

First and the only local Sports Degree programme with
Sports Therapy Specialisation in Hong Kong since 2012



Bachelor of Social Sciences (Honours)
in Sports and Recreation Management
運動及康樂管理 (榮譽) 社會科學學士

YEAR 1 ENTRY
SSSDP JUPAS
CATALOGUE NO.
JSSV09

YEAR 3 ENTRY
SSSDP (FULL-TIME)
MH145101
SELF-FINANCING (PART-TIME)
MH525101

PROGRAMME HIGHLIGHTS

- Covers a broad range of areas in sports skills training, sports therapy and rehabilitation, sports and recreation management, fitness coaching and management
- Students can specialise in areas of sports coaching, sports therapy and sports management

Programme Overview

The programme aims to provide students who wish to pursue or further advance their careers in the areas of sports coaching, sports therapy, or sports management, with a rigorous and intellectual programme of study. Through high-quality education and training which emphasises theoretical and practical knowledge, professional skills, and Work-Integrated Learning, graduates will be professionally and/or clinically competent in their disciplines

For skills training, practical training and tutorials are embedded into modules to develop presentation skills, management skills, and critical reasoning. Students will be given ample opportunities to practise these skills in their study.

Additionally, they are required to choose one of the three programme specialisations (Sports Coaching, Sports Therapy, and Sports Management) in Year 3 and Year 4 to equip them with specific professional knowledge and skills.

Career Prospects

Sports Coaching Specialisation*

Graduates from this specialisation can become sports coaches, strength and conditioning coaches, fitness coaches or sports scientists. Potential employers include National Sports Associations, The Hong Kong Sports Institute Limited, the Leisure and Cultural Services Department, fitness centres, and sports clubs.

Sports Therapy Specialisation

Graduates from this specialisation are eligible to register at The Society of Sports Therapists, UK as Sports Therapists and become full members. Potential employers include sports therapy and rehabilitation clinics, National Sports Associations, The Hong Kong Sports Institute Limited, and sports clubs/teams.

Sports Management Specialisation

Graduates from this specialisation can work at the Leisure and Cultural Services Department, private or residential clubhouses, event management companies, sports marketing companies, theme parks, National Sports Associations, and The Hong Kong Sports Institute Limited.

Professional Recognition

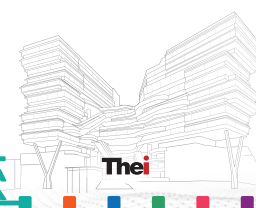
The Sports Therapy specialisation of this programme is accredited by The Society of Sports Therapists, UK. The Sports Coaching specialisation of this programme is accepted by the National Strength and Conditioning Association (NSCA) Education Recognition Program (ERP).

This programme is eligible for Qualification Validation of the Coach Accreditation Programme Level 3 Sports-General Theory Coach by the Hong Kong Coaching Committee.

For online application:
VTC Web-based Admissions System
www.vtc.edu.hk/admission

APPLYING SCIENCE
EMPOWERING THE FUTURE

應用科學
創建未來



This programme is recognised under the QF (Level 5)
QR Registration No.: 12/000709/5
Registration Validity Period: 01/09/2012 to 31/08/2028



Amy LC Chan, JP

Executive Manager, Racing Development
Board/Headmistress, Apprentice Jockeys' School
The Hong Kong Jockey Club

Industry Endorsement

"I have been involved in this degree programme from its initial accreditation to the implementation. The programme provides both theoretical knowledge and hands-on practical experience, which makes it very unique from other degree programmes. In Hong Kong, we need more coaches with relevant degree training. Likewise, there has been a huge demand in the sports management area. The sports therapy specialisation in this degree programme is the very first in Hong Kong. Sports Therapists will be able to provide on-field service to athletes for injury treatments and fitness training. I fully support this degree programme and foresee its positive impact to Hong Kong."



Simon Willis

Men's Head Coach
Cricket Hong Kong, China

Industry Endorsement

"THEi sports programme has been a key part of Cricket Hong Kong High Performance Team providing strength and conditioning and sports therapy service to help our national men's and women's teams to perform on international stage."



