

Higher Diploma in

SSSDP

SPORT & RECREATION MANAGEMENT

體育及康樂管理高級文憑

Higher Diploma in

SSSDP

SPORT COACHING & SPORT PERFORMANCE

運動教練學及
運動表現高級文憑

Higher Diploma in

NEW

SPORTS SCIENCE & REHABILITATION

運動科學及
復康高級文憑



2025-26

Higher Diploma in SPORT & RECREATION MANAGEMENT

Application Code 報名編號：HDSRM

Duration 修讀年期：2 years 兩年

體育及康樂管理高級文憑



資歷架構
Qualifications
Framework

QF Level 資歷架構級別：4

QR Registration No. 資歷名冊登記號碼：07/001831/4

Validity Period 有效期：05/05/2008 to ongoing 05/05/2008 至 登記持續有效

Successful completion of this programme leads to an award within The University of Hong Kong system through HKU SPACE

學生成功修畢課程，均按香港大學體制，經香港大學專業進修學院頒授副學位

PROGRAMME AIMS AND FEATURES

課程目標及特點

- Equips students with the knowledge and practical skills needed to design, implement and supervise sport and recreation programmes, events and services for individuals and groups;
- Emphasises developing competencies central to the sport and recreation manager with a special focus upon Sport Event Management, Sport and Recreation Facility Management, Customer Relation and Human Resources Management in Sport Organisation, Sport Recreation and Technology, Sport and Recreation Marketing, and Outdoor Adventure and Recreation Programming;
- Compulsory module in the summer for students to apply theory and knowledge in a practical context, in order to develop the individual and professional competencies needed when working in the recreation and sport industry;
- Students have the opportunities to participate in major local sport and recreation events as volunteers in preparation for future careers.
- 涵蓋體育康樂及運動實用的基礎知識，使學生能設計、推行及監督康體活動，甚至配合個人及團體需要而度身訂造活動項目；
- 著重培訓未來的體育及康樂管理人才，把培訓集中在體育項目管理、體育機構客戶服務及人力資源管理、康樂體育及科技、體育及康樂市場學、康體設施管理、戶外歷奇及項目計劃與推廣等科目中；
- 設暑期必修單元，讓同學有機會於體育康樂及運動機構實習，把學到的知識應用在工作體驗上，並建立日後於工作所須的專業能力；
- 同學有機會擔任本地大型康樂及體育項目的義工，親身體驗業內的運作，為日後於康樂及體育管理行業工作做好準備。

PROGRAMME STRUCTURE

課程結構

Higher Diploma Year 1

高級文憑一年級

- Introduction to Academic English 學術英語入門
- English for Academic Purposes I 學術英語 (一)
- Practical Chinese⁵ 實用中文⁵
- Elementary Statistics 基礎統計學
- Sport and Recreation Industry in Hong Kong 香港的體育及康樂企業
- Principles of Management 管理原則
- Entrepreneurial and Financial Strategies in Sport and Recreation 體育及康樂創業及營業策略
- Programme Management in Sport, eSports and Recreation 體育、電競及康樂項目管理
- Facility Design and Operations Management 設施設計及營運管理
- Sport, Recreation and Technology 康樂體育及科技

Higher Diploma Year 2

高級文憑二年級

- English for Academic Purposes II 學術英語 (二)
- English for Sport Management and Sport Coaching 體育管理及體育教練學英語
- Information Technology Fundamentals 資訊科技概論
- Human Resource Management in Sport and Recreation 體育及康樂人力資源管理
- Outdoor Adventure Recreation 戶外康樂歷奇
- Professional Practice 實習計劃
- Customer Relationship and Management Skills in Sport and Recreation 體育及康樂客戶關係及管理技巧
- Sport and Recreation Marketing 體育及康樂市場學
- Special Event, eSports and Entertainment Management 特別節目、電競及娛樂管理
- Sport and Recreation Management and Sport Coaching Project 體育與康樂管理及運動教練學計劃

The College reserves the right to make modifications to individual courses on a need basis.
書院將按實際情況需要，保留修改個別科目之權利。

⁵ Non-Chinese speaking students or students who have not received sufficient training in the Chinese language may apply for exemption from the Chinese course(s), and alternative courses may be assigned.

如學生母語並非華語，或未達校方認可的中文水平，可申請免修中文科目，校方會指派其他科目代替。

PROGRESSION PATHS

升學之路

Overall Progression Rate in 2024:

2024年總升學率：

76%[#]

Among those who chose further studies, admitted to local degree programmes

當中升讀本地學士學位課程比率：

100%[#]

UGC-funded Universities

Graduates are eligible to apply for admission to Bachelor's degree programmes in Sport and Recreation Management or other related disciplines offered by local universities (including HKU). The list below shows the degree offers that our graduates / students received in the past*:

教資會資助大學

畢業生可升讀由本地大學(包括香港大學)開辦的體育管理或相關的學士學位課程。以下為本課程畢業生/學生曾獲取錄的學位課程*：

■ The University of Hong Kong

Bachelor of Engineering
BBA Accounting and Finance
BSc Information Management

■ The Chinese University of Hong Kong

BSc Exercise Science and Health Education
BSc Community Health Practice
BSSc Gender Studies
Integrated Bachelor of Business Administration Programme

