

Course Description

EDAA101 WATERCOLOR PAINTING: EXPRESSION IN LIGHT AND COLOR & CULTURE

In our daily life, our eyes constantly keep in touch with the colors and images of nature, which are often internalized to blend with our experiences and values associated with them. Watercolor painting often uses color and light effect to convey impressions of the beauty of nature as seen and felt by the artist. The course aims to equip the students with the basic skills of watercolor painting to express their feelings toward natural objects and subsequently develop a good rapport with them.

Pre-requisite: None

EDAA102 PRINTMAKING

Printmaking originated from Chinese woodcut duplication and later got developed in Europe. Printmaking methods include: woodcut, intaglio printing, relief printing, silkscreen process, engraving, etching, etc. The course aims to equip the students with the knowledge of the history/methods of printmaking and with the basic skills of intaglio/relief printmaking to express/represent the sense of continuity and the point of interest in objects.

Pre-requisite: None

EDAA103 CREATIVE POTTERY

Modern pottery has become a creative art form with practical as well as aesthetic values. The course aims at equipping the students with the knowledge and skills of pottery-making to express through adoption of traditional pottery-making techniques in creating artifacts the aesthetic interest and taste of contemporary man and to make it part of their aesthetic life.

Pre-requisite: None

EDAA104 SCULPTURE: SPATIAL ART

Sculpture employs specific artistic languages expressed in different media to express the aesthetic ideology and *zeitgeist* of different ages. The course aims to equip the students with the basic skills of clay-sculpturing to feel the life of clay & understand its aesthetic values.

Pre-requisite: None

EDAA105 BASIC CALLIGRAPHY

Calligraphy is a popular art form which has been being practiced for ages in all civilized places. Different calligraphic styles evolve different space composition concepts and strategies. The course aims (1) to familiarize the students with the history and style of different calligraphic works from China; (2) to provide them with adequate knowledge to understand and appreciate calligraphic art works; and (3) to equip them with the basic skills for calligraphic writing. Through practicing calligraphy the students are in a better position to understand the *literati* calligraphy and the relationship between calligraphy and painting.

Pre-requisite: None

EDAA106 CHINESE "LANDSCAPE" PAINTING

Chinese "landscape" painting is a unique art form for representation of nature and expression of man's sentiments toward and of nature. It makes use of the properties of ink to spontaneously represent nature and to reveal the spirit of nature. The course aims not only to familiarize the students with representative art works of Chinese "landscape" painting and its culture, but also to equip them with the basic skills to represent the beauty of nature in painting.

Pre-requisite: None

EDAA107 CREATIVE GRAPHIC DESIGN

Graphic design is one of the most popular forms of art practice. It exists in our life, functioning as an ornamental or “identification” medium of visual meaning transmission. The course aims at teaching the students the principles of graphic design through design exercises (logo, publication & packaging) and cultivating their ability in multi-dimensional thinking.

Pre-requisite: None

EDAA108 DIGITAL GRAPHIC ART WORKSHOP

The rapid development of communication technology and the application of new technological media to modern art production have been broadening our vista and deepening our knowledge of art. The course operates in the form of art workshop and aims at equipping the students with the skills in employing digital photography and net technology for visual product design.

Pre-requisite: None

EDAA109 MODERN SIGN DESIGN

In an information-laden age, with ever-increasing life tempo and ever-varying way of communication, *sign* in modern times as a symbolic representation of information transmission is an integrative product of design and culture, communication and marketing. The course aims at equipping the students with the knowledge (theoretical, social and technical) and the basic skills for sign-designing to help them develop their creativity and expressive ability.

Pre-requisite: None

EDAA110 APPRECIATION OF WESTERN ART

Western art is a systematically-integrated synthetic product of Western history, culture, thinking, etc. manifest in its long process of societal development. In Western civilization, art and beauty are intimately related, though every era identifies itself with a distinct aesthetics corresponding to its *zeitgeist*. The course aims to help the students, through appreciation and contemplation of Western art works from different eras, elevate their spiritual level, enhance their sensitivity to emotional and moral values as well as acquire better understanding of Western art in relation to art schools and their cultural content.

