



Faculty of Education
CUHK 中大教育



體育運動科學系

Department of Sports Science
and Physical Education

Higher Degree Programmes

高級學位課程



教育哲學博士(體育運動科學) 課程

Ph.D. in Education (Sports Science & P.E.)

理學碩士(運動科學與體力活動) 課程

M.Sc. in Sports Science and Physical Activity

IMPROVING HUMAN HEALTH AND WELL-BEING THROUGH SPORTS,
PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

Vision

CUHK SSPE aims to become a world-leading hub for research excellence and high quality teaching, dedicated to improving human health and well-being through sports, physical education and physical activity.



Mission

- To inspire and nurture students to become competent professionals and leaders, making lifelong contributions to society in the field of sports science, physical education and physical activity.
- To advance inter- and multi-disciplinary knowledge and generate impactful translational research, leading to meaningful and tangible benefits for human health and well-being.

Doctor of Philosophy in Education (Sports Science and Physical Education)

QUALIFICATION FOR ADMISSION

- Recognised Master's degree
- Relevant working experience and proof of research capability
- Fulfilled the "English Language Proficiency Requirement" as stipulated by the Graduate School

PERIOD OF STUDY

For students with a research Master's degree:

Full-time: 36 months (maximum 72 months)

Part-time: 48 months (maximum 84 months)

For students without a research Master's degree:

Full-time: 48 months (maximum 84 months)

Part-time: 64 months (maximum 100 months)

* The University reserves absolute discretion to decide whether the degree possessed by a student is a research Master's degree or not.

PROGRAMME DESCRIPTION

This programme admits highly motivated students, who are dedicated to contributing towards our passion for global excellence in impactful and translational research outputs. It combines seminars with independent research in an individually designed course of study under the guidance of a supervisor and two or three advisors. Students are nurtured and encouraged to develop competencies in their chosen research field and to provide meaningful contributions to their specific discipline. Our research programmes are based on the premise that physical activity is a health-related behaviour that influences the well-being of individuals. It is from this perspective that PhD students can study physical activity and exercise using a physiological, psychological, biomechanical, pedagogical or sociological approach, or an inter- and multi-disciplinary approach.

The Ph.D. programme focuses on the following areas:

- **Physical Activity and Sedentary Behaviour**
- **Nutritional and Metabolic Aspects of Exercise**
- **Physical Literacy and Its Application to Different Populations**
- **Professionalization of PE Teachers and Their Learning Communities**
- **Family- and School-based Interventions to Promote Physical Literacy**
- **Teachers' Professional Development and Application of Information Technology in Physical Education**
- **High-intensity Interval Training and Cardiometabolic Health Benefits**
- **Sport Nutrition, Exercise Performance and Fitness**
- **Physical Activity and Sedentary Behaviour of Children with Disabilities or Special Educational Needs (SEN)**
- **Adapted Physical Activity and School-based Interventions**
- **Falls and Physical Activity in Older Adults**
- **Biomechanics of Sports Performance**
- **Injury Prevention**

Master of Science in Sports Science and Physical Activity

QUALIFICATION FOR ADMISSION

- **Recognised Bachelor degree**
- **Fulfilled the "English Language Proficiency Requirement" as stipulated by the Graduate School**

PERIOD OF STUDY

Full-time Programme: 1 year (maximum: 3 years)

Part-time Programme: 2 years (maximum: 4 years)

