





 賽馬會「知情達意育優才」計劃
 Jockey Club "Gifted in Bloom-Harmony in Heart & Mind" Programme

Exercise Science: Mental and Physical Well-being (J2APP001C)

Introduction	<p>Exercise Science explores the link between fitness, exercise, diet, physical health, and mental well-being. Through demonstrations, case studies and interactive activities, the students learn various methods to measure fitness and examines the role nutrition and physical exercise play in maintaining physical and mental health, coping with stress, and enhancing self-esteem.</p> <p>This programme covers the theories and concepts of physical and mental health. The students will practice different methods of measuring physical fitness and examine how physical activities can prevent diseases and maintain physical health and mental well-being. They will analyse the components of nutrition and its role in maintaining health, enhancing performance and energy balance, as well as weight control. Students will also explore the interlocking relationship between exercise, fitness, diet, health, and chronic diseases.</p>
Programme Type / Level	Life Education Series (Level 2) (Token-required)
Instructor(s)	Miss Yip Wai Chi (Lecturer) - Healthy living and application, Risk management in Sports Hong Kong Baptist University, School of Education
Target Participants	 <ul style="list-style-type: none"> ➤ S1 to S6 HKAGE student members ➤ Class size: 25 ➤ Participants should be able to make commitment, be responsible to oneself as well as to the world, and be willing to discuss, elaborate and present their in-depth thoughts.
Medium of Instruction	Cantonese with Chinese handouts
Certificate	 <p>Certificate will be awarded to participants who have:</p> <ul style="list-style-type: none"> ❖ Attended at least 5 sessions; AND ❖ Completed all the assignments with satisfactory performance
Intended Learning Outcomes	 <p>Upon completion of the programme, participants should be able to:</p> <ol style="list-style-type: none"> 1. Explain the definitions and components of 'health', with appropriate examples. 2. Describe the meaning and concept of physical fitness and demonstrate correct methods to evaluate it using appropriate test protocols. 3. Explain the role of physical activities in maintaining physical health and preventing non-communicable diseases. 4. Explain the role of nutrition in maintaining health and enhancing physical performance. 5. Acknowledge how physical activities can enhance self-esteem, mental health, and cope with the normal stress. 6. Evaluate and make recommendations on their own and other people's lifestyles, including balanced diet, weight control and engagement in physical activities.



賽馬會「知情達意育優才」計劃

Jockey Club "Gifted in Bloom-Harmony in Heart & Mind" Programme

Screening



Please answer the screening questions in the online application form.

*The screening questions are designed to help the applicants understand the course level and the course content. The questions must be answered by the student applicants and it can only be attempted once. The answer cannot be changed once the application is submitted. Selection is based on students' performance in answering the question. **Only applicants who can demonstrate motivation and interest in the screening questions can be enrolled in the programme.**

Application Deadline

5 March 2021 (12 noon)

Application Result Release Date

9 March 2021 (Accepted applicants will be informed by the HKAGE via email. Please complete the confirmation slip and return it to the HKAGE by fax / email (jc@hkage.org.hk) / post, within 3 working days of the application result release. Late reply will be considered as withdrawal.)

If student members fail to return the confirmation slip on time or withdraw from the programme after submitting the confirmation slip, one token will be deducted.

Schedule



The sessions may be rescheduled and/or conducted online subject to the development of the coronavirus epidemic and EDB's latest announcement on face to face programmes. Please pay close attention to email notifications and announcements on the HKAGE website.

Session	Date	Time	Content	Venue
1	19 March 2021	5:45pm-8:45pm	<ul style="list-style-type: none"> Definition of health and mental health The interrelationship between physical and mental health (discussion) 	Zoom HKAGE Academy (Room 203)
2	26 March 2021	5:45pm-8:45pm	<ul style="list-style-type: none"> Health related fitness and skill related fitness (discussion) Fitness assessment (demonstration and discussion) 	Zoom HKAGE Academy (Room 203)
3	2 April 2021	5:45pm-8:45pm	<ul style="list-style-type: none"> The benefit of physical activities (discussion and experience) Non-communicable diseases (discussion) 	(TBC) HKAGE Room 203
4	9 April 2021	5:45pm-8:45pm	<ul style="list-style-type: none"> Macronutrients & micronutrients 	(TBC) HKAGE Room 203
5	16 April 2021	5:45pm-8:45pm	<ul style="list-style-type: none"> Macronutrients & micronutrients Carbon loading Energy intake and output control 	(TBC) HKAGE Room 203
6	23 April 2021	5:45pm-8:45pm	<ul style="list-style-type: none"> Transtheoretical model (discussion) Goal Setting (discussion) 	(TBC) HKAGE Room 203
Back-up date	30 April 2021	5:45pm-8:45pm		(TBC)

Enquiries



For enquiries, please contact us at 3940 0513 / 3940 0518 or email to jc@hkage.org.hk.

主辦機構 Organised by



香港資優教育學苑
The Hong Kong Academy for Gifted Education

捐助機構 Funded by



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

同心同步同進 RIDING HIGH TOGETHER

賽馬會「知情達意育優才」計劃
Jockey Club "Gifted in Bloom-Harmony in Heart & Mind" Programme