Pre-requisite: None

EDAA111 APPRECIATION OF CHINESE ART

Chinese art since the ancient times has, with its unique cultural richness, long become a product of people’s life and spirit. The course aims to develop the students’ ability in art appreciation by means of analyzing the historical, social and cultural meanings of art works from different periods.

Pre-requisite: None

EDAA112 COLLECTION AND APPRECIATION OF CHINESE PAINTING

The collection and appreciation of ancient Chinese painting is an elegant cultural activity with high social status. It needs breadth of cultural knowledge and passion for cultural heritage. The course aims to enable the students to understand the pattern and décor in as well as the literary and historical values of past famous paintings by analyzing them in light of authenticity and stylistic idiosyncrasy, which will hopefully draw their attention to the importance of cultural preservation.

Pre-requisite: None

EDAA113 INTRODUCTION TO ART

Art education deeply influences man’s behavior — “beauty” and art not only improve the

quality of spiritual life, but also mold the temperament of man's character, which will result in better understanding of the art of art appreciation.

Pre-requisite: None

EDAA114 RETRACING MACAU ART AND CULTURE

Prehistoric archeological findings reveal that the history of Macau can be traced back to more than six millennium ago. Artifacts and art works of the Stone Age, the Bronze Age and the Early Iron Age unearthed in Macau provide us with valuable information of prehistoric Macau and enable us to reconstruct the long cultural history of Macau. From the artistic heritage of Macau, we come to understand its contribution in Sino-West trade and culture. Through studying its works of art, we can develop cross-disciplinary learning methods to equip the students with dynamic and cultural perspectives of art education.

Pre-requisite: None

EDMA101/102/103 BASIC MUSICIANSHIP I , II AND III

The course aims to provide students with foundation of music including basic skills and knowledge of singing and playing instruments. With the completion of the course, students are able to read, listen, sing / play, and write musical notes.

▪Aural skills: be able to identify basic intervals, chords, parts, and musical style
▪Sight singing: to read and sing/play basic notes in pitch and with exact rhythm.
▪Theory: basic knowledge of notation, simple and compound times, major and minor keys, chord progression, simple harmony, and terminology.

Pre-requisite: None

EDMA110 MUSIC & CULTURE

The course aims to cultivate students to be music intellectuals through the understanding of music in culture. With the completion of the course, students will be able to:
▪understand the role of music in different eras and cultures; ▪. appreciate compositions of various styles with the understanding of musical elements.

The course looks into the development of music in Western culture and its relation to different societies and cultures: ▪the origin of music and its development of musical elements in different pieces. ▪study by listening to samples of composition from music eras: Medieval, Renaissance, Baroque, Classical, and Romantic ▪Introduction to the lives of composers and their contributions.

Pre-requisite: None

EDMA111 MUSIC & MIND

With the completion of the course, student will be able to 1.Get familiar with music therapy. 2.Have basic knowledge of music theory. 3.Understand how the commercial music affect people's mood. 4.Have better understanding of musical production. 5.Develop the musicianship through all music activities and teaching

▪Basic music theory ▪Mozart Effect ▪Music therapy ▪Psychology of Music ▪The usage of music in public ▪The usage of TV and commercial music

Pre-requisite: None

EDMA112/113 INTRODUCTION TO CHORAL TRAINING I AND II

The course aims to provide foundation of choral singing and conducting. With the completion of the course, students will be able to sing in parts and be able to conduct choirs at school.

▪The techniques of part singing: canon, 2-4 part songs. ▪Basic conducting patterns (simple and compound times) in specific pieces ▪Score study ▪Conducting with accompaniment. ▪

Management of school choirs: audition, voicing, repertoire, rehearsal techniques, scheduling.

Pre-requisite: None

EDMA114 MUSIC GAMES IN THE KODALY METHOD

The course aims to enhance the musicality of students by providing experiences of musical games and activities in the Kodaly Method. With the completion of the course, students will be able to apply relevant games to facilitate the understanding of music theory and musicking in classroom teaching as well as their own musicality.