■ The Hong Kong Polytechnic University

BA (Hons) Applied Ageing Studies and Service Management
BBA (Hons) Management

■ City University of Hong Kong

BBA Business Economics
BBA Management
BSocSc Asian and International Studies
BSocSc Criminology and Sociology
BSocSc Public Policy and Politics

■ Hong Kong Baptist University

BA (Hons) Physical Education and Recreation Management
BBA (Hons) Entrepreneurship and Business Concentration
BSc (Hons) Mathematics and Statistics

■ The Education University of Hong Kong

BEd (Hons) (Primary) - Mathematics
BEd (Hons) Physical Education
BSc (Hons) Sports Science and Coaching

**The above list is not exhaustive and only shows some of the examples.
以上列表只提供部分升學例子以作參考。*

**Source: 2024 Graduate Survey
資料來源：2024畢業生升學調查*

Graduates are also eligible to apply for the below degree programmes offered by other institutions:

畢業生亦可升讀以下其他院校的學士學位課程：

Other Local Institutions 其他本地院校

■ HKU SPACE

■ BSc (Hons) Sport Management, University of Northumbria at Newcastle (part-time, 3 years)[@]

[@] Students of the Higher Diploma in Sport and Recreation Management programme will be given a conditional offer (Students are required to fulfil the graduation requirements of the Higher Diploma programme and have a successful admission interview for the degree study). The programme is accredited by the Hong Kong Council for Accreditation of Academic and Vocational Qualifications at QF Level 5 (QF registration no.: 15/002495/L5) for a period from 1 September 2022 to 31 August 2026. This is an exempted course under the Non-Local Higher and Professional Education (Regulation) Ordinance. It is a matter of discretion for individual employers to recognise any qualification to which this course may lead.

體育及康樂管理高級文憑的學生可獲此課程的有條件取錄(須符合高級文憑課程的畢業要求，及成功通過學位課程的升學面試)。該課程獲香港學術及職業資歷評審局認可為資歷架構第五級(註冊編號：15/002495/L5)，並於2022年9月1日至2026年8月31日生效。根據《非本地高等及專業教育(規管)條例》，本課程屬獲豁免課程。個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

CAREER PROSPECTS

就業前景

Graduates may be considered for junior management and supervisory positions in sport and recreation organisations in both public and private sectors, such as community centres, private and residential clubhouses, fitness centres, theme and leisure parks, schools, Leisure and Cultural Services Department, and National Sports Associations.

畢業生可申請於私營機構、政府及非政府機構擔任體育及康樂相關的初級主管職位，包括社區中心、會所、健身中心、主題公園、學校、康樂及文化事務署、體育總會等。

PROFESSIONAL PRACTICE

實習計劃

This is a compulsory module offered in the summer during which students undertake work experience and apply their acquired theory and knowledge into a practical context to develop the individual and professional competencies needed when working in the recreation and sport industry.

本課程設暑期必修單元，讓學生有機會於體育康樂及運動機構實習，將課堂上學到的知識應用在工作上，從而掌握當中技巧，並建立工作專業能力，為未來投身社會作好準備。

Higher Diploma in SPORT COACHING & SPORT PERFORMANCE

運動教練學及運動表現高級文憑

Application Code 報名編號：HDSCSP

Duration 修讀年期：2 years 兩年



資歷架構
Qualifications
Framework

QF Level 資歷架構級別：4

QR Registration No. 資歷名冊登記號碼：15/003340/L4

Validity Period 有效期：30/10/2015 to ongoing 30/10/2015 至 登記持續有效

Successful completion of this programme leads to an award within The University of Hong Kong system through HKU SPACE

學生成功修畢課程，均按香港大學體制，經香港大學專業進修學院頒授副學位

PROGRAMME AIMS AND FEATURES

課程目標及特點

- Introduces students to sport coaching issues including the role of the coach, coaching science and performance, and management knowledge in recreation and sport activities;
- Emphasises developing competencies central to the coach, and sport and recreation manager with a special focus upon Sport Coaching, Coaching Science Assessment, Sport Performance, Sport and Recreation Facility Management, Sport Performance Programming, Outdoor Adventure and Recreation Programming;
- Compulsory module in the summer for students to apply theory and knowledge in a practical context, in order to develop the individual and professional competencies needed as a coach when working in the recreation and sport industry;
- Students have the opportunity to participate in major local sport and recreation events as volunteers in preparation for future careers.
- 介紹運動教練學中教練的角色、教練科學與表現、康樂及體育活動管理知識等；
- 著重培訓未來的運動教練及體育康樂管理人才，把培訓集中在運動教練學、教練科學評估、運動表現、康體設施管理、運動表現訓練計劃、戶外歷奇、項目計劃與推廣等科目中；
- 設暑期必修單元，讓同學有機會於體育康樂及運動機構實習，把學到的知識應用在工作體驗上，並建立日後於工作所須的專業能力；
- 同學有機會擔任本地大型康樂及體育項目的義工，親身體驗業內的運作，為日後投身職場做好準備。

PROGRAMME STRUCTURE

課程結構

Higher Diploma Year 1

高級文憑一年級

- Introduction to Academic English 學術英語入門
- English for Academic Purposes I 學術英語 (一)
- Practical Chinese⁵ 實用中文⁵
- Elementary Statistics 基礎統計學
- Sport and Recreation Industry in Hong Kong 香港的體育及康樂企業
- Practical Sport Skill Training 運動技巧訓練
- Introduction to Sport Coaching and Performance 運動教練學及表現
- Programme Management in Sport, eSports and Recreation 體育、電競及康樂項目管理
- Introduction to Coaching Science 運動教練科學概論
- Facility Design and Operations Management 設施設計及營運管理

