

**CUHK (SZ)**  
**Course Outline**

**1. Course Identity**

**A. Course as listed in CUHK (SZ)**

The information in this block should be exactly as approved by CUHK Senate. In case there are any differences, please explain in the table below.

Course code	PED1002
Course title (English)	Fitness and Health
Course title (Chinese)	适能与健康
Units	1
Language of Instruction	Putonghua & English
Description (English)	<p>Physical Education (PE) and Health is one of core courses in the Chinese University of Hong Kong, Shenzhen. It consists of two sections, namely: (i) PE, and (ii) Fitness and Health. PE is held in 1<sup>st</sup> term, and fitness and health is held in 2<sup>nd</sup> term of an academic year. The both take 2 units (1 unit/term). University students are requested to enrol the required course of PE and health in the years of study period. Those who do not complete the requirement without permission from the PE Unit will be given a failure grade for the assigned course.</p> <p>PE and health primarily teaches sports skills, health fitness theories, and emphasizes developing students' generic skills such as creative, communication, team collaboration, and so on. In the 2<sup>nd</sup> term, the course of fitness and health aims: (i) to improve students' interest in sports; (ii) to promote students' sports skills and exercise abilities; (iii) to cultivate students' exercise habits and to enhance awareness of active lifestyle in lifespan;</p> <p>Students will be assessed and graded according to their performance in written tests, skill tests, attendance and participation in the course.</p>
Description (Chinese)	<p>体育与健康课程是香港中文大学（深圳）之核心课程之一，共包含两部分：（1）体育；（2）适能与健康。体育课程于第一学期进行，适能与健康课程于第二学期进行。两课程共占2学分（1学分/学期）。学生须在修业期间修读完所有体育课程，未经批准而未修读的学生作不合格处理。本课程主要教授健康体适能理论及相关运动技巧，注重通过课程教学培养学生的通用技巧能力，例如创新，沟通，团队合作等。体育与健康课程旨在：</p> <ol style="list-style-type: none"> <li>1. 提高学生运动兴趣；</li> <li>2. 促进学生运动技巧，增强运动能力；</li> <li>3. 培养学生运动习惯，增强建立终身健康积极生活方式意识；</li> </ol> <p>学生于本课程所得成绩根据学生经测验所达到的体适能基本理论、基本技能、学习精神及上课出席率及参与度而评定。</p>

## **B. Corresponding course in CUHK**

Please give details of the *closest* corresponding course in CUHK (as approved by CUHK Senate and listed in course list). If the course in SZ maps to more than one course in CUHK, please make multiple copies of the block below.

Course code	
Course title (English)	
Course title (Chinese)	
Units	
Description (English)	
Description (Chinese)	

## **2. Prerequisites / Co-requisites**

Please state prerequisites and co-requisites, in terms of courses in CUHK (SZ)\* or any other requirements (e.g., having taken certain subjects in high school).

(\* Because course codes may not yet be stable, please provide both course code and course title.)

### **A. Prerequisites**

No prerequisites.

### **B. Co-requisites**

No co-prerequisite.

## **3. Learning Outcomes**

- (i) Students will enhance awareness of developing a physically active lifestyle;
- (ii) Students will perform movement skills;
- (iii) Students will apply the knowledge of physical fitness to their daily exercises, and will understand how to determine exercise purpose and the corresponding plans according to their own physical fitness;
- (iv) Students will participate in physical activities during extracurricular time;
- (v) Students will enhance their generic skills such as creativity, communication, team collaboration, problem-solving abilities, leadership, and so on;
- (vi) Students will actively appreciate sports matches, or participate in sports teams or events at the University.

#### **4. Course syllabus**

This course includes three parts: sports skills, physical fitness assessment, and physical fitness theory. With the course's emphasis on students' attitude to participate into the various activities to promote individuals' health, the instructor will present current health issues and different exercise approaches for students' discussions and practice.

