

## COURSE DETAIL

### SPORTS: FOR YOU AND HONG KONG

**Country**

Hong Kong

**Host Institution**

University of Hong Kong

**Program(s)**

University of Hong Kong

**UCEAP Course Level**

Lower Division

**UCEAP Subject Area(s)**

Sociology Health Sciences Asian Studies

**UCEAP Course Number**

54

**UCEAP Course Suffix****UCEAP Official Title**

SPORTS: FOR YOU AND HONG KONG

**UCEAP Transcript Title**

SPORTS: HONG KONG

**UCEAP Quarter Units**

5.00

**UCEAP Semester Units**

3.30

## Course Description

This course examines sports in Hong Kong from personal development to the impact on society. It will first introduce different areas of sports, including medicine, the technologies involved in increasing and maintaining performance, and an overview of sports in Hong Kong. Following this, local elite athletes will share their experience in professional training and international events so that students can better understand strategies about how to tackle difficulties to reach the top of a profession and apply these principles to their own experience.

### Language(s) of Instruction

English

### Host Institution Course Number

CCST9062

### Host Institution Course Title

SPORTS: FOR YOU AND HONG KONG

### Host Institution Campus

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

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