Master of Science & Postgraduate Diploma in

Sports Medicine & Health Science

On the Equivalent List I for Recruitment of Consultant Physiotherapist (Musculoskeletal)
On the List of Quotable Qualifications of the Medical Council of Hong Kong
On the List of Quotable Qualifications of the Physiotherapists Board
Commitment to quality teaching is one of the main keystones of the department. With the setting up of a formal teaching committee and departmental teaching coordinator, the curriculum is regularly reviewed and updated. Regular teaching quality assessment, meeting with students and annual curriculum review with honorary teachers has helped not only to update but continuous improvement of the quality of teaching as reflected by the evaluation results and recognition by the faculty and university.

We are the first and only taught programme in sports medicine in Hong Kong since 2004 and have fostered more than 600 sports medicine professionals over 14 years. We aim not only to provide advanced academic training to health care and sports professionals, but also promote sports injury prevention in the community.

Echoing our Faculty motto “Transforming our passion into perfection”, our key role is to cultivate students’ ability to become excellent specialists in sports medicine. The programmes emphasize practical skills and hands-on experience. We offer unique opportunities to expose students to genuine medical practice through practicum and workshops. Students are expected to develop outstanding clinical, academic and research skills through specialized electives. Furthermore, the programme is under annual review by world-class faculty for quality assurance and continual improvement in today’s ever-changing world to keep abreast of the latest advances in sports medicine and health science.
TEACHING FACULTY

PROGRAMME DIRECTOR 課程總監

Prof. Patrick SH YUNG
MBBCh (CUHK), FCSHK, FRCS (Edin), FHKCOS, FRCS (Orth), FHKAM (Orthopaedic Surgery)
- Professor
  Department of Orthopaedics and Traumatology, Faculty of Medicine, CUHK
- Honorary Consultant
  Department of Orthopaedics and Traumatology, Prince of Wales Hospital, Hong Kong
- Director
  The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, Faculty of Medicine, CUHK
- Honorary Sports Medicine Consultant
  Hong Kong Sports Institute

HONORARY PROGRAMME DIRECTOR 榮譽課程總監

Prof. Christer G ROLF
MD, PhD (Linnaeus)
- Adjunct Professor
  Department of Clinical Science, Intervention and Technology (CLINTEC), Karolinska Institute, Stockholm, Sweden
- Honorary Professor
  Department of Orthopaedics and Traumatology, Faculty of Medicine, CUHK

DEPUTY PROGRAMME DIRECTORS 課程執行總監

Dr. Raymond CT LI
PhD (Australia), MPhil (CUHK), GradDipPhy (UK)
- Adjunct Associate Professor
  Department of Orthopaedics and Traumatology, Faculty of Medicine, CUHK
- Former Sports Physiotherapy Coordinator
  Hong Kong Sports Institute

Dr. Raymond CH SO
PhD (PolyU)
- Director
  Elite Training Science and Technology, Hong Kong Sports Institute
- Corresponding member
  Education Commission, International Federation of Sports Medicine (ITMS)

Quality Integrated Education
PROGRAMME OVERVIEW

Target Student
The programmes target at healthcare and fitness professionals, including medical doctors, physiotherapists, nurses, allied health professionals, sports scientists and coaches.

Teaching Format
Lecture, practical workshop, clinical attachment, on-field training, group discussion, case study, seminar and tutorial.

Assessment
Individual or group assignment, presentation, attendance and examination.

Graduation Requirement
- Complete the necessary course requirements with a cumulative Grade Point Average (cGPA) of 2.0 or above; and
- Attend not less than 75% for each module

Class venue
Classes are usually held in Prince of Wales Hospital, occasionally in CUHK campus.

Tuition Fee (2018 Intake)
- MSc programme (Full-time): HK$158,000 (in 2 installments)
- MSc programme (Part-time): HK$158,000 (in 2 installments per year)
- Postgraduate Diploma: HK$79,000 (in 2 installments)

Class Schedule
- Weekday evenings and Saturday afternoons.
- Students are required to attend sports medicine & health sciences related conferences on occasional weekends throughout their study period.