- a. Sports Skills
- b. Physical Fitness Assessment

#### **5. Assessment Scheme**

<b>Component/ method</b>	<b>% weight</b>
Written test	25%
Skill test	60%
Classroom participation	15%
Total	100%

#### **6. Grade descriptor**

<b>Grade</b>	<b>Overall Course</b>
<b>A</b>	Demonstrates a thorough understanding of the required knowledge and skills, and has the ability to apply the knowledge and skills almost faultlessly in practice; consistently demonstrates higher levels of training and study ability in practice; and actively participate in classroom activities and extracurricular sports activities.
<b>A-</b>	Demonstrates a thorough understanding of the required knowledge and skills, and has the ability to apply the knowledge and skills in standard situations; generally demonstrates high levels of training and study ability in practice, and actively participate in classroom activities and extracurricular sports activities.
<b>B+</b>	Demonstrates a good understanding of the required knowledge and skills, and has the ability to apply the knowledge and skills in most of familiar and standard situations; generally demonstrates good levels of training and study ability in practice; and actively participate in classroom activities and extracurricular sports activities.
<b>B</b>	Demonstrates a good understanding of the required knowledge and skills, and has the ability to apply the knowledge and skills in most (but not all) of familiar and standard situations; occasionally demonstrates good levels of training and study ability in practice; and generally participate in classroom activities and extracurricular sports activities.
<b>B-</b>	Demonstrates an adequate understanding of the required knowledge and skills, and has the ability to apply the knowledge and skills in some uncomplicated situations; occasionally demonstrates general levels of training and study ability in practice; and generally participate in classroom activities and extracurricular sports activities.

<b>C+</b>	Demonstrates an adequate understanding of the required knowledge and skills, and has the ability to apply the knowledge and skills in some simple and familiar situations; occasionally demonstrates satisfactory levels of training and study ability in practice; and occasionally participate in classroom activities and extracurricular sports activities.
<b>C</b>	Demonstrates an inadequate understanding of the required knowledge and skills, and has limited ability to apply the knowledge and skills in some simple and familiar situations; occasionally demonstrates satisfactory levels of training and study ability in practice; and limited participation in classroom activities and extracurricular sports activities.
<b>C-</b>	Demonstrates an inadequate understanding of the required knowledge and skills, and has limited ability to perform and sometimes apply the required knowledge and skills in some simple and familiar situations; barely demonstrates satisfactory levels of training and study ability in practice; and limited participation in classroom activities and extracurricular sports activities.
<b>D</b>	Demonstrates a poor understanding of the required knowledge and skills, and has very limited ability to perform and rarely apply the basic the required knowledge and skills in some simple and familiar situations; barely demonstrates satisfactory levels of training and study ability in practice; and limited participation in classroom activities and extracurricular sports activities.
<b>F</b>	Unsatisfactory performance on a number of learning outcomes, OR failure to meet specified assessment requirements.

## 7. **Feedback for evaluation**

- a. Course and Teaching Evaluation at the end of course
- b. Informal feedback channels throughout the course (face-to-face, email)

## Wushu Sanda 武术散打

Teacher: 马程浩 / Chenghao MA

Office: Rm 318, Zhi Xin Bldg

Tel: 842-73043

E-mail: [machenghao@cuhk.edu.cn](mailto:machenghao@cuhk.edu.cn)

### 8. Reading

#### A. Required

朱瑞琪 (2015): 《武术散打技术理论与裁判》, 北京: 人民体育出版社。

马勇志 (2018): 《散打运动教程》, 北京: 北京体育大学出版社。

黄生勇和金马 (2015): 《武术散打》, 西安: 西安电子科技大学出版社。

沈剑威和阮伯仁 (2008): 《体适能基础理论》, 北京: 人民体育出版社

#### B. Recommended

American College of Sports Medicine. (2012). *ACSM's resource manual for guidelines for exercise testing and prescription, Seventh edition*. Human Kinetics

Cung Le & Glen Cordoza. (2010). *Sanshou: the complete fighting system*. Victory Belt Publishing, U.S.