1. The basic philosophy of the Kodaly Method applied to learning. 2. Principles of adapting Kodaly games to different cultures. 3. To enhance the understanding of

- Notation and relations of tone
- Rhythm—steady beat, move in time
- Sight-singing without the present of pitched instruments
- Composing—apply notation skills and terms to write simple music
- Self-making of rhythmic instruments and teaching aids.

Pre-requisite: None

EDMA115 MUSIC MOVEMENT FOR YOUNG CHILDREN

The course aims to train students with the knowledge of directing music movement for young children. With the completion of the course, students will be able to design and demonstrate rhythmic movements for kindergartners so as to enhance their rhythmic development.

- Principles of designing rhythmic activities for young kids
- Practice of various rhythmic exercises
- Self-making of rhythmic instruments and props,
- Patterns of locomotive and non-locomotive movement,
- Musicking with spontaneous rhythmic responses

Pre-requisite: None

EDMA116 INTRODUCTION TO MUSIC

With the completion of the course, student will be able to 1. Get familiar with all the basic musical notation, and instruments. 2. Develop the musicianship through all music activities and teaching. 3. Have solid knowledge of music theory and aural skills. 4. Have basic outline of music history. 5. Have better understanding of musical production

- Basic music theory
- Music Aural Training
- Musical instruments and Orchestration

Pre-requisite: None

EDMA117 20TH CENTURY MUSIC

With the completion of the course, student will be able to 1. Solid understanding of the music history after the 19th century. 2. Develop the musicianship through all music activities and teaching. 3. Get familiar with Jazz music, Broadway musical, the most current trend popular music and performers worldwide. 4. Have basic outline of the whole music history 5. Have basic understanding of music theory and ear training

- Basic music theory
- Ear training
- Jazz Music
- Broadway Music
- The most current trend popular music and performers worldwide.
- The development of Eastern and western music history.

Pre-requisite: None

EDMA118 MUSIC GAMES IN THE ORFF APPROACH

With the completion of the course, student will be able to 1. Get familiar with Orff music teaching method. 2. Applied the method to the music classroom. 3. Be creative and design students' own musical games with Orff method for the music class at the pre-primary and primary school. 4. Have good knowledge about the most current trend music teaching worldwide. 5. Develop the musicianship through all music activities and teaching

- The history and development of Western Music Education
- Basic music theory
- Music used in early childhood
- Music techniques and philosophy used in Orff teaching method,
- The most current trend music teaching worldwide

Pre-requisite: None

EDMA119 CONTEMPORARY GUITAR

With the completion of the course, students will be able to play basic songs of guitar, understand of the basic knowledge of guitar history, familiarize the basic technique of guitar playing, compose and improvise guitar music. Students will learn the basic technique of guitar playing, introduction of guitar history, basic music theory, mainstream of guitar music and improvising guitar composition.

Pre-requisite: None

EDMA120 VOICE I

The course aims to help students to experience the joy of singing by training them to be competent singers. With the completion of the course, students are able to demonstrate skills of singing at the Pre-Grade 1 level. Students will learn vocalization exercises focus on understanding the mechanism and techniques of vocalization: posture, breath support and control, tone quality, expression, phrasing, resonance, registration of voice and diction. Study of repertoire covers the selection of music for different voices and purposes.

Pre-requisite: None

EDMA121 VOICE II

The course aims to help students to experience the joy of singing by training them to be competent singers. With the completion of the course, students are able to demonstrate skills of singing at the Grade 1 level. Students will learn vocalization exercises focus on understanding the mechanism and techniques of vocalization: posture, breath support and control, tone quality, expression, phrasing, resonance, registration of voice and diction. Study of repertoire covers the selection of music for different voices and purposes.

Pre-requisite: EDMA120

EDMA122 VOICE III

The course aims to help students to experience the joy of singing by training them to be competent singers. With the completion of the course, students are able to demonstrate skills of singing at the Grade 1 to 2 level. Students will learn vocalization exercises focus on understanding the mechanism and techniques of vocalization: posture, breath support and control, tone quality, expression, phrasing, resonance, registration of voice and diction. Study of repertoire covers the selection of music for different voices and purposes.