<table>
<thead>
<tr>
<th>2018 - 2019 Term 1 (Sep - Dec)</th>
<th>MSc Full-time programme: Classes are held from Monday to Thursday (6:30 - 9:30 pm) and Saturday (2 - 6 pm).</th>
</tr>
</thead>
<tbody>
<tr>
<td>MSc Part-time programme &amp; PgDip: Classes are held on Tuesdays and Thursdays (6:30 - 9:30 pm) and Saturdays (2 - 6 pm).</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2018 - 2019 Term 2 (Jan - Jun)</th>
<th>MSc Full-time programme: Classes are held from Monday to Thursday (6:30 - 9:30 pm), occasionally on Saturdays (2 - 6 pm).</th>
</tr>
</thead>
<tbody>
<tr>
<td>MSc Part-time programme &amp; PgDip: Classes are held on Tuesdays and Thursdays (6:30 - 9:30 pm), occasionally on Saturdays (2 - 6 pm).</td>
<td></td>
</tr>
</tbody>
</table>

2019 - 2020
MSc Part-time programme: Taking an elective study throughout the year. Timetables of elective vary from course to course. Classes are held on Mondays and Wednesdays (6:30 - 9:30 pm).

* This schedule may be subject to change.
PROGRAMME OBJECTIVE

- To equip students with professional knowledge and skills in specialized areas of sports medicine and health science to improve their competence and competitiveness.
- To give students a comprehensive understanding of sports and soft tissue injuries, including their causes, assessment, treatment and rehabilitation.
- To introduce students to the latest diagnostic and assessment tools as well as therapeutic options in sports injuries management.
- To provide students with the skills in evaluating health behaviors and risk factors, in motivating athletes/individuals to modify negative health habits and to maintain healthy lifestyle.
- To create an environment for networking and experience sharing among the professionals from different health disciplines, which enhances interdisciplinary understanding and collaboration.

PROGRAMME STRUCTURE

Master of Science (MSc) Programme 碩士課程

- Students are required to complete 30 credits in one year (full-time) or two years (part-time).

Postgraduate Diploma (PgDip) 深造文憑

- Students are required to complete 15 credits in one year (part-time).
- Upon the satisfactory completion of the diploma, students have the option to enroll in MSc programme.
- Credits earned are transferable and equivalent to those earned in the MSc programme. The credits are only eligible for transfer up to 3 years after graduation from the diploma.

Curriculum 課程大綱

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit</th>
<th>MSc</th>
<th>PgDip</th>
</tr>
</thead>
<tbody>
<tr>
<td>ORTY 5015 Orthopaedic Sports Medicine</td>
<td>5</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>ORTY 5016 Sports Injury Prevention and Rehabilitation</td>
<td>3</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>ORTY 5020 Applied Sports Science for Performance Enhancement</td>
<td>3</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>ORTY 5021 Medical Problems Encountered During Exercise &amp; Sports Participation</td>
<td>2</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>ORTY 5022 Sports Medicine in Elite Athletes</td>
<td>3</td>
<td>✓</td>
<td>x</td>
</tr>
<tr>
<td>ORTY 5027 Emergency Sports Medicine</td>
<td>2</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>ORTY 5035 Sports Medicine Seminars &amp; Clinical Trainings</td>
<td>2</td>
<td>✓</td>
<td>x</td>
</tr>
</tbody>
</table>

Elective (Any one of the following):

- ORTY 5041 & 5042 Team Doctor / Physiotherapist
- ORTY 5051 & 5052 Strength and Conditioning Coach
- ORTY 5061 & 5062 Research Project
- ORTY 5071 & 5072 Systematic Review or Meta-Analysis
- ORTY 5081 & 5082 Clinical Sports Trainer

Study Scheme 修讀模式

<table>
<thead>
<tr>
<th>Year</th>
<th>Term</th>
<th>MSc Full-time</th>
<th>MSc Part-time</th>
<th>PgDip</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Year</td>
<td>Term 1</td>
<td>ORTY 5015, ORTY 5016 Elective (Part I)</td>
<td>ORTY 5015, ORTY 5016</td>
<td>ORTY 5015, ORTY 5016</td>
</tr>
<tr>
<td>First Year</td>
<td>Term 2</td>
<td>ORTY 5020, ORTY 5021, ORTY 5022, ORTY 5027, ORTY 5035* Elective (Part II)*</td>
<td>ORTY 5020, ORTY 5021, ORTY 5022, ORTY 5027</td>
<td>ORTY 5020, ORTY 5021, ORTY 5027</td>
</tr>
<tr>
<td>Second Year</td>
<td>Term 1</td>
<td>Elective (Part I)**</td>
<td>If students proceed to MSc programme, they are required to take ORTY 5022, ORTY 5035* and an elective in the second year of study.</td>
<td></td>
</tr>
<tr>
<td>Second Year</td>
<td>Term 2</td>
<td>ORTY 5035* Elective (Part II)**</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* ORTY 5035 is conducted throughout the whole study period and grade is released at the final term.
** Students studying MSc programme are required to take one elective only. The elective is conducted in both terms and is divided into Part (I) and Part (II).
PROGRAMME CURRICULUM

Sports injuries and their prevention and treatment are the cornerstone of the programmes. The courses cover a wide range of related medical topics and provide an interdisciplinary perspective in relevant areas of orthopaedic sports medicine, biomechanics, physiology and psychology.

