances, if substantiated by appropriate evidence (e.g. medical certificate):

- medical reasons
- childbirth

- marriage
- death in family
- unexpected personal or work related crisis
- similar serious reasons considered acceptable by the Course Coordinator

Failure of a Course

If you fail in a course, you normally have to undergo a re-assessment/re-examination, re-submit failed coursework, retake the failed course, or take another course in lieu (applicable to elective course). Please refer to the BSc (Exercise & Health) Regulations for details.

Discontinuation

You shall be recommended for discontinuation of your studies if you have:

- i. failed to complete 36 or more credits in two consecutive semesters (not including the summer semester), unless otherwise permitted; or
- ii. failed to achieve an average Semester GPA of 1.0 or higher for two consecutive semesters (not including the summer semester); or
- iii. failed in the Capstone Requirement; or
- iv. failed in the re-assessments(s)/re-examination of course(s) in the Exercise Science Major of more than 12 credits; or
- v. exceeded the maximum period of registration, i.e. four academic years.

Checking of Assessment Results of Taught Courses

Examination results are determined by the Board of Examiners. There shall be no appeal against the results of examinations and all other forms of assessment. Students may however request checking of assessment results on grounds of procedural irregularities or technical error in the determination of that result. Any requests to re-assess or re-mark a submitted assignment/thesis/report will normally be automatically refused.

Please refer to http://www.exam.hku.hk/pdf/111_511amend.pdf for details.

GRADING AND HONOURS CLASSIFICATION

Grade	Standard	GPA point	Class of honours	CGPA range	General Expectations
A+	Excellent	4.3	First class	3.60 – 4.30	Excellent: Demonstrates both qualities of originality in approach and argument and an excellent understanding of exercise science issues (e.g., over 80% of answers are correct); creative or exceptionally insightful, fluently expressed, founded on careful and critical reading and evaluation of relevant materials, and demonstrating independent judgment.
A		4.0			
A-		3.7			
B+	Good	3.3	Second class	2.40 – 3.59	Good to Very Good: A good to very good grasp of exercise science concepts (e.g., 70%-79% correct answers), with evidence of reading and critical evaluation of relevant materials. Generally persuasive analysis and synthesis of ideas or critical interpretation of the texts/issues/data. Average Competent Answer: an average, competent answer that has identified the major issues and shows a good grasp of exercise science concepts should be awarded a B- .
B		3.0	Division one	3.00 – 3.59	
B-		2.7	Division two	2.40 – 2.99	
C+	Satisfactory	2.3	Third class	1.70 – 2.39	Satisfactory: Broadly identifies the major issues and displays a basic understanding of the relevant exercise science concepts, but contains errors (e.g., 60%-69% correct answers); shows weak critical evaluation, or is vague or confused on an issue, or in applying the exercise science concepts to the facts.
C		2.0			
C-		1.7			
D+		1.3	Pass	1.00-1.69	Pass: The answer demonstrates minimal knowledge of exercise science concepts (e.g., 50%-59% correct answers) or critical interpretation of the texts/issues/data. The issues are generally incompletely or unclearly perceived and analyzed, with little evidence of relevant reading.
D		1.0			
F		0			Fail: The answer fails to identify major issues (e.g., less than 50% correct answers); serious mistakes in interpreting exercise science concepts or analyzing exercise science texts/issues/data are apparent and the handling of the question is significantly below the standard expected for a Pass grade.

Honours Classification

The classification of honours shall be determined by the Board of Examiners in accordance with the Cumulative GPA scores (including failed courses, but not including courses approved by the Senate graded as 'Pass' or 'Fail'). The Board of Examiners may, at its absolute discretion and with justification, award a higher class of honours to a candidate deemed to have demonstrated meritorious academic achievement but whose Cumulative GPA falls below the range stipulated of the higher classification by not more than 0.1 Grade Point.

ATTENDANCE, ABSENCE AND EXPECTATIONS

Students are expected to attend all classes

Application for absence should be sent to the Course Coordinator concerned and the General Office, School of Public Health (email: exhealth@hku.hk) in writing, together with any supporting document, at the earliest opportunity.

The University's General Regulations governing attendance and absence are available on the website: <http://www.handbook.hku.hk/ug/full-time-2016-17/appendices/a-general-regulations>

Classroom Etiquette

Out of respect to your Course Coordinator and your classmates, please be punctual to every class. Handheld devices should only be used in connection with course matters; students found texting, emailing or surfing irrelevantly must expect to be reprimanded! Please observe classroom regulations concerning food and drink.

