

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

健康科學理學士 (體適能)

Bachelor of Health Science in Wellness, with an Emphasis in Fitness

(Reg. No. : 262892)

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 Health Science in Wellness, with an Emphasis in Fitness

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/360tour/

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, with an Emphasis in Fitness, 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

- Four years study in Hong Kong
- Official transcripts are issued by Andrews University
- Bachelor degree awarded by Andrews University
- Degree qualification recognized locally and globally
- Scholarship up to 80% of tuition fee
- Credits earned in Hong Kong are recognized in U.S. institutions



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 (Any one of the following)

1. Hong Kong Diploma in Secondary Education (HKDSE)

- Level 3 or above in Chinese and English Language; and
- Level 2 in Mathematics; and
- "Attained" level in Citizenship and Social Development; and
- Level 2 or above in an elective subject

2. 12-year High School Graduate

Overall CGPA 2.5 or above

3. Diploma in Pre-University Studies

Successful completion with a Graduating GPA of 2.50 or above

4. Other equivalent internationally recognized examination result

Such as: IB, ACT/SAT, GCE A-level

Students who do NOT meet the minimum requirements may be admitted provisionally or as a guest student.

English Language Proficiency

Students whom score below Level 3 in English Language in HKDSE or below IELTS 6.5/TOEFL IBT 80, are required to complete and pass the English Language program.

Financial Aids and Scholarships

- Chan Shun Scholarship
- Dr. Samuel Young Memorial Scholarship
- Mr. John Chang Scholarship
- Mr. Ngan Wai Lam Scholarship
- Pre-Registration Scholarship
- Prof. & Mrs. Giang Tsung Gwang Memorial Scholarship
- Seventh-day Adventist Member Scholarship
- Shih Scholarship



CONTACT INFORMATION

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Hong Kong Adventist College