Core Courses

ORTY 5015 Orthopaedic Sports Medicine
This course is designed to give students a comprehensive and in-depth understanding of sports injuries—their causes, mechanisms, assessments and treatments with specific emphasis on recent advances in diagnosis and management skills.

ORTY 5016 Sports Injury Prevention and Rehabilitation
This course aims to develop a comprehensive and interdisciplinary approach to prevention, treatment and management of sports injuries. Clinical knowledge, practical skills for evidence-based practice in sports medicine are provided. Through a combination of formal classroom and clinical experience, injury prevention strategies and rehabilitation management are introduced in this course.

ORTY 5020 Applied Sports Science for Performance Enhancement
This course aims to provide a comprehensive understanding of physiological, psychological and biomechanical theories and practical techniques applied to enhance sports performance. Exercise physiology, sports nutrition, sports psychology and some popular issues such as sports participation in extreme environments are covered.

ORTY 5021 Medical Problems Encountered During Exercise & Sports Participation
This course aims to demonstrate significant depth of knowledge of the medical aspects of sports medicine. It focuses on the identification and treatment of medical conditions of cardiovascular system, respiratory system, endocrine system, urinary and neurological system associated with physically active individuals and athletes.

ORTY 5022 Sports Medicine in Elite Athletes
This course aims to give students a comprehensive understanding on the application of sports medicine in elite athletes. It focuses on rehabilitation and injury prevention that allow athletes to recover fully from previous injuries and that develop strategies to prevent injuries from re-occurring in the future.

ORTY 5027 Emergency Sports Medicine
This course aims to provide comprehensive knowledge and practical skills in the assessment, treatment and management of emergent sports injuries. Emergent sports medicine management skills, emergency procedures, and advanced assessment skills, care and management of the specific injuries including head, spine, thoracic, and musculo-skeletal injuries are covered.

ORTY 5035 Sports Medicine Seminars & Clinical Trainings
This course aims to widen the exposure of students and enable them to apply knowledge and skills they have learnt. It offers opportunities for students to attend various academic symposia throughout their study period and to have clinical attachment in the sports injury clinic.

Electives

Students studying MSc programme are required to take one elective course. Final assignment of elective course is subject to decision of faculty members.

Team Doctor / Physiotherapist
This course is designed for doctors and physiotherapists. It aims to provide students with comprehensive team physician trainings. Students are able to learn and practise through lectures, workshops and on-field trainings in mega sports events, local and overseas sports competitions.

Strength and Conditioning Coach
This course is co-organized by CUHK and Hong Kong Sports Institute. Students are able to practise the most advanced and scientific training for elite athletes for the best strength and conditioning. Students can make use of the knowledge gained to design a training plan and coach an subject.

Clinical Sports Trainer
This course focuses on injury prevention, evaluation and acute care of sports injuries. Students will take up the role in bridging coaches, players and healthcare professionals in sports teams and will assist coaches in training. Students are able to learn through lectures, workshops and on-field trainings in various sports events.

Research Project 專題研究 & Systematic Review or Meta-Analysis
These courses provide practical trainings for students in conducting a scientific research, systematic review or meta-analysis. Students have to conduct an independent project which is related to the field of sports medicine and health science under the supervision of faculty members.
STUDENT PROFILE

Our students are from different regions with multicultural backgrounds:

- Faculty of Medicine
  - Prosthetist
  - Store Planning Architect
  - Registered Nurse
  - Rehab Therapist
  - Research Assistant
  
- 2017 - 2018
  - Education Background
    - Vancouver, Canada
    - Florida, United States
    - New Jersey, United States
    - Norwich, United Kingdom
    - Columbia, DC, United States
    - Nakuru, Kenya
    - Nairobi, Kenya
    - London, United Kingdom
    - Aberdeen, United Kingdom
    - Auckland, New Zealand
    - Changsha, China
    - Chengdu, China
    - Melbourne, Australia
    - Beijing, China
    - Wuhan, China
    - Shanghai, China
    - Palmerston North, New Zealand
    - Gansu, China
    - Changsha, China
    - Wuhan, China
    - Chengdu, China
    - Macau, China
    - Guangdong, China
    - Heilongjiang, China
    - Inner Mongolia, China
    - Shanghai, China
    - Tianjin, China
    - Beijing, China
  