Other responsibilities

- Participate fully in discussions and all class activities
- Ask if you don't understand
- Come prepared for the scheduled activity (e.g., dress appropriately)
- Submit all assignments and other coursework by the due dates
- Do your best!

COURSE ENROLLMENT

You can preview the courses available and select the courses through the Student Information System (SIS). There is an opportunity to adjust your choices during the *Add / Drop* period at the start of each semester. Detailed procedures on course selection and enrollment are provided through SIS. You can also refer to the Academic Advising Office website: <http://ao.hku.hk/sy3/student-information-system/> for more details.

If you encounter technical difficulties with online course registration, please contact the SIS Helpdesk (phone: 2819 0777 ; email: AskSIS@hku.hk).

Studying a Second Major or Minor

The University of Hong Kong's undergraduate curriculum provides flexibility for students to design their own combination of disciplinary majors, minors and electives under proper academic advising. This platform allows you to supplement your BSc (Exercise & Health) study by enrolling into related programmes of study (e.g., Food and Nutritional Science, Psychology, Business) and/or diversify your knowledge base by exploring a second area of interest. Please refer to the Academic Advising Office website for details and a full list of Second Major and Minor options: <http://ao.hku.hk/sy3/plan-of-study/major-and-minor/>

Common Core Curriculum

The Common Core Curriculum is the centrepiece of the undergraduate curriculum. It provides the key common learning experience for all HKU students, and it stimulates students' intellectual curiosity to explore issues of profound significance to humankind. Please refer to the Common Core Curriculum website for details: <http://commoncore.hku.hk/>

All undergraduate students are required to complete 36 credits of courses in the Common Core Curriculum, comprising at least one and not more than two courses from each Area of Inquiry with not more than 24 credits of courses being selected within one academic year, before the end of the second year of study, except where candidates are required to make up for failed credits.

Eligible students can apply for Advanced Standing Credits for the Common Core Curriculum. Please refer to Page 6 for details.

COMMUNICATION

Important announcements and notices from the BSc (Exercise & Health) Programme will be emailed to your **HKU email account**. Check your emails regularly to ensure that you are kept informed of the notices. If you are using a personal email account, you are strongly advised to activate the “Email forwarding” function to forward all emails sent to your HKU email account to your personal email account.

The primary mode of communication with Course Coordinators is face-to-face contact during lectures, labs and workshops, which is one of the reasons why punctuality and regular class attendance are highly recommended. All BSc (Exercise & Health) courses will also use the learning management system, *Moodle*, for online resource management and communication. Please ensure that you log on to your *Moodle* and regularly check for any updates and course announcements.

- HKU Moodle website: <http://moodle.hku.hk/>
- Moodle User Guides: http://moodle-support.hku.hk/student/moodle_user_guides

Nevertheless, Course Coordinators are always contactable via email but please allow at least 3 working days for a reply.

Evaluating the Programme

We value your ideas on the programme. Feedback from students in the past has led to some significant improvements. There are some official channels, described below, but always feel free to contact Dr. Janice Johnston, Deputy Director (Education) of the School of Public Health (email: jjohnsto@hku.hk) directly.

Student Evaluation of Teaching and Learning

For every course, you will be asked to provide feedback about the effectiveness of the course and of the teacher. Please take your time when evaluating a course. Try to be constructive in your feedback. If you feel that any part of the course has particular weaknesses, suggest ways in which they can be remedied.

IMPORTANT: If a major problem arises in a course, mention it to the teacher or Deputy Director (Education) of the School of Public Health immediately. Don't wait until the evaluation is carried out at the end of the semester.

Staff-Student Consultation

Each year group should elect two students to represent the cohort. Student representatives for each year group will periodically be invited to attend the BSc (Exercise & Health) Programme Committee

meeting, along with the Programme Director and other staff members. This will be a forum for discussion of problems, successes and future plans concerning the programme. Pressing concerns or problems raised by the year group should be communicated directly by student representatives to the Deputy Director (Education) of the School of Public Health.

HKU Student Learning Experience Questionnaire (SLEQ) First, Second, and Final Year Surveys

This institutional level survey aims to collect data about the learning experiences of the first, second, and final year students in the university in terms of your perceptions towards the academic activities of the BSc (Exercise & Health) curriculum, and your overall university experience at HKU. Your feedback will help us to provide a better learning environment for all students and shape the future curriculum.