Higher Diploma Year 2

高級文憑二年級

- English for Academic Purposes II 學術英語 (二)
- English for Sport Management and Sport Coaching 體育管理及體育教練學英語
- Information Technology Fundamentals 資訊科技概論
- Principles of Management 管理原則
- Outdoor Adventure Recreation 戶外康樂歷奇
- Professional Practice 實習計劃
- Sport Performance Programming for Coaches: Theory to Practice 運動表現訓練計劃：由理論到實踐
- School Sport and Coaching 學校運動與訓練
- Coaching Science Assessment 教練科學評估
- Sport and Recreation Management and Sport Coaching Project 體育與康樂管理及運動教練學計劃

The College reserves the right to make modifications to individual courses on a need basis.
書院將按實際情況需要，保留修改個別科目之權利。

⁵ Non-Chinese speaking students or students who have not received sufficient training in the Chinese language may apply for exemption from the Chinese course(s), and alternative courses may be assigned.

如學生母語並非華語，或未達校方認可的中文水平，可申請免修中文科目，校方會指派其他科目代替。

PROGRESSION PATHS

升學之路

Overall Progression Rate in 2024:
2024年總升學率：

68%[#]

Among those who chose further studies,
admitted to local degree programmes
當中升讀本地學士學位課程比率：

98%[#]

UGC-funded Universities

Graduates are eligible to apply for admission to Bachelor's degree programmes in Sport Coaching or other related disciplines offered by local universities (including HKU). The list below shows the degree offers that our graduates / students received in the past*:

教資會資助大學

畢業生可升讀由本地大學(包括香港大學)開辦的體育教練或相關的學士學位課程。以下為本課程畢業生/學生曾獲取錄的學位課程*：

□ The University of Hong Kong

Bachelor of Social Work
BSc Information Management

□ The Chinese University of Hong Kong

BSc Community Health Practice
BSc Exercise Science and Health Education
BSc Gerontology

□ The Hong Kong Polytechnic University

BSc (Hons) Mental Health Nursing
BSc (Hons) Scheme in Rehabilitation Sciences - Physiotherapy
BEng (Hons) Scheme in Product and Industrial Engineering

□ City University of Hong Kong

BSocSc Criminology and Sociology
BSocSc Social Work

□ The Education University of Hong Kong

BEd (Hons) Early Childhood Education
BEd (Hons) Physical Education
BSc (Hons) Sports Science and Coaching

**The above list is not exhaustive and only shows some of the examples.
以上列表只提供部分升學例子以作參考。*

**Source: 2024 Graduate Survey
資料來源：2024畢業生升學調查*



Graduates are also eligible to apply for the below degree programmes offered by other institutions:

畢業生亦可升讀以下其他院校的學士學位課程：

Other Local Institutions 其他本地院校

■ HKU SPACE

■ BSc (Hons) Sport Coaching, University of Northumbria at Newcastle (part-time, 3 years)[®]

[®] Students of the Higher Diploma in Sport Coaching and Sport Performance programme will be given a conditional offer (Students are required to fulfil the graduation requirements of the Higher Diploma programme and have a successful admission interview for the degree study). The programme is accredited by the Hong Kong Council for Accreditation of Academic and Vocational Qualifications at QF Level 5 (QF registration no.: 18/000760/L5) for a period from 1 September 2022 to 31 August 2026. This is an exempted course under the Non-Local Higher and Professional Education (Regulation) Ordinance. It is a matter of discretion for individual employers to recognise any qualification to which this course may lead.

運動教練學及運動表現高級文憑的學生可獲此課程的有條件取錄(須符合高級文憑課程的畢業要求，及成功通過學位課程的升學面試)。該課程獲香港學術及職業資歷評審局認可為資歷架構第五級(註冊編號：18/000760/L5)，並於2022年9月1日至2026年8月31日生效。根據《非本地高等及專業教育(規管)條例》，本課程屬獲豁免課程。個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

CAREER PROSPECTS

就業前景

Graduates may be considered for coaching and supervisory positions with organisations such as Leisure and Cultural Services Department (LCSD), National Sports Associations (NSAs), fitness centres and community based sport and recreation organisations.

畢業生可申請於康樂及文化事務署、體育總會、健身中心及社區康樂相關的機構擔任教練及初級主管職位。

PROFESSIONAL PRACTICE

實習計劃

This is a compulsory module offered in the summer during which students undertake work experience and apply their acquired theory and knowledge into a practical context to develop the individual and professional competencies needed when working in the recreation and sport industry.

