

Andrews  University

安德烈大學  
(美國國家級大學)

# Wellness (Fitness Emphasis)

Full-time Non-local Degree Programme



於香港聯校：香港三育書院修讀

## 健康學（體適能）理學士

### Bachelor of Health Science in Wellness (Fitness Emphasis)

(Reg. No. : 262891)

Study at



HONG KONG ADVENTIST COLLEGE

香港三育書院

非牟利教育機構 ED/28221  
Non-Profit Making Education Institution

*Bachelor of Science in Health & Fitness*



# Bachelor of Health Science in Wellness (Fitness Emphasis)

Andrews University, US (美國安德烈大學)

## ANDREWS UNIVERSITY



Andrews University was founded in 1874, located in Michigan. It is a fully accredited institution offering more than 200 undergraduate and graduate degrees in business, education, technology, religion, arts and sciences, and architecture. It is a place for students to seek knowledge, affirm their faith, and change the world.

[Interactive Online Campus Tour](#)

Please Visit [andrews.edu/virtualtour](https://andrews.edu/virtualtour)

## HONG KONG ADVENTIST COLLEGE

Hong Kong Adventist College (HKAC), established in 1903, is a four-year liberal arts college founded and supported by the Seventh-day Adventist Church. It has a strong tradition of providing quality education with an emphasis on developing the potential of the whole person. The integration of faith and learning provides a unique academic environment for students from a variety of cultures and religious backgrounds.



## THE PROGRAMME

The Department of Health builds its philosophy on the concept that the development of the whole person includes physical, mental, social, emotional, and spiritual health, is fundamental to life and effective service to God and men. Therefore, the mission of the department is to prepare qualified and highly motivated men and women to promote a healthy lifestyle in the community through various careers related to public health.



To complete the four-year Bachelor of Health Science in Wellness (Fitness Emphasis), students are required to take a minimum of 124 credits in three areas: general education, the required cognates and required major courses. A 200-hour internship is required during the last year of study, which provides students with additional practical skills and experience in Fitness.



# PROGRAMME FEATURES

- Bachelor degree awarded by Andrews University
- Degree recognized locally and globally
- Available scholarship - up to HK\$20,000 a year
- Eligible to apply for Non-Means Tested Loan from HK Government
- Credits are transferrable to both local and overseas institutions
- Articulation mode available - 2 years in Hong Kong plus 2 years in the United States\*\*



# PROGRAMME MODULES

General Education courses are designed to broaden general knowledge and skills in the following areas:

- Religion & Ethics
- Social Science
- Mathematics & Computer Literacy
- Life and Physical Sciences
- Fine Arts and Humanities
- Language and Communication
- Physical Education and Wellness
- Service

Required cognates are designed to equip students with fundamental health knowledge in relation to:

- Human Biology
- Understanding Human Behavior
- Business Operation
- Anatomy and Physiology

Required Major courses provide specific knowledge and skills in health promotion, exercise and fitness education with studies in:

- Diet & Nutrition
- Health Management
- Programme Design
- Research Methods
- Exercise & Fitness
- Stress Management
- Health Promotion Strategies
- Weight Control





# ADMISSION REQUIREMENTS

## 1. Hong Kong Diploma in Secondary Education (HKDSE)

Level 3 in English and Chinese Language

Level 2 in Mathematics and Liberal Studies

Level 2 in an Elective subject

## 2. 12-year High School Programme Graduate

A Minimum High school GPA of 2.5 overall and ACT/SAT composit scores at the 50th percentile (currently, these scores are 20 ACT and SAT scores of 510 on each subject test, but are subject to adjustment annually) are required for admission

## 3. Approved Pre-university Course

Graduating GPA of 2.50

Students who do NOT meet the minimum requirements may be admitted PROVISIONALLY on a case by case basis as determined by Andrews University.

## Scholarship

- Pre-registration Scholarship, HK\$10,000
- Academic Performance Scholarship up to HK\$20,000 annually

## Government Loan

Eligible for Hong Kong Government's Non-Means Tested Loan.



## CONTACT INFORMATION

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Hong Kong Adventist College