

THE UNIVERSITY OF HONG KONG**CREDIT UNIT STATEMENT****Bachelor of Science in Exercise and Health**

The Bachelor of Science in Exercise and Health curriculum consists largely of 6 credit-unit courses, which are mostly lecture-based. These courses are usually coupled with laboratory and/or tutorial sessions to accommodate both theoretical and applied knowledge related to exercise and health. Within a 6-credit course there are usually between 120 to 180 hours of student learning activity (both class/laboratory/tutorial contact and all other forms of student learning). The exact nature of the contact time and the other forms of student learning vary according to the course. A wide variety of assessment practices are used, some courses are assessed entirely from assignments, others have examination components ranging from 20% to 80%. In addition to the lecture/lab-based 6-credit courses the Bachelor of Science in Exercise and Health has a dissertation worth 12 credits and an internship elective course worth 6 credits.

The three categories of courses are summarized below:

1. Lecture/lab-based courses (6 credits)

These courses form the standard type offered within the BSc (Exercise & Health) curriculum. A significant part of the contact time (24 to 36 hours) is used in lectures. Lectures are supplemented with laboratory experiences or tutorial sessions that allow hands-on experimental and experiential learning. A wide range of activities are planned as part of the student experience – practical laboratory experiences, use of computer simulations/interactive DVDs, discussion groups, student presentations, research projects etc. Assessments often involve several modalities (e.g. lab reports, essays, portfolios, student presentations) and more formalized examinations/tests. Our assessment/assignment guidelines suggest typically no more than 4-5 tasks requiring a total of 3,000 to 5,000 words, or equivalent, for these 6-credit courses.

2. Research Dissertation course (12 credits)

The capstone Dissertation course aims at providing the student with an opportunity to collect, analyze and interpret empirical data under the guidance of an experienced supervisor. The student usually has about 42 hours of contact time with their supervisor. Much of the learning time is spent time collecting, editing/inputting, analyzing, and interpreting the data, along with the subsequent writing-up of the dissertation. Assessment is via two poster presentations (A3 size of 600 to 800 words in February outlining the research plan/hypotheses etc. worth 5% of grade; and an A1 size of 1,200 to 1,600 words in May presenting the majority of the results/conclusions worth 15% of grade); plus the write-up of a dissertation of not more than 5,000 words (worth 80% of the grade). The write-up of the dissertation is in the same style as a submission of a paper to an academic journal and must follow the submission requirements of a named peer-reviewed journal (a copy of the journal's "submission requirements" must be appended to the dissertation). The total student learning hours for this course is approximately 300 hours.

3. Internship (6 credits)

The 6 credits internship elective course provides the opportunity to gain first-hand experience in a working-environment relevant to sport, recreation, health or physical activity. Each student will be encouraged to work with an approved institution, typically over the summer months, and will acquire appropriate skills and techniques utilized in the specific internship setting. Assessment normally requires a portfolio of the internship experience of 1,500 to 2,000 words including reflection and demonstration of theory to practice. The total student learning hour for this course ranges from 120 to 180 hours.