### 9. Course components

Activity	Hours/week
Practice	13 weeks
Exams	2 weeks

### 10. Indicative teaching plan

Week	Content/ topic/ activity
1	Course introduction, Wushu Sanda basic movements and punching techniques A
2	Wushu Sanda punching techniques B
3	Wushu Sanda kicking techniques A
4	Physical fitness theory: body composition and flexibility
5	Wushu Sanda kicking techniques B
6	Wushu Sanda striking combinations
7	Wushu Sanda takedown techniques A
8	Physical fitness theory: physical fitness prescriptions & Wushu Sanda theory
9	Wushu Sanda takedown techniques B
10	Wushu Sanda striking and takedown combinations
11	Self-defense techniques
12	Breaking techniques
13	Wushu Sanda competition techniques and strategies, and skill test review
14	Skill test
15	Written test

## MMA (Mixed Martial Arts) 综合格斗

Teacher: 马程浩 / Chenghao MA

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E-mail: [machenghao@cuhk.edu.cn](mailto:machenghao@cuhk.edu.cn)

### 8. Reading

#### B. Required

张海 (2018): 《风靡世界的综合格斗运动》, 太原: 山西科学技术出版社。

毛智和与黄恩华 (2018): 《国际综合格斗概论》, 北京: 北京大学出版社。

沈剑威和阮伯仁 (2008): 《体适能基础理论》, 北京: 人民体育出版社。

#### B. Recommended

American College of Sports Medicine. (2012). *ACSM's resource manual for guidelines for exercise testing and prescription, Seventh edition*. Human Kinetics

Greg Jackson & Kelly Crigger. (2010) *Jackson's Mixed Martial Arts: The Stand Up Game*. Victory Belt Publishing, U.S.

Greg Jackson & Kelly Crigger. (2009) *Jackson's Mixed Martial Arts: The Ground Game*. Victory Belt Publishing, U.S.

### 9. Course components

Activity	Hours/week
Practice	13 weeks
Exams	2 weeks

### 10. Indicative teaching plan

Week	Content/ topic/ activity
1	Course introduction, MMA basic movements and punching techniques
2	MMA elbow, knee and kicking techniques
3	MMA kicking techniques and stand-up techniques review
4	Physical fitness theory: body composition and flexibility
5	MMA striking combinations
6	MMA core ground mobility and ground striking techniques
7	MMA clinch and takedown techniques
8	Physical fitness theory: physical fitness prescriptions
9	MMA ground techniques
10	MMA tactics and conditioning training
11	Self-defense techniques
12	Breaking techniques
13	MMA competition techniques, strategies and skill test review
14	Skill test
15	Written test

## Football 足球

Teacher: 王琛 (Wang Chen)

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Tel: 842-73044

E-mail: [wangchen@cuhk.edu.cn](mailto:wangchen@cuhk.edu.cn)

### 8. Reading

#### A. Required

何志林(2000): 《现代足球》，北京：人民体育出版社。

The International Football Association Board (2016): *Laws of the Game*,  
Switzerland : IFBA.

《体适能基础理论》，北京：人民体育出版社。

#### B. Recommended

Donald T. Kirkendall. (2011). *Soccer Anatomy*.

HUMAN KINETICS

Jonathan Wilson. (2013). *Inverting the Pyramid: The history of soccer tactics*

Nation Books; First Trade Paper Edition

David Goldblatt. (2008). *The Ball Is Round: A Global History Of Soccer*

Riverhead Books; 1St Edition

### 9. Course components

Activity	Hours/week
Practice	13 weeks
Exams	2 weeks

### 10. Indicative teaching plan

Week	Content/ topic/ activity
1	Course introduction
2	Dribbling Moves and Practice
3	Dribbling skills and activities with games
4	Passing Introduction and Activities
5	Physical fitness theory: body composition
6	Receiving Passes (Trapping)
7	Review
8	Theory of Football
9	Penalty kicks
10	Shooting Introduction
11	Offense and Defense
12	Basic match knowledge
13	Practice
14	Skill test
15	Written test

## Frisbee 飞盘

Teacher: 王琛 (Wang Chen)

Office: Rm 306, Zhi Xin Bldg.