Pre-requisite: EDMA121

EDMA123 VOICE IV

The course aims to help students to experience the joy of singing by training them to be competent singers. With the completion of the course, students are able to demonstrate skills of singing at the Grade 2 level. Students will learn vocalization exercises focus on understanding the mechanism and techniques of vocalization: posture, breath support and control, tone quality, expression, phrasing, resonance, registration of voice and diction. Study of repertoire covers the selection of music for different voices and purposes.

Pre-requisite: EDMA122

EDMA124 VOICE V

The course aims to help students to experience the joy of singing by training them to be competent singers. With the completion of the course, students are able to demonstrate skills of singing at the Grade 2-3 level. Students will learn vocalization exercises focus on understanding the mechanism and techniques of vocalization: posture, breath support and control, tone quality, expression, phrasing, resonance, registration of voice and diction. Study of repertoire covers the selection of music for different voices and

purposes.

Pre-requisite: EDMA123

EDMA125 VOICE VI

The course aims to help students to experience the joy of singing by training them to be competent singers. With the completion of the course, students are able to demonstrate skills of singing at the Grade 3 level. Students will learn vocalization exercises focus on understanding the mechanism and techniques of vocalization: posture, breath support and control, tone quality, expression, phrasing, resonance, registration of voice and diction. Study of repertoire covers the selection of music for different voices and purposes.

Pre-requisite: EDMA124

EDMA126 VIOLIN I

The course aims to teach skills and techniques of playing violin in class format. With the completion of the course, students are able to demonstrate skills of playing violin at Pre-Grade 1 level. Students will learn the maintenance and tuning of the instrument, note reading, bowing, finger placement, bow strokes, expressions, articulation, styles and scales.

Pre-requisite: None

EDMA127 VIOLIN II

The course aims to teach skills and techniques of playing violin in class format. With the completion of the course, students are able to demonstrate skills of playing violin at Grade 1 level. Students will learn the maintenance and tuning of the instrument, note reading, bowing, finger placement, bow strokes, expressions, articulation and styles.

Pre-requisite: EDMA126

EDMA128 VIOLIN III

The course aims to teach skills and techniques of playing violin in class format. With the completion of the course, students are able to demonstrate skills of playing violin at Grade 2 level. Students will learn the maintenance and tuning of the instrument, note reading, bowing, finger placement, bow strokes, expressions, articulation and styles.

Pre-requisite: EDMA127

EDMA129 FLUTE I

The course aims to teach basic skills of playing flute in class format. With the completion of the course, students are able to demonstrate skill of playing flute at Pre-Grade 1 level. Students will learn the maintenance and assembly of the instrument, posture, positions, note reading, breathing, embouchure, tone quality, scales, breath support, tonguing techniques, and styles.

Pre-requisite: None

EDMA130 FLUTE II

The course aims to teach basic skills of playing flute in class format. With the completion of the course, students are able to demonstrate skill of playing flute at Grade 1 level. Students will learn the maintenance and assembly of the instrument, posture, positions, note reading, breathing, embouchure, tone quality, scales, breath support, tonguing techniques, and styles.

Pre-requisite: EDMA129

EDMA131 FLUTE III

The course aims to teach basic skills of playing flute in class format. With the completion of the course, students are able to demonstrate skill of playing flute at Grade 2 level. Students will learn the maintenance and assembly of the instrument, posture,

positions, note reading, breathing, embouchure, tone quality, scales, breath support, tonguing techniques, and styles.

Pre-requisite: EDMA130

EDMA132 INTRODUCTION OF THE 19TH CENTURY ARTS AND MUSIC

With the completion of the course, student will be able to compare and appreciate music, painting, architecture and drama of the 19th century, analyze the historical and cultural influence of the 19th century and learn the music and art history of the 19th century. This course covers the introduction of Opera and drama, introduction of Arts Songs, introduction of music and art history of the 19th century and interaction of music and other arts in the 19th century.

Pre-requisite: None

EDMA133 VOICE AND ART SONGS APPRECIATION

With the completion of the course, student will be able to experience vocal music and distinguish the corresponding styles, provide basic music theory and knowledge and be instructed vocal concept and technique. This course covers basic music theory, aural training, singing training, introduction of Art Songs and the introduction of Singing Technique.

