MH145111 – Bachelor of Social Sciences (Honours) in Sports Coaching

Programme Document

The following tables give an overview and a summary of the overall curriculum structure for the Degree Programme:

| Year- Sem | No. | Module Code | Module Title | Pre-requisite / Co-requisite | QF Level | | Credit Points | | |
|----------------------|-----|--------------------|---|--|-------------|---|------------------|--|--|
| Y2-S4 | 1 | GEC4306 | Entrepreneurial Mindset | Nil | 4 | 3 | | | |
| | 2 | | GE Elective 1 | | 5 | 3 | | | |
| | 3 | MSR4202 | Adventure-based Recreation | Nil | 4 | 3 | 15 | | |
| | 4 | MSR5203 | Sports & Recreation for Selected Populations | Nil | 5 | 3 | | | |
| | 5 | MSR5455 | Active & Healthy Lifestyle Promotion | Nil | 5 | 3 | | | |
| | | Year-2 Sub-to | | | | | | | |
| Y3-S5 | 1 | GEC5102 | Chinese 2 | GEC4101 - Chinese 1 | 5 | 3 | 3 | | |
| | 2 | GEC5206 | English for Professional Purposes | GEC4201 - English for Academic Studies 1 | 5 | 3 | | | |
| | 3 | MSR5321 | Fitness Coaching & Management | Nil | 5 | 3 | 15 | | |
| | 4 | MSR5331 | Advanced Functional Anatomy & Exercise Physiology | MSR4123 - Introduction to Functional Anatomy & Exercise Physiology | 5 | 3 | 3 | | |
| | 5 | MSR5332 | Sports Coaching – Individual Sports | MSR4101 Sports Skills Development – Individual Sports | 5 | 3 | | | |
| | 1 | GEC5202 | English for Academic Studies 2 | GEC4201 - English for Academic Studies 1 | 5 | 3 | 3 | | |
| Y3-S6 | 2 | | GE Elective 2 | | 5 | 3 | | | |
| | 3 | MSR5322 | Research Methods & Statistics | Nil | 5 | 3 | 15 | | |
| | 4 | MSR5334 | Exercise Principles & Programming | | 5 | 3 | 3 | | |
| | 5 | MSR5433 | Strength & Conditioning for Sports Performance | | 5 | 3 | | | |
| Yr-3 SS [@] | 1 | MSR4400 | Work-integrated Learning# | Nil | 4 | 3 | 3 | | |
| | | Year-3 Sub-total | | | | | | | |

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Table C1 (Cont'd) – Degree Programme

| Year- Sem | No. | Module Code | Module Title | Pre-requisite / Co-requisite | QF Level | Credit Points | | | | |
|--------------|--|-------------|---|---|-------------|------------------|----|--|--|--|
| Y4-S7 | 1 | | GE Elective 3 | | 5 | 3 | | | | |
| | 2 | MSR5421 | Honours Project 1 | MSR5322 - Research Methods & Statistics | 5 | 3 | | | | |
| | 3 | MSR5431 | Performance Measurement & Analyses | | 5 | 3 | 10 | | | |
| | 4 | MSR5432 | Outdoor Sports Skills & Coaching | | 5 | 3 | 18 | | | |
| | 5 | MSR5333 | Sports Biomechanics | | 5 | 3 | | | | |
| | 6 | | Programme Elective 1 | | 5 | 3 | | | | |
| Y4-S8 | 1 | | GE Elective 4 | | 5 | 3 | 15 | | | |
| | 2 | MSR5422 | Honours Project 2 | MSR5421 - Honours Project 1 | 5 | 3 | | | | |
| | 3 | MSR5434 | Sports Psychology | | 5 | 3 | | | | |
| | 4 | MSR5435 | Sports Coaching – Team Sports | | 5 | 3 | | | | |
| | 5 | MSR5436 | Talent Identification & Long-Term Development | | 5 | 3 | | | | |
| | | | Year-4 Sub-total | | | | | | | |
| | Total Credit Points for Degree Programme | | | | | | | | | |

Note:

The actual delivery of the modules is subject to the arrangement of the respective Department/School.

- # The Work-integrated Learning module must be completed before graduation. It will be assessed on a grading scheme and will be counted as part of the required minimum number of CPs for graduation or included in the calculation of the Grade Point Average.
- @ Summer Semester
- \$ GEC4305 has been renamed from "Technology, Society & Work" to "A.I. & Blockchain in Society & Work" effective from Semester One, AY 2024/25. Students who have taken the module "Technology, Society & Work" before Semester One, AY2024/25 do not require to take the module "A.I. & Blockchain in Society & Work" to fulfil the graduation requirement.