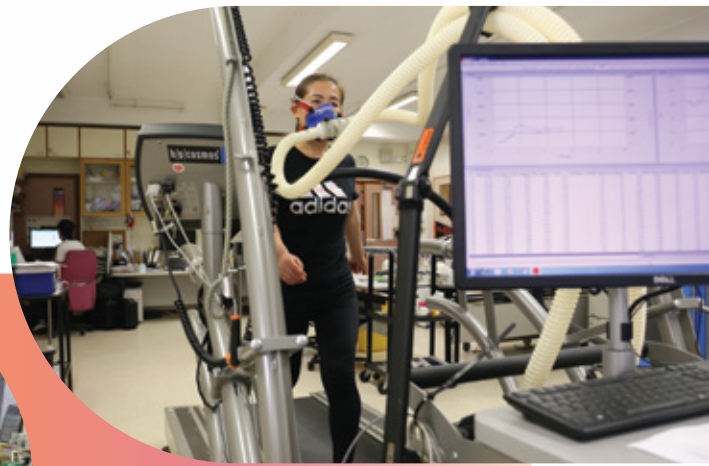
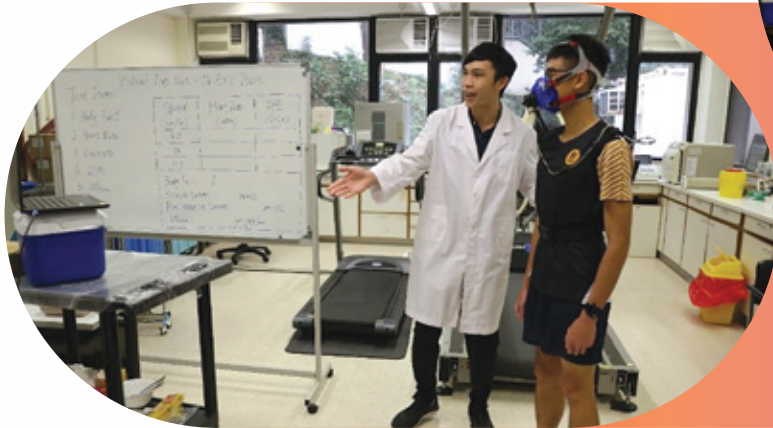
PROGRAMME DESCRIPTION

A sound theoretical background to enrich students' knowledge base and to enable them to apply that knowledge in a specific sport-related setting or to pursue further research in a relevant discipline.

Suitable for professionals working in the disciplines of:

- **Sports and/or sports science**
- **Education**
- **Health care**
- **Sports administration**





Academic Awards

(MSc Programme in Sports Science and Physical Activity)

SSPA Full Tuition Academic Award has been established to support talented students admitted in 2026-27 to pursue postgraduate education in our programme. It is for full-tuition coverage. The awardee will be selected based on academic merit, exemplary character, exceptional potential for leadership and interview performance. The application form can be downloaded from the SSPE website.

Awardee should:

- Be a **first year** student admitted to the M.Sc. in Sports Science and Physical Activity Programme.
- Be outstanding international or local students graduated from a reputable university.
- Have obtained excellent undergraduate degree, preferably with 1st Class Honours in a relevant discipline.

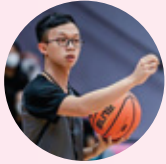
SSPE Postgraduate Admission Academic Award has been established to award distinguished postgraduate candidates admitted to our programme in 2026-27. The candidates shall demonstrate a proven record of academic excellence, and/or outstanding sporting achievements. The total amount of value of the Awards is up to HK\$30,000 per year.

SSPE Postgraduate Academic Award has been established to award academically outstanding graduates of our programme. Top students with the highest GPA on the University's Dean's List will receive the award.

For further application details on academic awards, please visit:

<https://www.spe.cuhk.edu.hk/eng/programmes.asp?pageid=45>

Words from Students



HO Cheuk Yin

Hong Kong PhD Fellowship Scheme Awardee, Doctor of Philosophy, CUHK
Dean List & SSPA Full Tuition Academic Award Recipient, Master of Science in Sports Science and Physical Activity, CUHK
First Class Honour, Bachelor of Science in Physics, CUHK

After graduating from the Department of Physics at CUHK, I considered the part-time MSc Programme in Sports Science and Physical Activity and assisted with research in the Sports Biomechanics and Injury Prevention Group simultaneously. Throughout my journey in SSPE, I was offered a great variety of sports science courses, research projects, and specialists in relevant fields. Not only did I find my solid foundation in Physics helpful with Sports Biomechanics studies, but I also learnt the beauty of applying Biomechanics research methods to the motor control aspect of sports techniques under the multidisciplinary training in the MSc Programme. I am delighted to further pursue a PhD study in SSPE under the Hong Kong PhD Fellowship Scheme. With the support from the Department and international connections of Faculty members, I am confident that I will be able to conduct quality research and create social impact through collaborations with practitioners in the future.