Tel: 842-73044

E-mail: [wangchen@cuhk.edu.cn](mailto:wangchen@cuhk.edu.cn)

### 8. Reading

#### B. Required

龚晓 徐浩远: 《极限飞盘》, 北京: 现代教育出版社。

《体适能基础理论》, 北京: 人民体育出版社。

#### B. Recommended

Victor A Malafronte(1998)*The Complete Book of Frisbee: The History of the Sport & the First Official Price Guide*

David Gessner (2017) *Ultimate Glory: Frisbee, Obsession, and My Wild Youth*

James studarus(2003). *Fundamentals of Ultimate: The Complete Guide to Ultimate Frisbee*

### 9. Course components

Activity	Hours/week
Practice	13 weeks
Exams	2 weeks

### 10. Indicative teaching plan

Week	Content/ topic/ activity
1	Course introduction
2	Frisbee Grips ( Basic Grips, Power Grip, Hybrid Grip)
3	Backhand Frisbee Throw
4	Physical fitness theory: body composition
5	Forehand Frisbee Throw I (Side Arm throw)
6	Forehand Frisbee Throw II
7	Basic Catching techniques(Pancake Catch, Crab Catch, One hand Catch)
8	Theory of Frisbee
9	Faking and Pivoting
10	Review
11	Hammer Throw/Overhand Throw
12	Basic match knowledge
13	Practice
14	Skill test
15	Written test



## **Floor Curling 地壺球**

Teacher: 陈海瑞 (Harry Chen)

Office: Rm 437, Zhi Xin Bldg.

Tel: 842-73198

E-mail: [harrychen@cuhk.edu.cn](mailto:harrychen@cuhk.edu.cn)

### **8. Reading**

#### **A. Required**

《冰壶入门与教学实践》

作者: 李凌姝、钱军、王骏、陆中玉 出版社: 世界图书出版公司 2015年8月

#### **B. Recommended**

《冰壶运动和竞赛规则》 中国冰壶协会 2016年4月

### **9. Course components**

Activity	Hours/week
Practice	13 weeks
Exams	2 weeks

### **10. Indicative teaching plan**

Week	Content/ topic/ activity
1	Course introduction
2	Floor Curling Trial class
3	Physical fitness theory: Body composition and flexibility
4	Etiquette and Delivery Rules
5	Competition Rules
6	Delivery Strength Practice
7	Physical fitness theory: physical fitness prescriptions
8	Straight Delivery Practice
9	Floor Curling Techniques Practice
10	Skills Practice - Promote & Take-out
11	Skills Practice - Hit and Roll
12	Match Tactics
13	Floor Curling Match
14	Skill test
15	Written examination

## Swimming-Breaststroke 游泳-蛙泳

Teacher : 周漫璐 (Lucy Zhou)

Office: Room 327, Zhi Xin Bldg

Tel: 235-16549

E-mail: zhoumanlu@cuhk.edu.cn

### 8. Reading

#### A. Required

The ASA Swimming Assistant Level One (2016). ASA Merchandising Publishers; Sarah Green, Catherine butt.

梅雪雄 (2016): 《游泳》(第四版), 北京: 高等教育出版社。

沈剑威和阮伯仁 (2008): 《体适能基础理论》, 北京: 人民体育出版社。

#### B. Recommended

Scott Bay (2017): 《游泳运动从入门到精通》, 北京: 人民邮电出版社。

Fitness and Health. (2006.12). *Human Kinetics Publishers; 6th Revised edition.*

Brian J. Sharkey, Steven E. Gaskill.

### 9. Course components

Activity	Hours/week
Practice	13 weeks
Exams	2 weeks

### 10. Indicative teaching plan

Week	Content/ topic/ activity
1	Course Introduction and Breathing
2	Breathing and Floating
3	Physical fitness theory
4	The Kicking
5	Timing of the Breathing and Kicking
6	Armstroke and Breathing
7	Theory of Swimming
8	Timing of the Armstroke and Kicking
9	Practicing with Less Arm Float
10	Practicing with Less Back Float
11	Swimming without Float Equipment
12	Review Breaststroke
13	Simulation final exam
14	Skill Test
15	Written Examination

## Swimming-Freestyle 游泳-自由泳

Teacher : 周漫璐 (Lucy Zhou)

Office: Room 327, Zhi Xin Bldg

Tel: 235-16549

E-mail: zhoumanlu@cuhk.edu.cn

### 8. Reading

#### A. Required

The ASA Swimming Assistant Level one

(2016). ASA Merchandising Publishers; Sarah Green, Catherine butt.