本課程設暑期必修單元，讓學生有機會於體育康樂及運動機構實習，將課堂上學到的知識應用在工作上，從而掌握當中技巧，並建立工作專業能力，為未來投身社會作好準備。

Higher Diploma in SPORTS SCIENCE & REHABILITATION

Application Code 報名編號：HDSSR

Duration 修讀年期：2 years 兩年

運動科學及復康高級文憑



資歷架構
Qualifications
Framework

QF Level 資歷架構級別：4

QR Registration No. 資歷名冊登記號碼：25/000106/L4

Validity Period 有效期：01/09/2025 to ongoing 01/09/2025 至 登記持續有效

Successful completion of this programme leads to an award within The University of Hong Kong system through HKU SPACE

學生成功修畢課程，均按香港大學體制，經香港大學專業進修學院頒授副學位

PROGRAMME AIMS AND FEATURES

課程目標及特點

- Communicate ideas in a manner appropriate to the circumstance using English and Chinese languages in social and academic contexts;
- Use information technology and / or quantitative / numerical skills to manage information and solve daily life problems;
- Evaluate the functions of the systems of the body and examine their impacts on sports performance;
- Apply assessment techniques in sports injury and rehabilitation treatment;
- Employ a range of specialised skills in a strategic approach to sports coaching, coaching science, sports performance, and assessment;
- Integrate a range of theoretical knowledge and practical skills to develop sports performance enhancement and rehabilitation programmes.
- 在社交和學術環境中，使用英語和中文以適當的方式傳達想法；
- 運用信息技術和/或定量/數值技能來管理信息和解決日常生活問題；
- 評估身體系統的功能並檢查其對運動表現的影響；
- 應用運動受傷的評估技術和康復治療技術；
- 採用一系列專業技能，以策略基礎進行運動教練、教練科學、運動表現和評估；
- 整合一系列理論知識和實踐技能，以制定運動表現提升和康復計劃。

PROGRAMME STRUCTURE

課程結構

Higher Diploma Year 1

高級文憑一年級

- Introduction to Academic English 學術英語入門
- English for Academic Purposes I 學術英語 (一)
- Practical Chinese⁵ 實用中文⁵
- Elementary Statistics 基礎統計學
- Anatomy and Physiology for Exercise 運動解剖學與生理學
- Practical Sport Skill Training 運動技巧訓練
- Mechanism of Injury and Physical Assessment 受傷機制與身體評估
- Corrective Exercise Based Rehabilitation 矯正原則的康復運動
- Sports Massage and Strapping 運動按摩與包紮
- Introduction to Coaching Science 運動教練科學概論

Higher Diploma Year 2

高級文憑二年級

- English for Academic Purposes II 學術英語 (二)
- English for Sport Management and Sport Coaching 體育管理及體育教練學英語
- Information Technology Fundamentals 資訊科技概論
- Rehabilitation and Conditioning Training 康復與體能訓練
- Introduction to Sport Coaching and Performance 運動教練學及表現
- Coaching Science Assessment 教練科學及評估
- Professional Practice 實習計劃
- Sport Performance Programming for Coaches: Theory to Practice 運動表現訓練計劃：由理論到實踐
- School Sport and Coaching 學校運動與訓練
- Sport and Recreation Industry in Hong Kong 香港的體育及康樂企業

The College reserves the right to make modifications to individual courses on a need basis.
書院將按實際情況需要，保留修改個別科目之權利。

⁵ Non-Chinese speaking students or students who have not received sufficient training in the Chinese language may apply for exemption from the Chinese course(s), and alternative courses may be assigned.

如學生母語並非華語，或未達校方認可的中文水平，可申請免修中文科目，校方會指派其他科目代替。

PROGRESSION PATHS

升學之路

UGC-funded Universities

Graduates are eligible to apply for admission to the following Bachelor's degree programmes of local universities*:

教資會資助大學

畢業生若想繼續升學，可申請報讀以下由本地大學開辦的學士學位課程*：

■ The Chinese University of Hong Kong

BSc Community Health Practice
BSc Exercise Science and Health Education

■ The Hong Kong Polytechnic University

BSc (Hons) Physiotherapy

■ Hong Kong Baptist University

BA (Hons) Physical Education and Recreation Management
BSSc (Hons) Sport and Recreation Leadership

■ The Education University of Hong Kong

BEd (Hons) Physical Education
BSc (Hons) Sports Science and Coaching
Bachelor of Health Education (Hons)

■ Lingnan University

BSSc (Hons) Health and Social Service Management

**The above list is not exhaustive and only shows some of the examples.
以上列表只提供部分升學例子以作參考。*

Graduates are also eligible to apply for the below degree programmes offered by other institutions:

畢業生亦可升讀以下其他院校的學士學位課程：

Other Local Institutions 其他本地院校

■ HKU SPACE

■ BSc (Hons) Sport Coaching, University of Northumbria at Newcastle (part-time, 3 years) ®

® Students of the Higher Diploma in Sports Science and Rehabilitation programme will be given a conditional offer (Students are required to fulfil the graduation requirements of the Higher Diploma programme and have a successful admission interview for the degree study). The programme is accredited by the Hong Kong Council for Accreditation of Academic and Vocational Qualifications at QF Level 5 (QF registration no.: 18/000760/L5) for a period from 1 September 2022 to 31 August 2026. This is an exempted course under the Non-Local Higher and Professional Education (Regulation) Ordinance. It is a matter of discretion for individual employers to recognise any qualification to which this course may lead.

運動科學及復康高級文憑的學生可獲此課程的有條件取錄(須符合高級文憑課程的畢業要求，及成功通過學位課程的升學面試)。該課程獲香港學術及職業資歷評審局認可為資歷架構第五級(註冊編號：18/000760/L5)，並於2022年9月1日至2026年8月31日生效。根據《非本地高等及專業教育(規管)條例》，本課程屬獲豁免課程。個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

CAREER PROSPECTS

就業前景

Graduates may be considered for coaching and supervisory positions in various sports fields, including sports rehabilitation, athletic training, fitness coaching, sports administration, and community-based sports and recreation.