LEUNG Hei Shing

Master of Science in Sports Science and Physical Activity, CUHK
Postgraduate Diploma in Physical Education, The Education University of Hong Kong
Bachelor of Arts in Physical Education and Recreation Management, Hong Kong Baptist University
Member of Hong Kong, China Athletics Team 2023-2024 (Decathlon)



Studying in the MSc in Sports Science and Physical Activity (SSPA) programme at CUHK has been an enriching journey that perfectly balances my academic knowledge and sports development. What stood out most to me was the programme's interdisciplinary approach, integrating cutting edge research in sports biomechanics, exercise physiology, and psychology with hands-on practical and lab-based experiences. Also the faculty members are not only leaders in their fields but also passionate mentors who foster critical thinking and innovation. Their expertise, particularly in bridging global sports science trends with Hong Kong contexts, provided invaluable insights for my career. We not only learn exercise related knowledge from the CUHK professors, but also have a meeting and interact with the invited guest lecturers who come from different Hong Kong sports industries. Those experiences are really impressive and valuable. This programme has equipped me with both the knowledge and confidence to thrive in Hong Kong's evolving sports industry. For anyone passionate about sports science, SSPA is the ideal platform to turn ambition into expertise.



ZHANG Jiaqi

Doctor of Philosophy, CUHK
Dean List, Master of Science in Sports Science and Physical Activity, CUHK
Bachelor of Arts in Russian, Fudan University

I joined Fudan University Running Club during my college years and became an amateur middle- to long- distance runner. Since then, I have been fascinated by the wonders created by human bodily movements in all kinds of physical activities. Choosing sports science at CUHK allows me to merge my passion for both science and sports into a single academic and career path. Right now I am ready to embark on a lifelong journey of constant learning and staying up-to-date with the latest scientific findings in this field.

ZENG Ziwei

Doctor of Philosophy, CUHK
Master of Science in Sports Rehabilitation, Shanghai University of Sport
Bachelor of Science in Sports Rehabilitation, Hunan University of Chinese Medicine



I graduated from Shanghai University of Sport in 2023 with an MSc in Sports Rehabilitation. For nearly a year now, I have embarked on my Ph.D. journey at SSPE, CUHK. During this transformative period, I have not only significantly enhanced my research skills but also broadened my perspectives. Being at CUHK has provided me with invaluable opportunities to engage with scholars and students from diverse countries and regions, enriching my understanding of the latest international advancements in sports science. I am incredibly fortunate to study at SSPE and join the Sports Biomechanics and Injury Prevention Group, where I am inspired daily to push the boundaries of my research and believe in the limitless potential of what I can achieve.



Hong Kong Future Talents Scholarship Scheme for Advanced Studies

Introduced by the University Grant Committee (UGC) since the 2025-26 academic year, the Hong Kong Future Talents Scholarship Scheme for Advanced Studies provides a scholarship (subject to a cap of HK\$100,000) for selected local students admitted in 2025-26 and 2026-27 intakes to pursue designated taught postgraduate programmes. For details, please refer to UGC's website and the Graduate School's website.

Eligible students who have accepted an admission offer and settled the admission deposit before the scholarship application deadline will be invited to submit application for the scholarship in due course.

Application

Online application, please visit:

<https://www.gs.cuhk.edu.hk/admissions>

Application Deadline

Hong Kong PhD Fellowship Scheme (HKPFS): **December 1, 2025**

PhD: **January 31, 2026**

MSc: **February 28, 2026 (Priority Round),**

April 30, 2026 (Final Round)

Commencement of Classes: **1 September 2026**

Enquiry

Tel: **3943 5346, 3943 3950**

Email: **hp_admission_sspe@cuhk.edu.hk**

Website: **<http://www.cuhk.edu.hk/spe>**