梅雪雄 (2016): 《游泳》(第四版), 北京: 高等教育出版社。

沈剑威和阮伯仁 (2008): 《体适能基础理论》, 北京: 人民体育出版社。

#### B. Recommended

Scott Bay (2017): 《游泳运动从入门到精通》, 北京: 人民邮电出版社。

Fitness and Health. (2006.12). *Human Kinetics Publishers; 6th Revised edition.*

Brian J. Sharkey, Steven E. Gaskill.

### 9. Course components

Activity	Hours/week
Practice	13 weeks
Exams	2 weeks

### 10. Indicative teaching plan

Week	Content/ topic/ activity
1	Course Introduction and Breaststroke Review
2	The Flutter Kick
3	Physical fitness theory
4	Timing of the Kicking and Breathing
5	Review Kicking and Breathing
6	One Arm Exercise and Breathing
7	Theory of Swimming
8	Double Arms Coordination
9	Practicing with Less Arm Float
10	Practicing with Less Back Float
11	Swimming without Float Equipment
12	Review Freestyle
13	Simulation final exam
14	Skill Test
15	Written Examination

## Tennis 网球

Teacher: 陈海瑞 (Harry Chen)

Office: Rm 437, Zhi Xin Bldg.

Tel: 842-73198

E-mail: [harrychen@cuhk.edu.cn](mailto:harrychen@cuhk.edu.cn)

### 8. Reading

#### A. Required

United States Tennis Association. (2004). *Coaching Tennis Successfully*. Human Kinetics Publishers; 2nd revised edition.

陶志翔 (2006): 《网球运动教程》, 北京: 北京体育大学出版社。

沈剑威和阮伯仁 (2008): 《体适能基础理论》, 北京: 人民体育出版社。

#### B. Recommended

网球俱乐部杂志 (Tennis club Magazine), 人民出版社。

Angela Lumpkin. (1985). *A Guide to the Literature of Tennis*. Greenwood.

American College of Sports Medicine. (2012). *ACSM's resource manual for guidelines for exercise testing and prescription, Seventh edition*. Human Kinetics

### 9. Course components

Activity	Hours/week
Practice	13 weeks
Exams	2 weeks

### 10. Indicative teaching plan

Week	Content/ topic/ activity
1	Course introduction
2	Forehand and Backhand grip
3	Physical fitness theory: Body composition and flexibility
4	Forehand hit
5	Moving hit (Forehand)
6	Backhand hit
7	Physical fitness theory: physical fitness prescriptions
8	Moving hit (Backhand)
9	Volley
10	Serve
11	Single match
12	Doubles match knowledge
13	Practice
14	Skill test
15	Written examination

## Pickleball 匹克球

Teacher: 张延杰 (ZHANG Yanjie)/ 石大玲 (SHI Daling)

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Tel: 842-73169

E-mail: zhangyanjie@cuhk.edu.cn

### 8. Reading

#### A. Required

Baker J., Richard Movesession. (2018). How to Play Pickleball: The Complete Guide from A to Z: Illustrated Stroke Techniques and Winning Strategies.

沈剑威和阮伯仁 (2008): 《体适能基础理论》, 北京: 人民体育出版社。

#### B. Recommended

USA Pickleball Association. (2015). *Pickleball Fundamentals*. Human Kinetics, Inc.

### 9. Course components

Activity	Hours/week
Practice	13 weeks
Exams	2 weeks

### 10. Indicative teaching plan

Week	Content/ topic/ activity
1	Introduction Pickleball, equipment, safety
2	Forehand grip/ Backhand grip
3	Physical fitness theory III
4	Dink shot (forehand and backhand)
5	Volley
6	Serve and Returns
7	Physical fitness theory IV
8	Third shot and Groundstroke
9	Lob
10	Overhead smash
11	Singles and doubles strategies
12	Pickleball match
13	Practice
14	Skill test
15	Written test

## **Basketball 篮球**

Teacher: 蒋昊 (Jiang Hao)

Office: Rm 314, Zhixin Bldg.

