

# Higher Diploma in APPLIED HEALTH & REHABILITATION CARE

應用健康及  
康復護理高級文憑

2025-26



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應用健康及康復護理高級文憑

Application Code 報名編號：HDAHRC

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：21/001397/L4

Validity Period 有效期：01/09/2022 – 31/08/2028

Successful completion of this programme leads to an award by HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC)

學生成功修畢課程，將由香港大學專業進修學院保良局何鴻燊社區書院頒授副學位

The health care manpower in Hong Kong is in shortage to meet the service demand. This programme covers essential health care and rehabilitation knowledge, focusing on the following pillars: nursing, occupational therapy and physiotherapy. The primary goal of training allied and auxiliary healthcare workers is to alleviate the manpower shortage in elderly and rehabilitation care services and to maintain the quality of patient care. With a foundation knowledge in health sciences and applied skills in allied health, students may join the healthcare workforce or progress to further studies in the related fields.

香港醫療護理行業人手短缺，供不應求，就業市場龐大。本課程涵蓋必要的保健和復康知識，並專攻護理、職業治療和物理治療三大範疇，培訓專職和輔助醫療人員，紓緩長者和復康護理人員人手不足的問題，維持優質的病患者照顧服務。透過學習健康科學的基礎知識和專職醫療的實用技巧，學生將來可投身醫護行業或在相關領域繼續升學。



## PROGRAMME AIMS AND FEATURES

### 課程目標及特點

- Equips students with a wide range of knowledge and practical skills required to provide nursing and rehabilitation care for older adults and people with disabilities at the paraprofessional level;
- Provides a sound foundation for practice with the development of knowledge and competent skill sets to work collaboratively with allied health or rehabilitation professionals within contemporary practice;
- Provides a comprehensive education on body systems, physical and mental health, psychology and communication skills and their applications to rehabilitation strategies, family functioning and social care practices;
- All specialism courses involve skill practices. In each academic year, students will be placed with different institutions or healthcare facilities for experiential learning placement;
- A purpose-built skills laboratory is set up for students to acquire comprehensive skills in physiotherapy, occupational therapy, nursing care and other health-related learning activities. This Rehabilitation Skills Laboratory aims at facilitating students' learning in the conduction of practical assessments, patient care and rehabilitation activities.
- 教授一系列針對長者及殘疾人士的護理和復康專業知識，讓學生掌握相關的實用技巧，達致輔助專業人員的水平；
- 提供紮實的基礎訓練，包括專業知識和工作技能，使學生在實際工作環境中，學習與專職醫療人員或復康專業人員一同工作；
- 全面教授人體系統運作、生理及精神健康、心理學與溝通技巧，讓學生在復康策略、家庭功能、社康照顧等方面得以實踐所學；
- 所有專修科目均設有實習，學生在每個學年將獲安排到不同醫療護理機構，參與體驗學習，汲取經驗；
- 書院特別設立「復康技術實習室」，供學生學習物理治療、職業治療和護理等全面技巧，以及進行與健康相關的學習活動，提升學生在實務評估、病人護理和復康活動方面的訓練和技巧。



## EXPERIENTIAL STUDY

### 體驗學習

Students will be attached to different host organisations during a 3-week experiential learning placement that aims to offer students the opportunity to apply the acquired theoretical knowledge and practical skills to a work environment.

- 1-week job-shadowing with healthcare professionals such as occupational therapists, physiotherapists and nurses, to observe and understand their scope and roles.
- Spending a week in an elderly service unit and a rehabilitation service unit respectively, where students will support health and rehabilitation care practices under supervision by interacting with real cases and reporting to professionals.
- Host organisations include the rehabilitation and elderly service units under Po Leung Kuk, Oasis Group nursing homes and the day care service units under Woopie Club.