Pre-requisite: None

EDMA134 CLASSICAL MUSIC APPRECIATION I

With the completion of the course, student will be able to get familiar with all the basic musical notation, and instruments, develop the musicianship through all music activities and teaching, have solid knowledge of music theory and aural skills; have concrete understanding and outline of Western Classical Music History and get familiar with different styles of classical music history, such as sonata, symphony, opera, chamber music...etc from the music periods of Middle Age, Renaissance, Baroque, Classical, Romantic, and 20th Century Period. Moreover, teacher will also introduce some basic knowledge and manners of attending to a concert. By end of the semester, students will have a brand new perspective of understanding of classical music.

Pre-requisite: None

EDMA135 CLASSICAL MUSIC APPRECIATION II

This course is the continuation of the Classical Music Appreciation I. The teacher will concentrate on a specific and certain period of music history. With the completion of the course, student will be able to develop the musicianship through all music activities and teaching, familiar with the Classical and Romantic period of Music History, have better understanding of musical production, compare with the Romantic Period and other periods of the music history and be able to distinguish the differences between each music period of the music history. This course covers functional music, basic music theory, ear training, jazz music, Broadway music and the most current trend popular music and performers worldwide.

Pre-requisite: EDMA134

EDMA136 MODERN MUSIC

With the completion of the course, student will be able to solid understanding of the music history of the 20th century, get familiar with Jazz music, Broadway musical, the most current trend popular music and performers worldwide, introduce the application of the functional music of the 20th century and have basic understanding of music theory and ear training.

Pre-requisite: None

EDMA137 MUSIC THEORY I

The course aims to teach basic concepts and knowledge in music theory and prepare students to take the Theory Examination – Grade 2 (ABRSM). Students will learn notation, time meter, major and minor keys, expression/terms, chords, harmony, styles and composition.

Pre-requisite: None

EDMA138 MUSIC THEORY II

The course aims to teach basic concepts and knowledge in music theory and prepare students to take the Theory Examination – Grade 4 (ABRSM). Students will learn notation, time meter, major and minor keys, expression/terms, chords, harmony, styles and composition.

Pre-requisite: EDMA137

EDMA139 MUSIC THEORY III

The course aims to teach basic concepts and knowledge in music theory and prepare students to take the Theory Examination – Grade 5 (ABRSM). Students will learn notation, time meter, major and minor keys, expression/terms, chords, harmony, styles and composition.

Pre-requisite: EDMA138

EDMA140 PIANO I

The course aims to help students to experience the joy of piano playing by training them to be competent pianists. With the completion of the course, students are able to demonstrate skills of piano playing at the Pre-Grade 1 level. Students will learn scales, chords, articulation, expression, fingering, tempo, sight-reading and music of various styles.

Pre-requisite: None

EDMA141 PIANO II

The course aims to help students to experience the joy of piano playing by training them to be competent pianists. With the completion of the course, students are able to demonstrate skills of piano playing at Grade 1 level. Students will learn scales, chords, articulation, expression, fingering, tempo, sight-reading and music of various styles.

Pre-requisite: EDMA140

EDMA142 PIANO III

The course aims to help students to experience the joy of piano playing by training them to be competent pianists. With the completion of the course, students are able to demonstrate skills of piano playing at Grade 1-2 level. Students will learn scales, chords, articulation, expression, fingering, tempo, sight-reading and music of various styles.

Pre-requisite: EDMA141

EDMA143 PIANO IV

The course aims to help students to experience the joy of piano playing by training them to be competent pianists. With the completion of the course, students are able to demonstrate skills of piano playing at Grade 2 level. Students will learn scales, chords, articulation, expression, fingering, tempo, sight-reading and music of various styles.

Pre-requisite: EDMA142

EDMA144 PIANO V

The course aims to help students to experience the joy of piano playing by training them to be competent pianists. With the completion of the course, students are able to demonstrate skills of piano playing at the Grade 2-3 level. Students will learn scales, chords, articulation, expression, fingering, tempo, sight-reading and music of various styles.