畢業生可考慮在各種體育領域擔任教練和監督職位，包括運動康復、運動訓練、健身教練、體育管理和社區體育及康樂。

PROFESSIONAL PRACTICE

實習計劃

This is a compulsory module offered during which students undertake work experience and apply their acquired theory and knowledge into a practical context to develop the individual and professional competencies needed when working in the recreation and sport industry.

本課程設必修單元，讓學生有機會於體育康樂及運動機構實習，將課堂上學到的知識應用在工作上，從而掌握當中技巧，並建立工作專業能力，為未來投身社會作好準備。



STUDENT SHARING

學生分享



Matthew Lo 羅駿熙

Admitted to Bachelor of Science (Hons) in Physiotherapy, The Hong Kong Polytechnic University
升讀香港理工大學物理治療學(榮譽)理學士學位

Other degree offers received:

- Bachelor of Science in Exercise Science and Health Education, The Chinese University of Hong Kong (2-year programme)
- Bachelor of Science Education (Honours) (Sports Science), The Education University of Hong Kong (Senior year entry)

其他獲取錄的學位課程：

- 香港中文大學理學士(運動科學與健康教育)(兩年制課程)
- 香港教育大學科學教育榮譽學士(運動科學)(高年級入學)

「這個課程擴闊了我的視野，給了我追求自己興趣的機會。雖然我過往的學業成績不算優秀，但 HPSHCC 仍給予我很多支持及鼓勵，講師們的教導有助我不斷進步。實習計劃讓我能應用到領域知識及親身體驗到行業的發展。經過兩年的努力，我即將入讀香港理工大學。」



Vinson Yau 邱柱翰

Admitted to Bachelor of Science in Exercise Science and Health Education, The Chinese University of Hong Kong (2-year programme)
升讀香港中文大學理學士(運動科學與健康教育)(兩年制課程)

Other degree offer received:

- Bachelor of Science in Information Management, The University of Hong Kong (2-year programme)

其他獲取錄的學位課程：

- 香港大學理學士(資訊管理)(兩年制課程)

「很多人都會認為兩年副學士或高級文憑課程的學習會是戰戰兢兢，很難升讀本地大學。但事實上副學位是一個平台可讓你好好的發揮自己。大家只要肯努力，升讀大學並非遙不可及的事。書院的師資以及多年的努力是有目共睹的，這裡有非常良好的學習氣氛，每年有多位同學成功升讀八大院校的課程。文憑試未必是適合每個人的考試制度，我們亦未必可以真正發揮到自己的潛力。假若你繼續升學，HPSHCC將會是你一個很好的選擇。」



Charlene Au 歐澤馨

Admitted to Bachelor of Science in Exercise Science and Health Education, The Chinese University of Hong Kong (2-year programme)
升讀香港中文大學理學士(運動科學與健康教育)(兩年制課程)

Other degree offers received:

- Bachelor of Business Administration (Hons) - Human Resources Management, Hong Kong Baptist University (Senior year entry)
- Bachelor of Business Administration - Management, City University of Hong Kong (Senior year entry)
- Bachelor of Business Administration (Hons) in Management, The Hong Kong Polytechnic University (Senior year entry)
- Bachelor of Science (Hons) in Sports Science and Coaching, The Education University of Hong Kong (Senior year entry)

其他獲取錄的學位課程：

- 香港浸會大學工商管理學士(榮譽)(人力資源管理)(高年級入學)
- 香港城市大學工商管理學士(管理學)(高年級入學)
- 香港理工大學管理學(榮譽)工商管理學士學位(高年級入學)
- 香港教育大學運動科學及教練榮譽理學士(高年級入學)

「在書院這兩年，我透過體育及康樂管理高級文憑課程學習到體育及康樂管理的相關知識，課程亦提供了實習機會，使我得以鞏固並應用課堂所學的理論，為未來升學及就業作好裝備自己。感恩能夠遇到一羣與我互相扶持的同學，感謝一眾諄人不倦的講師在學業和升學方面為我提供匡助，感激書院於我實現夢想的路上給予莫大支持。」



Jesse Chow 周俊熙

Admitted to Bachelor of Science in Exercise Science and Health Education, The Chinese University of Hong Kong (2-year programme)
升讀香港中文大學理學士(運動科學與健康教育)(兩年制課程)

Other degree offers received:

- Bachelor of Science in Community Health Practice, The Chinese University of Hong Kong (2-year programme)
- Bachelor of Science in Information Management, The University of Hong Kong (2-year programme)
- Bachelor of Arts (Honours) in Applied Ageing Studies and Service Management, The Hong Kong Polytechnic University (2-year programme)
- Bachelor of Social Sciences in Criminology and Sociology, City University of Hong Kong (Senior year entry)

其他獲取錄的學位課程：

- 香港中文大學社區健康理學士(兩年制課程)
- 香港大學理學士(資訊管理)(兩年制課程)
- 香港理工大學應用老年學及服務管理(榮譽)文學士學位(兩年制課程)
- 香港城市大學社會科學學士(犯罪學及社會學)(高年級入學)

「我很慶幸有一班很好的同學和老師，他們總是很耐心和友善地幫助我。特別要感謝學生發展資源中心的輔導主任，經常為我解答有關升學和就業的種種疑問。非常感謝過去兩年曾教導我的老師們和支持我的所有同學及朋友。」