- Technology, 2%
- Architecture, 2%
- Biomedical Engineering, 5%
- Business, 5%
- Chinese Medicine, 3%
- Health Education, 3%
- Journalism, 2%
- Medical Engineering, 2%
- Medicine, 6%
- Nursing, 6%
- Occupational Therapy, 5%
- Physical Education, 12%

Job Functions 2017 - 2018

- Teacher (English, PE), 5%
- Store Planning Architect, 2%
- Assistant Director, 2%
- Athlete, 5%
- Ballet and Pilates Instructor, 2%
- Chinese Medicine Practitioner, 3%
- Doctor, 6%
- Engineer, 2%
- Student / Fresh graduate, 11%
- Personal Trainer, 3%

ELITE ATHLETE SCHOLARSHIP

The award aims to recognize the contributions made by Hong Kong elite athletes towards our society and to provide financial support for elite athletes who have achieved academic success. Potential awardees should have distinguished sports performance in overseas and local competitions, achieved outstanding academic results and have great contribution to the sports development in Hong Kong.

<table>
<thead>
<tr>
<th>Year</th>
<th>Awardees</th>
<th>Awardees</th>
<th>Awardees</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>Ms. Keena K GILL Hong Kong Cricket Team</td>
<td>Mr. Yang HUANG Kettle SC, Hong Kong First Division League</td>
<td>Ms. Winnie HW WONG Life saving, Hong Kong National Team</td>
</tr>
<tr>
<td>2014</td>
<td>Ms. Kitty KY AU Hong Kong Women’s Baseball National Team</td>
<td>Ms. Wing-Yun BUD Hong Kong National Handball Team</td>
<td>Ms. Chang-To CHEUNG Hong Kong Rugby Team Representative</td>
</tr>
<tr>
<td>2015</td>
<td>Ms. Sinney WY CHEUK Hong Kong Women’s Baseball National Team</td>
<td>Ms. Cindy SM HO Hong Kong Amateur Swimming Association National Team</td>
<td>Ms. Ho-Ii Lam LAU Former Hong Kong National Swimming Team Representative</td>
</tr>
<tr>
<td>2016</td>
<td>Ms. Christianne Anna HO Hong Kong Bodybuilding and Fitness, Hong Kong National Team</td>
<td>Ms. Man-Sum MA Hong Kong Karate National Team</td>
<td>Ms. Kiu-Chung NG Hong Kong National Gymnastics Team</td>
</tr>
<tr>
<td>2017</td>
<td>Ms. Kent KT CHEUNG Hong Kong National Swimming Team</td>
<td>Ms. Ka-Yi LEE Hong Kong Taekwondo Team Representative</td>
<td>Ms. Yang HY WONG Hong Kong National Gymnastics Team</td>
</tr>
<tr>
<td>2018</td>
<td>Ms. Ning-Wai KWAN Hong Kong Wrestling Team Representative</td>
<td>Ms. Gloria CW MA Life saving, Hong Kong National Team</td>
<td>Ms. Gloria CW MA Life saving, Hong Kong National Team</td>
</tr>
</tbody>
</table>

ACCREDITATION

The programmes have been accredited by several medical professional bodies. This accreditation gives students an independent and professional judgment on the quality of our advanced academic training. The table below shows the accreditation in the current academic year:

<table>
<thead>
<tr>
<th>Programme</th>
<th>Accreditation</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Medical Council of Hong Kong</td>
<td>On the List of Quotable Qualifications of the Medical Council of Hong Kong</td>
</tr>
<tr>
<td>The Physiotherapists Board</td>
<td>On the List of Quotable Qualifications of the Physiotherapists Board</td>
</tr>
<tr>
<td>Hospital Authority</td>
<td>On the Equivalent List for Recruitment of Consultant Physiotherapist (Musculoskeletal)</td>
</tr>
<tr>
<td>Hong Kong College of Community Medicine</td>
<td>10 points</td>
</tr>
<tr>
<td>The Hong Kong College of Family Physicians</td>
<td>100 CME (Cat. 5.4)</td>
</tr>
<tr>
<td>The College of Surgeons of Hong Kong</td>
<td>18 points (passive)</td>
</tr>
<tr>
<td>The College of Emergency Medicine</td>
<td>12 points</td>
</tr>
<tr>
<td>Hong Kong College of Paediatrics</td>
<td>10 points (Cat. 1)</td>
</tr>
<tr>
<td>The Hong Kong College of Orthopaedic Surgeons</td>
<td>Pending</td>
</tr>
<tr>
<td>Hong Kong Physiotherapy Association</td>
<td>100 points</td>
</tr>
<tr>
<td>The Nethersole School of Nursing, CUHK</td>
<td>215.5 CNE points</td>
</tr>
<tr>
<td>Physical Fitness Association of Hong Kong, China</td>
<td>28 CEES</td>
</tr>
<tr>
<td>Hong Kong Coaching Committee</td>
<td>270 CCE hours</td>
</tr>
<tr>
<td>Hong Kong Society of Certified Prosthetist-Orthotist</td>
<td>20 CPD credits</td>
</tr>
</tbody>
</table>
FEATURE HIGHLIGHTS