Tel: 842-73079

E-mail: [jianghao@cuhk.edu.cn](mailto:jianghao@cuhk.edu.cn)

### **8. Reading**

#### **A. Required**

Wissel, H., (2012). Basketball-3<sup>rd</sup> Edition: Steps to Success. *Human Kinetics Publishers*.

沈剑威和阮伯仁（2008）：《体适能基础理论》，北京：人民体育出版社。

中国篮球协会<审定>（2014）：《篮球规则》，北京：北京体育大学出版社。

#### **B. Recommended**

American College of Sports Medicine. (2012). *ACSM's resource manual for guidelines for exercise testing and prescription, Seventh edition*. Human Kinetics

### **9. Course components**

<b>Activity</b>	<b>Hours/week</b>
Practice	13 weeks
Exams	2 weeks

### **10. Indicative teaching plan**

<b>Week</b>	<b>Content/ topic/ activity</b>
1	Course Introduction
2	Footwork
3	Physical Fitness Theory
4	Passing and Catching
5	Dribbling
6	Rebounding
7	Theory of Basketball
8	Shooting
9	Team Offense
10	Team Defense
11	Basic Match Knowledge
12	Basketball Match
13	Basketball Match
14	Skill Test
15	Written Examination

## Volleyball 排球

Teacher: 张萍 (ZHANG Ping)

Office: Rm327, Zhixin Bldg.

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### c. Reading

#### A. Required

沈剑威和阮伯仁 (2008): 《体适能基础理论》, 北京: 人民体育出版社。

周振华, 杨宏峰, 李志宏, (2012): 《排球实用教程》, 北京: 中国农业科学技术出版社。

Don Shondell, Cecile Reynaud. (2002). *The Volleyball Coaching Bible, Volume I*, Human Kinetics

American Volleyball Coaches Association. (2012). *The Volleyball Drill Book, 125 Technical and Tactical Drills*, Human Kinetics

#### B. Recommended

American College of Sports Medicine. (2012). *ACSM's resource manual for guidelines for exercise testing and prescription, Seventh edition*. Human Kinetics

### d. Course components

Activity	Hours/week
Practice	13 weeks
Exams	2 weeks

### e. Indicative teaching plan

Week	Content/ topic/ activity
1	Course introduction
2	Forearm pass
3*	Physical fitness theory: Body composition
4	Overhead pass
5	Forearm pass and overhead pass
6	Serve
7*	Theory of Volleyball
8	Review of pass skills and serve
9	Smash
10	Block
11	Combination of smash and block
12	Basic match knowledge
13	Volleyball match
14	Skill test
15	Written test

## Handball 手球

Teacher: 张萍 (ZHANG Ping)

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### 8. Reading

#### C. Required

沈剑威和阮伯仁 (2008): 《体适能基础理论》, 北京: 人民体育出版社。  
李镜绣 (2012): 《青少年手球教学与训练》, 北京: 北京体育大学出版社。  
邵天诺、杨华照 (2006) *基础手球*。澳门: 澳门理工学院。  
Radu, F.L., & Abalasei, B.A. (2015). *101 Team handball*. London: Bloomsbury.

#### D. Recommended

American College of Sports Medicine. (2012). *ACSM's resource manual for guidelines for exercise testing and prescription, Seventh edition*. Human Kinetics

### 9. Course components

Activity	Hours/week
Practice	13weeks
Exams	2 weeks

### 10. Indicative teaching plan

Week	Content/ topic/ activity
1	Course introduction
2	Passing and Catching I
3*	Physical fitness theory: body composition
4	Passing and Catching II
5	Shooting and Goalkeeping I
6	Shooting and Goalkeeping II
7*	Theory of Handball
8	Review the Passing and Catching
9	Offense and Defense I
10	Offense and Defense II
11	Review the Shooting and Goalkeeping
12	Basic match knowledge
13	Practice
14	Skill test
15	Written test



## **Badminton 羽毛球**

Teacher: 王纯 (Karen Wang)