James Ng 伍傑傑

Admitted to Bachelor of Arts (Hons) in Physical Education & Recreation Management, Hong Kong Baptist University (Senior year entry)
升讀香港浸會大學體育及康樂管理文學士(榮譽)(高年級入學)

Other degree offer received:

- Bachelor of Science Education (Honours) (Sports Science), The Education University of Hong Kong (Senior year entry)

其他獲取錄的學位課程：

- 香港教育大學科學教育榮譽學士(運動科學)(高年級入學)

「我很感謝書院提供了不同的實習機會，我被派到紀律部隊的康樂會當會所助理，從中了解行業的發展及擴闊眼界，為未來作好準備。希望同學不要因為公開試的成績未如理想而影響自己未來的去向，要好好分配時間和重新訂立自己的目標。」



Cally So 蘇庭悅

Admitted to Bachelor of Science in Exercise Science and Health Education, The Chinese University of Hong Kong (2-year programme)
升讀香港中文大學理學士(運動科學與健康教育)(兩年制課程)

Other degree offer received:

- Bachelor of Science in Exercise and Health, The University of Hong Kong

其他獲取錄的學位課程：

- 香港大學理學士(運動及健康)

「書院給了我入讀心儀大學的機會，令我重拾信心。這兩年的學習生活十分充實，課程範圍寬廣，能令我從中認清自己的興趣、方向和目標。課程涵蓋了康樂管理的專業知識，對就業也有很大幫助。過去兩年學到的知識，將幫助我適應大學生活，也有助未來的工作。」

**Wolfe Lai 賴易新**

Admitted to Bachelor of Science (Hons) in Physiotherapy, The Hong Kong Polytechnic University
 升讀香港理工大學物理治療學(榮譽)理學士學位

Other degree offer received:

- Bachelor of Science in Exercise Science and Health Education, The Chinese University of Hong Kong (2-year programme)

其他獲取錄的學位課程：

- 香港中文大學理學士(運動科學與健康教育)(兩年制課程)

**Gina Leung 梁靖嵐**

Admitted to Bachelor of Science in Exercise Science and Health Education, The Chinese University of Hong Kong (2-year programme)
 升讀香港中文大學理學士(運動科學與健康教育)(兩年制課程)

「我於2018年6月，有幸參加了書院舉辦的喜馬拉雅山遠足探險之旅，攀登喜馬拉雅山，實在是非常難得！如果不是就讀這書院，我亦未必有這個機會挑戰自己的極限。我覺得這個高級文憑課程提供了一個理想的平台讓我升讀大學，繼續追尋自己的夢想！」

**Law Pui Lam 羅佩琳**

Admitted to Bachelor of Science in Exercise Science and Health Education, The Chinese University of Hong Kong (2-year programme)
 升讀香港中文大學理學士(運動科學與健康教育)(兩年制課程)

Other degree offer received:

- Bachelor of Science (Honours) in Sports Science and Coaching, The Education University of Hong Kong

其他獲取錄的學位課程：

- 香港教育大學運動科學及教練榮譽理學士

「我會永遠記得在書院就讀的時光。書院提供良好的學習氛圍和充裕的實習機會，講師亦非常友善，不時為我們提供協助，而學生發展資源中心的輔導主任亦樂意提供升學方面的支援，所以我非常感激他們的不懈支持。」

就讀副學位課程時，你可能會面對大大小小的挑戰，但如果你不去嘗試，就永遠不會知道自己有甚麼長處。希望各位同學可以為未來奮鬥和保持信心！」

**Chan Ka Wai 陳嘉慧**

Admitted to Bachelor of Science in Gerontology, The Chinese University of Hong Kong
 升讀香港中文大學老年學理學士學位

Other degree offers received:

- Bachelor of Social Sciences (Honours) - Health and Social Service Management, Lingnan University
- Bachelor of Sports and Recreation Management with Honours, Hong Kong Metropolitan University

其他獲取錄的學位課程：

- 嶺南大學社會科學(榮譽)學士 - 健康及社會服務管理
- 香港都會大學運動及康樂管理榮譽學士

**Li Sum Nok 李心諾**

Admitted to Bachelor of Science in Exercise Science and Health Education, The Chinese University of Hong Kong (2-year programme)
 升讀香港中文大學理學士(運動科學與健康教育)(兩年制課程)

Other degree offer received:

- Bachelor of Science in Community Health Practice, The Chinese University of Hong Kong (2-year programme)

其他獲取錄的學位課程：

- 香港中文大學社區健康理學士(兩年制課程)

**Issac Luk 陸卓希**

Admitted to Bachelor of Science in Information Management, The University of Hong Kong (2-year programme)
 升讀香港大學理學士(資訊管理)(兩年制課程)

Other degree offer received:

- Bachelor of Arts (Honours) in Applied Ageing Studies and Service Management, The Hong Kong Polytechnic University (2-year programme)

其他獲取錄的學位課程：

- 香港理工大學應用老年學及服務管理(榮譽)文學士學位(兩年制課程)



Stanley Ho Community College
 香港大學專業進修學院保良局何鴻燊社區書院



PO LEUNG KUK

16th

GRADUATION CEREMONY
 第十六屆畢業典禮





Kwok Ngai Hei 郭毅熙

Admitted to Bachelor of Science (Honours) Scheme in Rehabilitation Sciences - Physiotherapy, The Hong Kong Polytechnic University
升讀香港理工大學康復治療科學(榮譽)理學士組合課程-物理治療學(榮譽)理學士

