



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

YEAR **1** ENTRY  
SSSDP JUPAS  
CATALOGUE NO.  
JSSV09

### PROGRAMME HIGHLIGHTS

- Covers a broad range of areas in sports therapy and rehabilitation, sports and recreation management
- Students can specialise in areas of 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 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 two programme specialisations (Sports Therapy, and Sports Management) in Year 3 and Year 4 to equip them with specific professional knowledge and skills.

#### Career Prospects

##### 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.

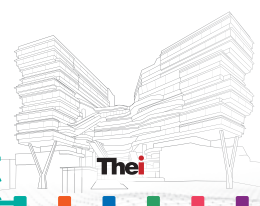
#### Professional Recognition

The Sports Therapy specialisation of this programme is accredited by The Society of Sports Therapists, UK.

The 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.

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For online application:  
VTC Web-based Admissions System  
[www.vtc.edu.hk/admission](http://www.vtc.edu.hk/admission)



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."



### Max Yeung

(2016 Graduate)  
Sports Therapist,  
Co-founder of  
Movewell Sports  
Therapy Center

### Graduate Endorsement

"Studying in THEi SRM programme Sports Therapy not only built up my solid knowledge and practical skills in evaluating, managing, and rehabilitating various sports injuries, but the applications of technologies have broadened my horizons while the work-integrated learning provided me with important global internship opportunities and helped in constructing my successful career path and business."



### Wing Ng

(2018 Graduate)  
Employed as  
a 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

"THEi 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

- A.I. and Blockchain in 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
- Work-integrated Learning
- 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
- Programme Elective 1
- 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