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Tel: 842-73170

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### **8. Reading**

#### **A. Required**

Badminton- steps to success. (2008). *Human Kinetics Publishers; 2<sup>nd</sup> revised edition.*

Tony Grice

中国羽毛球协会审定 (2020): 《羽毛球竞赛规则》, 北京体育大学出版社。

沈剑威和阮伯仁 (2008): 《体适能基础理论》, 北京: 人民体育出版社。

#### **B. Recommended**

张瑞林, 《羽毛球运动》, (2010), 北京: 高等教育出版社。

Fitness and Health. (2006.12). *Human Kinetics Publishers; 6th Revised edition.*

Brian J. Sharkey, Steven E. Gaskill

### **9. Course components**

Activity	Hours/week
Practice	13 weeks
Exams	2 weeks

### **10. Indicative teaching plan**

Week	Content/ topic/ activity
1	Course Introduction
2	Forehand Grip /Serve
3	Physical fitness theory
4	Backhand Grip/Serve
5	High Clear
6	High Clear /Footwork
7	Forehand/Backhand Lift
8	Theory of Badminton
9	Drop Shot
10	Net Shot
11	Smash
12	Single and Doubles Match Knowledge
13	Match
14	Skill Test
15	Written Examination

## Barre Training 把杆训练

Teacher: 王纯 (Karen Wang)

Office: Rm 439, Zhixin Bldg.

Tel: 842-73170

E-mail: [wangchun@cuhk.edu.cn](mailto:wangchun@cuhk.edu.cn)

### 8. Reading

#### A. Required

修订版/美国国家运动医学学会等主编；王雄，JUZPLAY 运动表现训练译  
(2019, 7)：《NASM-CES 美国国家运动医学学会纠正性训练指南》，  
北京：人民邮电出版社  
沈剑威和阮伯仁（2008）：《体适能基础理论》，北京：人民体育出版社。

#### C. Recommended

Dr.Eric Goodman Peter Park 著，阎惠群译：《核心基础运动》，北京：北京联合出版社

Mark Rippetoe（2013）：《Starting Strength:Basic Barbell Training》，The Aasgaard Company 3118 Buchanan St, Wichita Falls TX 76308,USA

### 9. Course components

Activity	Hours/week
Practice	13 weeks
Exams	2 weeks

### 10. Indicative teaching plan

Week	Content/ topic/ activity
1	Course Introduction/ Body composition Test
2	Basic Training of Hip and Leg
3	Hip and Leg Training Routine
4	Core Basic Training I
5	Core Basic Training II
6	Physical fitness theory
7	Core Stability Training I
8	Core Stability Training II
9	Basic Training of Upper Limb
10	Upper Limb Training
11	Combination Instrument Training I
12	Combination Instrument Training II
13	Sharing Class
14	Skill Test
15	Written Examination

## Table Tennis 乒乓球

Teacher: 陈汕聪 (Shancong Chen)

Office: Rm 326, Zhi Xin Bldg

Tel: 235-16610

E-mail: chenshancong@cuhk.edu.cn

### 8. Reading

#### A. Required

唐建军 (2019): 《乒乓球》, 北京: 北京体育大学出版社。

(日) 田崎俊雄, 译: 王爽威 (2019): 《乒乓球基础与实战》, 北京: 人民邮电出版社。

沈剑威和阮伯仁 (2008): 《体适能基础理论》, 北京: 人民体育出版社。

#### B. Recommended

张红玲 (2019): 《乒乓球教学与训练》, 北京: 中国书籍出版社

American College of Sports Medicine. (2012). ACSM's resource manual for guidelines for exercise testing and prescription, Seventh edition. Human Kinetics

### 9. Course components

Activity	Hours/week
Practice	13 weeks
Exams	2 weeks

### 10. Indicative teaching plan

Week	Content/ topic/ activity
1	Course introduction
2	The grip and Ready position/ Forehand attack
3	Forehand flat serve
4	Physical fitness theory
5	Backhand attack
6	Backhand flat serve
7	Review the Forehand and Backhand attack
8	Theory of Table Tennis
9	Footwork
10	Forehand push
11	Backhand push
12	Practice
13	Match
14	Skill test
15	Written examination