「對我來說在書院兩年的學習絕對是難忘的旅程。書院的課程設計優良，內容循序漸進，令我很快就適應了學習生活。實習機會更可以讓我將書本的知識學以致用。講師們亦樂於協同學面對難題。很慶幸能成為書院一份子，亦正因如此，令我更有信心迎接即將來臨的挑戰。

將來的路必定會有更多磨鍊，只要不低估自己的能力迎難而上，一定可以發揮你無限的潛能。」



Kwok Yu Yan 郭如茵

Admitted to Bachelor of Science in Exercise Science and Health Education, The Chinese University of Hong Kong (2-year programme)
升讀香港中文大學理學士(運動科學與健康教育)(兩年制課程)

「在書院的兩年裡，我從體育及康樂管理高級文憑課程中獲得了豐富的知識和技能。這個課程為我提供了專業的管理知識，大大鞏固了我對體育康樂範疇的知識，為我的未來事業做好準備，而多元化的課程和教材也深深吸引和激發了我的興趣，這令學生可以增長更多體育領域的知識，例如體育項目推廣和人力資源管理方面的知識。」



Leung Chun Kit 梁俊杰

Admitted to Bachelor of Science in Exercise Science and Health Education, The Chinese University of Hong Kong (2-year programme)
升讀香港中文大學理學士(運動科學與健康教育)(兩年制課程)

Other degree offer received:

- Bachelor of Science (Honours) in Mental Health Nursing, The Hong Kong Polytechnic University

其他獲取錄的學位課程：

- 香港理工大學精神健康護理學(榮譽)理學士學位課程

「我將永遠珍惜在書院度過的美好時光，全賴書院，令我有第二次機會追尋我的興趣。非常感謝書院讓我遇上一群互相勉勵的朋友和友善的講師，同時也感謝書院頒發獎學金給我。我將繼續追尋夢想，並會永遠記住，我一定可以將不可能化為可能。共勉之！」



Samoza Aaron Matthew Dela Luna

Admitted to Integrated Bachelor of Business Administration Programme, The Chinese University of Hong Kong (Senior Year Entry)
升讀香港中文大學工商管理學士綜合課程(高年級入學)

Other degree offers received:

- Bachelor of Business Administration (Honours) Management, The Hong Kong Polytechnic University (Senior Year Entry)
- Bachelor of Business Administration in Management, City University of Hong Kong (Advanced Standing Exemption)

其他獲取錄的學位課程：

- 香港理工大學管理學(榮譽)工商管理學士(高年級入學)
- 香港城市大學工商管理學士(管理學)(學分豁免)

「在書院的三年學習，對我而言是一段幸福又難忘的學習經歷。書院提供了很多實地考察和實踐機會予學生，使我增廣見聞。同時，富有行業知識的專業講師亦令我對本港的運動產業有更深入的見解。另外，我亦參加了學生發展資源中心舉辦的V-Circle義工團隊，不但使我大開眼界，亦提升了我的溝通和策劃能力，這些技能對我未來的職業生涯將大派用場。書院為不同背景的學生提供了充分的支援，因此我對這裡的學習生活感到十分滿意。」



Chan Cheuk Fung 陳卓鋒

Admitted to Bachelor of Science in Information Management, The University of Hong Kong (Senior Year Entry)
升讀香港大學理學士(資訊管理)(高年級入學)

Other degree offers received:

- Bachelor of Social Sciences in Criminology and Sociology, City University of Hong Kong (Senior Year Entry)
- Bachelor of Arts (Honours) in Applied Ageing Studies and Service Management, The Hong Kong Polytechnic University (Senior Year Entry)
- Bachelor of Social Sciences (Hons), Lingnan University (Senior Year Entry)
- Bachelor of Social Sciences with Honours in Psychology and Mental Health, Hong Kong Metropolitan University (Senior Year Entry)

其他獲取錄的學位課程：

- 香港城市大學社會科學學士(犯罪學及社會學)(高年級入學)
- 香港理工大學應用老年學及服務管理(榮譽)文學士學位(高年級入學)
- 嶺南大學社會科學(榮譽)學士(高年級入學)
- 香港都會大學心理學與精神健康榮譽社會科學學士(高年級入學)

「在書院裡，我有機會向經驗豐富的講師學習，並在不同課程活動和實習中實踐所學，令我掌握未來事業所需的實用技能。書院為學生提供良好的學習環境，讓我結識到一群志同道合的同學和建立人際網絡。總括而言，我覺得在書院學習令我有豐富的體驗和回報。」



Sherman Tse 謝卓言

Admitted to Bachelor of Science in Exercise Science and Health Education, The Chinese University of Hong Kong (2-year programme)
升讀香港中文大學理學士(運動科學與健康教育)(兩年制課程)

「我很享受在書院就讀的時光，講師很願意幫助同學，同學們也非常友善。在書院學習不會有太多功課，使我們可在較少壓力的環境中愉快學習，全心全意向升讀大學的目標進發。在此希望勉勵大家，在第一學年要努力拿取好成績，因為這時期的成績對升學來說最重要。另外，希望大家好好享受並善用在書院學習的時光。」

MINIMUM ENTRY REQUIREMENTS

最低入學資格

- Obtain Level 2 or above in 5 subjects*§ including English Language and Chinese Language* in the HKDSE Examination; OR
香港中學文憑考試其中五科*(包括英國語文及中國語文*)考獲第二級或以上成績；或
- Hold a recognised Diploma in Foundation Studies Programme; OR
完成基礎專上教育文憑課程；或
- Hold a Diploma of Applied Education / Diploma Yi Jin; OR
完成應用教育文憑 / 毅進文憑課程；或
- Equivalent qualifications will be considered by the College.
書院亦會考慮同等學歷之申請。

Applicants who do not meet the entry requirements of the 2-year Higher Diploma programme should apply for admission to the Diploma in Foundation Studies (DFS).