Leonardo LEE

(2017 Graduate)
Employed as an
Scientific Conditioning
Coach
Hong Kong Sports Institute

Graduate Endorsement

"THEi provides students with a variety of work-integrated learning and internship opportunities, such as working for the Hong Kong Rugby Sevens. During the programme, I worked at the YMCA for my Sports Therapist placement, which was part of the 250-hour "Work-integrated Learning" module. It was great to have been given the opportunity to apply knowledge learned in class to real-life situations."



Wing NG

(2018 Graduate)
Employed as
an Event Manager
Sports Event Planner Limited

Graduate Endorsement

"THEi SRM programme provided me with comprehensive practical and Work-integrated Learning (WIL) through my undergraduate study. The valuable WIL experiences led me to my first Full-Time job at the Yello Sports Marketing & PR Agency. It also built up my career goal in sports event management."



Avak CHUNG

(2016 Graduate)
Employed as an Assistant
Leisure Services Manager II
Leisure and Cultural Services
Department

Graduate Endorsement

"The SRM programme allowed me to gain extensive knowledge in sport and recreation, as well as form a larger understanding of the variety of internships and work-integrated learning activities available. My four-year SRM experience really helped in the development of my career."

PROGRAMME STRUCTURE

YEAR 1

General Education Module

- Chinese 1
- English for Academic Studies 1
- Creativity & Innovation in Society

Industry/Profession Specific Module

- Sports Skills Development - Individual Sports
- Introduction to Functional Anatomy & Exercise Physiology
- Philosophy & Sociology in Sports & Recreation
- Business Management Fundamentals
- Sports Skills Development - Team Sports
- Sports Massage & Stretching
- Law & Ethics in Sports & Recreation
- Motor Learning & Control for Human Performance

Find out more about the SRM programme



SRM Facebook

YEAR 2

General Education Module

- Technology, Society & Work
- Entrepreneurial Mindset
- General Education Elective 1

Industry/Profession Specific Module

- Sports Skills Development - Aqua Sports
- Management of Sports Injuries
- Nutrition for Health & Performance
- Facilities Management in Sports & Recreation
- Adventure-based Recreation
- Active & Healthy Lifestyle Promotion
- Marketing Management
- Sports & Recreation for Selected Populations



SRM Instagram

YEAR 3

General Education Module

- Chinese 2
- English for Academic Studies 2
- English for Professional Purposes
- General Education Elective 2

Industry/Profession Specific Module

- Fitness Coaching & Management
- Research Methods & Statistics
- Programme Elective 1
- Work-integrated Learning

Specialisation: Sports Coaching

- Advanced Functional Anatomy & Exercise Physiology
- Sports Coaching – Individual Sports
- Strength & Conditioning for Sports Performance

Specialisation: Sports Therapy

- Exercise Principles & Programming
- Advanced Functional Anatomy & Exercise Physiology
- Recognition & Evaluation of Sports Injuries
- Rehabilitation of Sports Injuries
- Strength & Conditioning for Sports Performance

Specialisation: Sports Management

- Sports Media, Communication & Public Relations
- Sports Events Planning & Management
- Operation & Management in Clubhouse & Spa
- Contemporary Issues in Volunteering Management

YEAR 4

General Education Module

- General Education Elective 3
- General Education Elective 4

Industry/Profession Specific Module

- Honours Project 1
- Honours Project 2
- Specialisation: Sports Coaching**
- Performance Measurement & Analyses
- Outdoor Sports Skills & Coaching
- Sports Biomechanics
- Sports Psychology
- Sports Coaching – Team Sports
- Talent Identification & Long-Term Development

Specialisation: Sports Therapy

- Exercise Testing & Training for Sports Injuries Prevention
- Vertebral Manual Therapy
- Peripheral Manual Therapy
- Pitchside Emergency & Trauma Management
- Rehabilitation of Special Populations
- Professional Practice & Clinical Leadership in Sports Therapy

Specialisation: Sports Management

- Sports & Globalisation
- Accounting for Management
- Strategic Management
- Park, Pool & Horticulture Management
- Customer Service Management in Sports & Recreation
- Specialisation Elective Module 1

*THEi has a plan to separate the "Sports Coaching" specialisation of the Programme and develop it into a new Sports Coaching degree programme, which is not under the Study Subsidy Scheme for Designated Professions/Sectors (SSSDP) in AY 2024 / 25, and, subject to the approval of HKCAAVQ, to have the Programme centred around two specialisations effective from AY 2024/25, namely, "Sports Therapy" and "Sports Management"