

COURSE DETAIL

BE FIT! BE ACTIVE!

Country

Hong Kong

Host Institution

University of Hong Kong

Program(s)

University of Hong Kong

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Physical Education Health Sciences

UCEAP Course Number

19

UCEAP Course Suffix**UCEAP Official Title**

BE FIT! BE ACTIVE!

UCEAP Transcript Title

BE FIT! BE ACTIVE!

UCEAP Quarter Units

5.00

UCEAP Semester Units

3.30

Course Description

This course helps solve the intertwined mystery of what it is that makes us choose to adopt a physically inactive and sedentary lifestyle, when we know the negative health impacts of it. To unfold the box of this enigma, the course first provides understanding of the inter-disciplinary nature of exercise and physical activity determinants. Through a series of themed lectures, it explores together how individuals' participation in exercise and physical activity is determined not only by personal factors, but also by contextual, cultural, and environmental factors. "Be Fit! Be Active!" is a course that radically changes your understanding of the essence of bodily movement. It helps not only acquire a strong theoretical background, but also engagement in hands-on tasks and experience. It includes practical, useful projects, and the opportunity to evaluate the effectiveness of real-world interventions. Students learn in-depth about the fundamental techniques needed to design programs and policies aimed at increasing physical activity and well-being.

Language(s) of Instruction

English

Host Institution Course Number

CCST9075

Host Institution Course Title

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Host Institution Course Details

https://www4.hku.hk/pubunit/drcd/files/ugdr2025-26/All/Common_Core.pdf

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Common Core

Course Last Reviewed

2025-2026

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