如申請人未能符合兩年制高級文憑課程入學資格，可申請入讀基礎專上教育文憑課程。

Recognition of Prior Learning (RPL)

過往資歷認可(RPL)

- Relevant and substantial work experience and/or prior qualifications obtained in or outside Hong Kong (e.g. assessed through recognition of prior learning and credit accumulation and transfer), with demonstrated ability to undertake sub-degree education, will be considered by the College.
申請人如在本港或境外取得豐富的相關工作經驗及/或資歷(例如經「過往資歷認可」及學分累積及轉移機制作評估)，並有能力接受副學位教育，書院亦會考慮其申請。

Mature Students

成人學生

- Applicants who do not possess the above academic qualifications, but are aged 21 or above and with relevant work experience will be considered on individual merit.
申請人如未能符合最低入學資格，但年滿二十一歲並具相關工作經驗，書院亦會考慮其申請。

* Applicants are allowed to use not more than 2 Applied Learning (ApL) subjects in the application. The recognition of the ApL subjects is as follows:
"Attained with Distinction (II)" is deemed equivalent to Level 4 or above;
"Attained with Distinction (I)" is deemed equivalent to Level 3; and
"Attained" is deemed equivalent to Level 2 in the HKDSE Examination.

可包括不多於兩科應用學習科目：

「達標並表現優異 (II)」相等於香港中學文憑考試第四級或以上的成績；
「達標並表現優異 (I)」相等於香港中學文憑考試第三級；及
「達標」相等於香港中學文憑考試第二級。

ApL Chinese (for non-Chinese speaking students) would be accepted as an alternative Chinese Language qualification.

非華語學生申請入學時，如只有「應用學習中文」成績，亦獲書院接納。

§ If one of the five HKDSE subjects is Citizenship and Social Development, the requirement will be "Attained" for the subject.

如該五科的其中一科為「公民與社會發展」，其要求則是在該科取得「達標」成績。



TUITION FEE

學費

The tuition fees for newly admitted students in the academic year 2025-26 are as follows: 2025-26年度入學新生的學費如下：

| Programmes 課程 | Tuition Fee for Local Students Per Year (HK\$) 本地生之每年學費（港幣） | Tuition Fee for Non-Local Students Per Year (HK\$) 非本地生之每年學費（港幣） |
|--|--|---|
| Higher Diploma in Sport and Recreation Management 體育及康樂管理高級文憑 | 38,730* | 62,120 |
| Higher Diploma in Sport Coaching and Sport Performance 運動教練學及運動表現高級文憑 | 38,730* | 62,120 |
| Higher Diploma in Sports Science and Rehabilitation 運動科學及復康高級文憑 | 62,000 | 62,000 |

Tuition fees will be paid in 2 equal instalments annually and subject to annual revision. 學費每年將分兩期繳交，書院每年會因應情況調整學費。

* In the academic year of 2025-26, the programme is subsidised by the government under the Study Subsidy Scheme for Designated Professions/Sectors (SSSDP). Local students enrolled in the programme will receive a subsidy up to HK\$23,390 per year.

本課程於2025-26學年納入為「指定專業/界別課程資助計劃」之指定課程。獲取錄的本地學生每年可獲最高港幣23,390元的資助。

OTHER SCHOLARSHIPS, BURSARIES AND SPONSORSHIPS

其他獎學金、助學金及計劃贊助

With the generosity of the Directors of Po Leung Kuk et al, numerous scholarships, bursaries and sponsorships are established as an encouragement to students who have excelled in their studies or made significant contributions in serving fellow students or the community.

為鼓勵同學爭取更佳成績，並積極貢獻社區、服務同學，書院設立多項獎學金、助學金及計劃贊助，蒙各界人士或公司慷慨捐贈，包括：保良局董事會成員、社會賢達，以及其他團體。

SCHOLARSHIPS FOR NEWLY-ADMITTED STUDENTS

新生入學獎學金

The College has established scholarships for applicants with outstanding results in the current HKDSE. The applicant could be awarded the scholarship upon successful admission to the College. Awardees may receive a maximum of a full first-year scholarship.

書院設立新生入學獎學金，給予在應屆香港中學文憑考試中獲優良成績的申請者。同學若成功入讀由書院開辦之課程，有機會獲頒獎學金。成功被甄選的同學最高可豁免首年學費。

FINANCIAL ASSISTANCE

學費資助

Government Grants and Loans:

政府資助：

- Financial Assistance Scheme for Post-secondary Students (FASP)
專上學生資助計劃
- Non-means-tested Loan Scheme for Post-secondary Students (NLSPS)
專上學生免入息審查貸款計劃

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(Apr 2025)