學生將獲分配到不同的機構進行三星期的體驗學習/實習工作，計劃讓學生在實際工作環境中實踐所學理論知識和技巧。

- 安排學生擔任醫療專業人員（如職業治療師、物理治療師和護士）的「工作影子」，為期一星期，讓學生得以觀察和了解該醫護專業範疇的工作。
- 分別派駐學生到長者服務機構及復康服務機構各一星期，在專業人員的督導和指示下，學生將支援真實個案的醫護和復康工作。
- 實習機構包括：保良局轄下復康中心及安老院舍、紫雲間護養院及和悅會日間中心。

## SUMMER CRASH COURSES

### 暑期速成班

To further equip our students to join the healthcare workforce, health worker training courses and registration, metalwork or woodwork courses might be organised for Year 1 students during summer break. Student participation is voluntary.

為協助學生更充分準備投身醫療護理行業，本課程有機會為一年級學生於暑假期間舉辦保健員訓練課程及註冊、金工或木工課程。學生可自行選擇是否參與。



## 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
- Elementary Statistics 基礎統計學
- Anatomy and Physiology in Rehabilitation 復康解剖及生理學
- Common Health Conditions in Rehabilitation 復康常見的健康狀況
- Communication Skills in Health Services 醫療服務的溝通技巧
- English for Academic Purposes I 學術英語（一）
- Practical Chinese<sup>§</sup> 實用中文<sup>§</sup>
- Supporting Nursing Care 實務護理入門
- Healthy Lifestyle Promotion and Intervention 健康生活推廣
- Psychological and Social Impacts of Illness and Disability 疾病與殘疾對心理及社會之影響

#### Higher Diploma Year 2

##### 高級文憑二年級

- English for Academic Purposes II 學術英語（二）
- Information Technology Fundamentals 資訊科技概論
- Principles of Rehabilitation 復康原理
- Supporting Occupational Therapy Practice 實務職業治療入門
- Supporting Physiotherapy Practice 實務物理治療入門
- English for Healthcare Professionals 專職醫護英語
- Rehabilitation for People with Disabilities 殘疾人士復康概論
- Rehabilitation for Older Adults 長者復康概論
- Applied Health Technology 應用醫療科技
- Experiential Study 體驗學習

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。

<sup>§</sup> 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

## 升學前景

Overall Progression Rate in 2024: **86%<sup>#</sup>**  
2024年總升學率：

### UGC-funded Universities

Graduates are eligible to apply for admission to the following Bachelor's degree programmes of 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)開辦的學士學位課程。以下為近年本課程畢業生/學生曾獲取錄的學位課程\*：

##### The University of Hong Kong

Bachelor of Nursing

##### The Chinese University of Hong Kong

BSc Community Health Practice  
BSc Exercise Science and Health Education  
BSc Gerontology  
BSSc Social Work

##### The Hong Kong Polytechnic University

BSc (Hons) Nursing  
BSc (Hons) Scheme in Rehabilitation Sciences - Occupational Therapy  
BA (Hons) Applied Ageing Studies and Service Management  
BSc (Hons) Mental Health Nursing

##### City University of Hong Kong

BSocSc Public Affairs and 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。*

*<sup>#</sup>Source: 2024 Graduate Survey  
資料來源：2024 畢業生升學調查*

# CAREER PROSPECTS

## 就業前景

Our graduates are prepared to be healthcare paraprofessionals; they may join the local healthcare industry as occupational therapy assistants, physiotherapy assistants and rehabilitation therapy assistants, in providing direct care and professional services to patients and individuals who require rehabilitation.

本課程為有意成為醫護輔助專業人員的畢業生作出準備。畢業生可選擇加入本地醫療行業，成為職業治療助理、物理治療助理及復康治療助理，以為病人或有復康需要的人士提供直接護理和專業服務。

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

- Hong Kong Metropolitan University
  - BSc (Hons) Physiotherapy
  - BSocSc (Hons) Psychology and Mental Health
- Tung Wah College
  - BSc (Hons) Physiotherapy
  - BSc (Hons) Applied Gerontology
- Saint Francis University
  - Bachelor of Nursing (Hons)
  - BSc (Hons) Physiotherapy
- Hong Kong Baptist University – School of Continuing Education
  - Bachelor of Nursing (Hons)