## Shuttlecock 毽球

Teacher: 石大玲 (Shi Daling)

Email: shidaling@cuhk.edu.cn

### 8. Reading

#### A. Required

石大玲. (2015). 《毽球教学与训练教程》，中国商业出版社。

中国毽球协会. 《毽球竞赛规则 2017》，北京体育大学出版社。

#### B. Recommended

石大玲. (2020). 《大学体育立体化教程》，北京体育大学出版社。

American College of Sports Medicine. (2012). *ACSM's resource manual for guidelines for exercise testing and prescription, Seventh edition*. Human Kinetics

### 9. Course components

Activity	Hours/week
Practice	13 weeks
Exams	2 weeks

### 10. Indicative teaching plan

Week	Content/ topic/ activity
1	Course introduction
2	Kick the shuttlecock (inside foot)
3	Physical fitness theory
4	Kick the shuttlecock (outside foot)
5	Leg kick
6	Chest kick
7	Serve (instep) and returns
8	Group kicks and tactics (double)
9	Group kicks and tactics (triple)
10	Serve (lateral crus) and returns
11	Competition tactics
12	Group match
13	Practice
14	Skill test
15	Written examination

### **11. Implementation plan (2023–24)**

The implementation plan may vary from year to year. Please indicate expected enrolment, and number of sections.

Lectures: about 28 students in a PE class (61 parallel sections for a cohort of 1710 students)

### **12. Approval**

Has the course title been included in the programme submission approved by CUHK Senate? Are there any differences?

Yes, course title approved by Senate already.

Have the details (as in this document) been approved at School or other level in CUHK (SZ)?

Yes, as of December 4th, 2023.

### **13. Any other information**

#### **Academic Honesty**

CUHK(SZ) has a policy of **zero-tolerance for plagiarism**. Students should refer to the following for the University's policy: <http://www.cuhk.edu.hk/policy/academichonesty/>

### **14. Version date**

Version number	001
As of (date)	December 4th, 2023

## **15. Assessment criteria**

### ***1. Absence:***

#### **A. Sick Leave:**

- a. Application for sick leave should be accompanied with medical certificate issued by Clinic or a registered medical practitioner.
- b. A student, who has applied for sick leave for more than 4 lessons (**absence for one double lesson will be regarded as absence for 2 lessons**) in one semester and possesses the medical certificate from Clinic recommending he/she to drop the PE course, can apply for “Drop/deferment of Course” to the Registry Services Office. He/she is required to retake the course in the subsequent academic year.
- c. A failure grade “F” will be given to students who have been absent for more than 5 lessons in one semester.
- d. Students with disabled conditions (e.g. fracture, severe chronic disease) are unable to move independently. Hereby, special programme will be offered. They can read relevant sports or health books and write a comment (about 500 words) biweekly, and write a paper (about 1500 words) instead of the skill test.
- e. Students without severe physical (or disabled) conditions who are able to independently perform activities of daily living are required to take PE class weekly, they can sit in or do light sport activity in class. If the student will sit in, writing a class note is required (about 500 words).
- f. Any other mental illness (e.g. depression, anxiety ...) is not considered.

#### **B. Leave of absence for non-medical reason**

A student should submit the written application with supporting documents to the lecturer of the course in advance.

#### **C. Absence without compelling reasons**

5 points will be deducted for each lesson.

\*Students are not allowed to make up classes for the above three (A-C) types of absence.

### ***2. Clothing requirement***

Students must wear appropriate sportswear and sports shoes.

**3. Mark penalties** (directly calculated in the total score 100%)

	Details	Scores
Mark penalties	1) Every absence without a compelling reason (late over 15 minutes will be treated as absence; special conditions can be handles by lecturers independently.)	5 points deducted
	2) Late or early leave for each lesson	1 point deducted
	3) Inappropriate attire for each lesson	1 point deducted

**4. If a student has been absent for 4 lessons, he/she will be warned. If a student has been absent for more than 5 lessons, he/she will receive a failure grade “F”.**