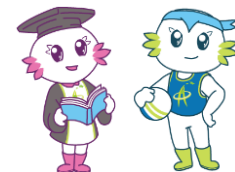




香港資優教育學苑
The Hong Kong Academy for Gifted Education
香港特別行政區政府教育局資助
Subvented by the Education Bureau, the Government of the HKSAR



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C1SDE001C

(Token- required)

[**Gifted Programme**]

Sustainable Development Course (Level I):

Sports Science and Well-being

Teacher of Salesians Of Don Bosco Ng Siu Mui Secondary
School



Application Deadline
25 Jun 2025 12:00
noon

Intended Learning Outcomes

Upon completion of the gifted programme, gifted students should be able to:

1. communicate clearly and effectively with peers during training sessions, enhancing group dynamics and collective learning;
2. interpret their fitness assessment report, gaining insights into their individual physical condition and identifying areas for improvement;
3. set realistic fitness goals based on their assessment results, fostering a personalised approach to health;
4. apply the training methods provided by the instructor to establish and maintain a consistent fitness regimen and a healthy lifestyle.

Result Release
25 Jun 2025

If student members withdraw from the programme after the Application Deadline, the token will be deducted.

◆ Gifted Programme Introduction

The "Key Findings from the annual health assessment of Student Health Service" published by the Department of Health in January 2024, indicates that the detection rates of overweight (including obesity) among primary and secondary school students remained high during the 2022/23 academic year. To prevent childhood and adolescent obesity from evolving into lifelong health risks, the Student Health Service encourages students to cultivate healthy lifestyle and dietary habits, including engaging in at least one hour of moderate to vigorous physical activity (MVPA60) daily and maintaining a balanced diet.

Therefore, this course aims to help students understand their physical condition through various aspects of sports science and learn how to apply diverse training programs to improve their own or their family's health. Additionally, it will enhance students' communication skills, perseverance, and the virtues of appreciating and respecting others.

This programme is co-organized by HKAGE and Salesians Of Don Bosco Ng Siu Mui Secondary School.

◆ Schedule

Session	Date	Time	Venue
1	7 July	10:00 a.m. – 1:00 p.m.	Salesians Of Don Bosco Ng Siu Mui Secondary School (location)
2	9 July		
3	14 July		
4	16 July		

◆ Suitable for

- P4 – P6 HKAGE student members in 2024/25 school year.
- Class size: 16
- Student members would be selected randomly by the computer system. The decision of HKAGE on the result of the selection should be final.

◆ Pre-requisite

No special prerequisites are needed

◆ Medium of Instruction

Cantonese with Chinese handouts

◆ Certificate

E-Certificate will be awarded to participants who have:

- attended at least 3 sessions; AND
- completed all the assignments with satisfactory performance