Academic Advising

Academic advising is a developmental process in which students are provided with support in clarifying their academic, career and life goals, developing plans to achieve these goals, and evaluating their own progress. During the process, students are empowered to think critically, explore available options and take personal responsibility for decision-making with the guidance of academic advisers. Useful resources can be found from the University's academic advising website: <http://ao.hku.hk/>

All year students are assigned an Academic Adviser. In 2016-2017, they are:

- Year 1: Dr. Derwin Chan (email: dkcchan@hku.hk)
- Year 2: Dr. Thomson Wong (email: wongtwl@hku.hk)
- Year 3: Dr. Shirley Fong (email: smfong@hku.hk)
- Year 4: Dr. Shirley Fong (email: smfong@hku.hk)

Year 1 students in particular, are expected to initiate meetings with your academic adviser at least once every semester. Year 2 to 4 students are encouraged to meet with their assigned academic advisers for advice.

Study Hints

Being a university student requires you to play an active role in your own learning. It is an excellent chance for you to develop the skills of problem-solving, reasoning and inquiry. To facilitate this:

Get organised: Make a timetable that balances classes, study, leisure and extra-curricular interests, so you can get the most from university life. Space out work on your assignments by doing background reading and initial drafts of the assignment well before the submission date. Don't allow work to pile up, as this can be very stressful. We will provide you with a schedule of BSc (Exercise & Health) assignment deadlines at the beginning of each semester.

Undertake independent learning: Find things out for yourself! Don't rely too much on your teacher for handouts. Use the library, the Internet and other resources. Do the recommended background reading and make your own notes. If you are not clear about something, ask! If you think something is wrong or the lecturer's opinion is mistaken, say so! If you are having problems with an assignment, discuss them with the Course Coordinator. But, don't simply say, "I don't know what to do". Say, "These are my ideas so far. Can you give me any advice?"

GENERAL INFORMATION

Undergraduate Handbook 2016-17

The Undergraduate Handbook is available online at <http://www.handbook.hku.hk/ug/full-time-2016-17/about-the-handbook>. It contains basic information about HKU for those who are admitted to the first-degree curricula in the academic year of 2016-2017. You can also find the *General Regulations*, and the *Regulations for First Degree Curricula* in the appendices of the handbook.

Regulations & Syllabuses for the Degree of Bachelor of Science in Exercise and Health

The Regulations and Syllabuses for the BSc (Exercise & Health) curriculum is available online at the School of Public Health's website: <http://sph.hku.hk/exercisehealth/en/current-students/resources-for-current-students>. You need to refer to this document from time to time during your undergraduate study.

Libraries

The University of Hong Kong has several state-of-the-art libraries to support your studies. The University of Hong Kong Libraries (HKUL) are now fully automated and utilize some of the latest applications in information technology, such as e-books and e-journals. Library catalogues may be searched via the Internet and various on-line services are available, such as renewal of borrowed items. The ability to search effectively and efficiently for relevant materials is an essential skill. If you ever have any difficulty in using the libraries, please ask the staff for help. Please refer to the HKUL website for details: www.lib.hku.hk.

Information Technology Services

The Information Technology Services (ITS) provides comprehensive information technology services with a state-of-the-art IT environment to support teaching, learning and research. ITS facilities include an advanced network, powerful central servers, high-performance computer clusters, cloud computing and distributed PC laboratories, and our services include unified communications, portal services, learning management system Moodle and web-based administrative applications. Please refer to the ITS website for details: www.its.hku.hk/services/students

University Bookstore

Textbooks and books for general reading are available from the University Bookstore (Address: G/F, Chi Wah Learning Commons, Centennial Campus). As a student, you are entitled to a discount on books purchased at the bookstore.

Copyright Infringement

Students are reminded that using copyright materials belonging to others is an infringing act. However, the Copyright Ordinance exempts certain acts of “fair dealing” from copyright infringement. “Fair dealing” in Hong Kong includes five prescribed purposes: research, private study, criticism, review or news reporting

For research or private study, only a *single copy* of the copyright work can be made. Fair dealing does not allow teachers to make multiple copies of the copyright works as course materials for their students. It is strictly against the law to copy a whole book or journal, or extensive portions without the written consent of the publisher, as fair dealing is not to be used to avoid buying the legitimate copies of works for the purpose of saving money.

Copying of copyright materials belonging to others outside the above-mentioned purposes or to an extent exceeding that which is reasonable and commensurate with the legitimate purpose for which the copies are made is liable to infringe copyright.

