

**Major / Minor in Exercise Science
Course List**

(For non-Exercise & Health Students admitted to HKU in 2016-2017 and thereafter)

Major in Exercise Science (96 credits)

Science Core Courses (24 credits)		
BBMS1001 <i>or</i>	Human Biology <i>or</i>	6
BBMS1002	Fundamentals of Human Anatomy and Physiology	6
BBMS2002 <i>or</i>	Evidence-based Practice and Public Health <i>or</i>	6
BBMS2011	Research Methods in Medicine and Health	6
BBMS2004	Introduction to Human Anatomy	6
CMED2004	Behavioural Sciences I	6
Subject Core Courses (36 credits)		
EXSC1001	Foundations of Exercise Science (<i>compulsory</i>)	6
EXSC1002	Physical Activity and Health	6
EXSC1003	Kinetic Anatomy	6
EXSC2001	Fundamentals of Motor Control and Learning	6
EXSC2003	Exercise Physiology	6
EXSC2006	Measurement of Physical Activity	6
EXSC2007	Exercise Prescription and Training	6
EXSC2009	Exercise Biomechanics	6
Specialism Courses (24 credits)		
EXSC3002 <i>or</i>	Advanced Exercise Physiology <i>or</i>	6
EXSC3018	Biological Basis of Exercise and Health	6
EXSC3003	Advances in Skill Learning	6
EXSC3004	Physical Activity and Disability	6
EXSC3005	Physical Activity and Diseases of Inactivity	6
EXSC3006	Public Health Promotion of Physical Activity	6
EXSC3007	Special Topics in Exercise Sciences	6
EXSC3008	Recent Advances in Exercise and Health	6
EXSC3009	Current Concepts in Exercise and Health	6
EXSC3010	Advanced Measurement of Physical Activity	6
EXSC3011	Advanced Exercise Prescription and Training	6
EXSC3012	Applied Anthropometry	6
EXSC3013	Sport and Exercise Nutrition	6
EXSC3014	Rehabilitation Science	6
EXSC3015	Sport and Exercise Psychology	6
EXSC3019	Exercise and Chronic Diseases	6
Capstone Requirement (12 credits)		
EXSC4000	Dissertation	12

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Minor in Exercise Science (36 credits)

Compulsory Courses (12 credits)		
EXSC1001	Foundations of Exercise Science	6
EXSC1002	Physical Activity and Health	6
Subject Core and Specialism Courses (24 credits)		
EXSC2001	Fundamentals of motor control and learning	6
EXSC2003	Exercise physiology	6
EXSC2006	Measurement of physical activity	6
EXSC2007	Exercise prescription and training	6
EXSC2009	Exercise Biomechanics	6
EXSC3002 <i>or</i>	Advanced Exercise Physiology <i>or</i>	6
EXSC3018	Biological Basis of Exercise and Health	
EXSC3003	Advances in Skill Learning	6
EXSC3004	Physical Activity and Disability	6
EXSC3005	Physical Activity and Diseases of Inactivity	6
EXSC3006	Public Health Promotion of Physical Activity	6
EXSC3007	Special Topics in Exercise Sciences	6
EXSC3008	Recent Advances in Exercise and Health	6
EXSC3009	Current Concepts in Exercise and Health	6
EXSC3010	Advanced Measurement of Physical Activity	6
EXSC3011	Advanced Exercise Prescription and Training	6
EXSC3012	Applied Anthropometry	6
EXSC3013	Sport and Exercise Nutrition	6
EXSC3014	Rehabilitation Science	6
EXSC3015	Sport and Exercise Psychology	6
EXSC3019	Exercise and Chronic Diseases	6