We emphasize hands-on experience and practical skills. Our students receive trainings through practical workshops, field trainings, demonstrations, clinical attachments, and case studies etc.

Valuable Practical Experience

Students are able to gain experience through placement in various local mega-sports events, e.g. Standard Chartered Marathon, international baseball competitions, rugby leagues, cycling and football tournaments, etc.

Specialized Electives

Students can get to know the advanced knowledge and skills in specialized areas: Team Doctor / Physiotherapist, Strength and Conditioning Coach, Clinical Sports Trainer, Research Project and Systematic Review or Meta-analysis.

International Exposure

We offer the unique opportunity to gain practical work experience abroad. Students have the opportunities to learn the latest development of the sports medicine industry through the overseas attachment programmes.

An Integration of Theory and Practice

Research Project; Systematic Review or Meta-analysis

Team Doctor / Physiotherapist

Strength and Conditioning Coach

Clinical Sports Trainer

Oslo, Norway

Beijing, China

Taipei & Kaoshiung, Taiwan

Stockholm, Sweden
Application Procedures

1. Online Application
   - Submit application through the online application system at the Graduate School website (https://www.gs.cuhk.edu.hk/admissions) on or before 30 April 2018.

   Notes:
   - There is an application fee, HK$300, which is non-refundable.
   - Applicants should read the Notes for Online Application before submission: https://www.gs.cuhk.edu.hk/page/ApplicationforAdmission

2. Submit supporting documents to programme office

   Documents required:
   - Official transcript of University degree;
   - University certificate of graduation;
   - Certificates of professional qualification;
   - Identity document;
   - Two confidential recommendations;
   - A written statement explaining the purpose of application and motivation.

   Notes:
   - Non-local applicants should submit all required documents by 30 April 2018
   - Local applicants should submit all required documents by 14 May 2018

3. Application Result
   - The selection process will start upon receipt of all required documents and application fee.
   - Applicants may be invited to attend a selection interview.
   - Applicants can check the result at the application system (from March to July 2018): https://www.gradsch.cuhk.edu.hk/OnlineApp/login.aspx
   - Successful applicants will receive an Admission Package from the Graduate School which contains information about registration procedure and payment of student fees etc.
SPORTS MEDICINE 
AND HEALTH SCIENCE ALUMNI ASSOCIATION (SMHSAA) was established in 2009 through the tremendous efforts of our former students. SMHSAA effectively maintains the connections and strengthens the bond in the sports medicine family. The association aims to serve the community by promoting sports injury prevention and rehabilitation through participation in various community services.

WORDS FROM GRADUATES

"The programme offered me valuable opportunities, such as clinical attachment, to apply professional knowledge and practical skills. I learnt a lot from the passionate professors and lecturers who are experienced in the field of Sports Medicine."

Ms. Edith Wan
Physiotherapist

"The programme emphasizes on both advanced theories and real-life practice. Friends and classmates I met in classes is yet another invaluable asset. They all come from different career backgrounds, which added values to my pleasant learning experience here. I am so proud to be a part of this community."

Ms. Michelle Yeung
Registered Nurse

"In short, the programme fosters both academic and personal excellence. The programme offers great opportunities to students outside the classroom and I gained valuable memories and experiences from participating in various sports events and overseas clinical attachment."

Mr. Eric Pang
Physical Education Teacher

"This master programme provides an excellent platform and unique experience to study and learn from physiotherapists, occupational therapists and people from other professions. This course has also provided me with the flexibility and enormous support in conducting clinical research in Sports Medicine."

Dr. Michael Ong
Orthopaedics Doctor