

## **Subject Department: Physical Education**

### **Our Mission**

To cultivate students' interest by introducing them to a wide variety of sports, allowing them to develop skills through participation in physical activities. Through active participation in sports, students will develop a healthy life style that can enhance their quality of life ultimately.

### **Rationale**

1. A good level of physical fitness will enable students to handle and enjoy their studies, work and other aspects of life.
2. A student's proficiency in certain kind of sports may add to his/her interest in other sports. As a result, students will be motivated to engage in more physical activities.

### **Long-term Plan**

1. To assist students in developing a lifetime sport by organizing different sports training courses/ promotion schemes.
2. To educate students in sports aesthetics.

### **Main Emphases in 2014/15**

1. To help students improve their physical fitness and health.
2. To encourage students participate in different sports activities.
3. To assist students in developing professional qualification in sports.