Career Guidance

The Career and Placement Section of the Centre of Development and Resources for Students (CEDARS) runs courses on interview techniques, CV writing and other aspects of job applications. Please refer to the CEDARS website for details: <http://www.cedars.hku.hk/sections/careersplacement/>.

Student Resources

The Centre of Development and Resources for Students (CEDARS) offers a wide range of services to students, from career planning, counselling and personal enrichment to crisis and emergency. If you have a disability or financial constraint that has an impact on your studies, CEDARS can assist you in overcoming barriers that prevent you from having a successful university learning experience. Please refer to the CEDARS website for details of their services: www.cedars.hku.hk

Equal Learning Opportunities

The University’s Equal Opportunity Unit’s vision is to “assist the University in creating an environment which provides equality of opportunity, and which is free of any discrimination and harassment”. Please refer to the Equal Opportunity Units website for details: www.eounit.hku.hk/

ARRANGEMENTS DURING BAD WEATHER

When Tropical Cyclone Warning Signal No. 8 (or above) or Black Rainstorm Signal is hoisted, the following arrangements will apply:

(a) For classes and examinations not yet started

If either of the warnings is hoisted or in force at or after 6:00 am	All classes and examinations commencing before 2:00 pm will be cancelled automatically.
If either of the warnings is hoisted or in force at or after 11:00 am	All classes and examinations commencing at any time from 2:00 pm and before 6:00 pm will be cancelled automatically.
If either of the warnings is hoisted or in force at or after 3:00 pm	All classes and examinations commencing from 6:00 pm onward will be cancelled automatically.

(b) For classes and examinations already started

When Typhoon Cyclone Signal No. 8 or above is hoisted	<ul style="list-style-type: none"> All classes will be suspended immediately. All examinations will continue until the end of that examination session.
When the Black Rainstorm Warning Signal is hoisted	<ul style="list-style-type: none"> All classes and examinations, except those held outdoors, will continue. For outdoor classes and examinations, the responsible staff members on the spot should suspend the activities immediately, ensure that all students are taken to a safe place, and remain there until it is safe for them to return home.

When Tropical Cyclone Warning Signal No. 3 or below, or Red or Amber Rainstorm Signal is in force, it should be assumed that all classes and examinations will be held as scheduled unless an announcement to the contrary has been made by the University.

USEFUL CONTACTS

Deputy Director (Education), School of Public Health	Dr. Janice Johnston	Email: jjohnsto@hku.hk
BSc (Exercise & Health) Programme Secretary	Miss Myra Wong	Tel: 3917 9890 Email: exhealth@hku.hk
Academic Advisor (Year 1 students)	Dr. Derwin Chan	Email: dkcchan@hku.hk
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Academic Advisor (Year 3 & Year 4 students)	Dr. Shirley Fong	Email: smfong@hku.hk
Li Ka Shing Faculty of Medicine		Tel: 3917 9346 Email: medfac@hku.hk
Student Information System (SIS) Helpdesk		Tel: 2819 0777 Email: AskSIS@hku.hk
CEDARS <ul style="list-style-type: none"> • Campus Life • Counselling and Person Enrichment 		Tel: 2859 2305 Email: cedars@hku.hk Tel: 3917 8388 Email: cedars-cope@hku.hk
University Health Services (UHS)* <ul style="list-style-type: none"> • Medical appointments • Dental appointments 		Tel: 2549 4686 Tel: 2859 2510

*Online booking available: Login HKU Portal > Campus Information Services > Service Departments > University Health Service > UHS Web Appointment Booking

THE UNIVERSITY OF HONG KONG
SCHOOL OF PUBLIC HEALTH

BSc (Exercise & Health)
Assignment Cover Sheet

Student name: _____

Student number: _____

Course code: _____

Course title: _____

Course Coordinator: _____

Assignment title:

Due date: _____

Submission date: _____

Submission time: _____

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.

Signature: _____ Date: _____

IMPORTANT NOTE:
Insert your student number ONLY in the header of every page of your assignment

THE UNIVERSITY OF HONG KONG
SCHOOL OF PUBLIC HEALTH

BSc (Exercise & Health)
Application for Deferral of Assignment Submission

Student name: _____

Student number: _____

Course code: _____

Course title: _____

Course Coordinator: _____

Assignment title:

Reason for deferral (please provide full details):

List of attached documents:

Signature: _____ Date: _____

IMPORTANT NOTE:

Applications for Deferral of Assignment Submission should reach your Course Coordinator prior to the submission date.



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The University of Hong Kong

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