### Overseas Universities 海外大學

- Sheffield Hallam University (UK)
  - BSc (Hons) Physiotherapy
  - BSc (Hons) Occupational Therapy
- Oxford Brookes University (UK)
  - BSc (Hons) Physiotherapy
  - BSc (Hons) Occupational Therapy
- Coventry University (UK)
  - BSc (Hons) Physiotherapy
  - BSc (Hons) Occupational Therapy
- University of Northumbria at Newcastle (UK)
  - BSc (Hons) Occupational Therapy
- University of Plymouth (UK)
  - BSc (Hons) Physiotherapy
- University of Brighton (UK)
  - BSc (Hons) Physiotherapy



# STUDENT SHARING

## 學生分享



**Denise Chan 陳嘉希**

Admitted to Bachelor of Science (Honours) Scheme in Rehabilitation Sciences - Occupational Therapy, The Hong Kong Polytechnic University  
升讀香港理工大學職業治療學(榮譽)理學士學位

Other degree offers received:

- Bachelor of Science (Honours) Physiotherapy, Hong Kong Metropolitan University
- Bachelor of Science (Honours) Physiotherapy, Saint Francis University
- Bachelor of Science (Honours) Physiotherapy, University of Brighton (UK)
- Bachelor of Science (Honours) Physiotherapy, University of Plymouth (UK)
- Bachelor of Science (Honours) Physiotherapy, Coventry University (UK)
- Bachelor of Science (Honours) Physiotherapy, University of Huddersfield (UK)

其他獲取錄的學位課程：

- 香港都會大學物理治療學榮譽理學士
- 聖方濟各大學物理治療學(榮譽)理學士
- 英國布萊頓大學物理治療學(榮譽)理學士
- 英國普理茅斯大學物理治療學(榮譽)理學士
- 英國考文垂大學物理治療學(榮譽)理學士
- 英國哈德斯菲爾德大學物理治療學(榮譽)理學士

「書院的課程講師經常傳授他們在復康治療方面的專業知識，他們的指導是我學習中最好的部分。當我到醫療機構實習時，透過與資深的醫療專業人員一同共事，我學懂如何與來自不同社會文化背景和健康狀況的患者相處。我也有幸獲得多元的學習體驗機會，例如參與中風外展隊及成為學生大使將學生的聲音宣揚開去。有幸得到前輩主管和同學的支持，讓我成為更有自信地帶領學生活動的人。」



**Nora Leung 梁芷盈**

Admitted to Bachelor of Science (Honours) in Mental Health Nursing, The Hong Kong Polytechnic University  
升讀香港理工大學精神健康護理學(榮譽)理學士

Other degree offers received:

- Bachelor of Nursing, The University of Hong Kong
- Bachelor of Science (Honours) in Physiotherapy, Tung Wah College
- Bachelor of Nursing (Honours), Hong Kong Baptist University

其他獲取錄的學位課程：

- 香港大學護理學學士
- 東華學院物理治療學(榮譽)理學士
- 香港浸會大學護理學學士(榮譽)學位課程

「在求學的過程中，難免會遇到失敗和挫折，但千萬不要失去對人生目標的追求。因為問題不在於事情的困難，而是在於缺乏有效的方法，或是擁有方法卻不願意去實踐。盼望以下這句話能提醒迷茫中的你：求學階段最堅固的束縛是習慣！兩年的書院生涯讓我找到了方法並幫助我培養了良好的學習習慣，如定時複習和向講師主動提問。這些習慣都能幫助我更有效地追求知識，提升理解力和記憶力，最終讓我成功達成學業目標。」

# 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 by the College.

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：

Programme 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 Applied Health and Rehabilitation Care 應用健康及康復護理高級文憑	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。

## 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考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
- Continuing Education Fund (CEF)\*  
持續進修基金\*

\* Applicant must not have obtained any other publicly-funded financial assistance (such as FASP) for the same course.

申請人必須從未就同一科目在其他公帑資助計劃下獲得任何資助，例如「專上學生資助計劃」。

#### HKU SPACE Po Leung Kuk Stanley Ho Community College 港大保良何鴻燊社區書院

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