Pre-requisite: EDMA143

EDMA145 PIANO VI

The course aims to help students to experience the joy of piano playing by training them to be competent pianists. With the completion of the course, students are able to demonstrate skills of piano playing at Grade 3 level. Students will learn scales, chords, articulation, expression, fingering, tempo, sight-reading and music of various styles.

Pre-requisite: EDMA144

EDPE111 PHYSICAL EDUCATION - BADMINTON

The Purpose of physical education is to provide holistic development in a person's physical, mental, intellectual and emotional qualities through physical activities. The course aims to achieve such purposes through the learning of different sport activities. Different racket games, team and individual sport activities will be introduced. Students are allowed to choose one sport activity to study over the semester. In this program, the nature and characteristics of Badminton will be examined both theoretically and practically. Associated with these experiences, students are expected to achieve level one or similar proficiency qualification in the sport chosen.

Pre-requisite: None

EDPE112 PHYSICAL EDUCATION - BASKETBALL

The Purpose of physical education is to provide holistic development in a person's physical, mental, intellectual and emotional qualities through physical activities. The course aims to achieve such purposes through the learning of different sport activities. Different racket games, team and individual sport activities will be introduced. Students are allowed to choose one sport activity to study over the semester. In this program, the nature and characteristics of Basketball will be examined both theoretically and practically. Associated with these experiences, students are expected to achieve level one or similar proficiency qualification in the sport chosen.

Pre-requisite: None

EDPE113 PHYSICAL EDUCATION – SPORT CLIMBING

The Purpose of physical education is to provide holistic development in a person's physical, mental, intellectual and emotional qualities through physical activities. The course aims to achieve such purposes through the learning of different sport activities. Different racket games, team and individual sport activities will be introduced. Students are allowed to choose one sport activity to study over the semester. In this program, the nature and characteristics of Sport Climbing will be examined both theoretically and practically. Associated with these experiences, students are expected to achieve level one or similar proficiency qualification in the sport chosen.

Pre-requisite: None

EDPE114 PHYSICAL EDUCATION – TABLE TENNIS

The Purpose of physical education is to provide holistic development in a person's physical, mental, intellectual and emotional qualities through physical activities. The course aims to achieve such purposes through the learning of different sport activities. Different racket games, team and individual sport activities will be introduced. Students are allowed to choose one sport activity to study over the semester. In this program, the nature and characteristics of Table Tennis will be examined both theoretically and practically. Associated with these experiences, students are expected to achieve level one or similar proficiency qualification in the sport chosen.

Pre-requisite: None

EDPE115 PHYSICAL EDUCATION – TENNIS

The Purpose of physical education is to provide holistic development in a person's

physical, mental, intellectual and emotional qualities through physical activities. The course aims to achieve such purposes through the learning of different sport activities. Different racket games, team and individual sport activities will be introduced. Students are allowed to choose one sport activity to study over the semester. In this program, the nature and characteristics of Tennis will be examined both theoretically and practically. Associated with these experiences, students are expected to achieve level one or similar proficiency qualification in the sport chosen.

Pre-requisite: None

EDPE116 PHYSICAL EDUCATION – SQUASH

The Purpose of physical education is to provide holistic development in a person's physical, mental, intellectual and emotional qualities through physical activities. The course aims to achieve such purposes through the learning of different sport activities. Different racket games, team and individual sport activities will be introduced. Students are allowed to choose one sport activity to study over the semester. In this program, the nature and characteristics of Squash will be examined both theoretically and practically. Associated with these experiences, students are expected to achieve level one or similar proficiency qualification in the sport chosen.

Pre-requisite: None

EDPE117 PHYSICAL EDUCATION – KORFBALL

The Purpose of physical education is to provide holistic development in a person's physical, mental, intellectual and emotional qualities through physical activities. The course aims to achieve such purposes through the learning of different sport activities. Different racket games, team and individual sport activities will be introduced. Students are allowed to choose one sport activity to study over the semester. In this program, the nature and characteristics of Korfbal will be examined both theoretically and practically. Associated with these experiences, students are expected to achieve level one or similar proficiency qualification in the sport chosen.

Pre-requisite: None

EDPE118 PHYSICAL EDUCATION – SWIMMING

The Purpose of physical education is to provide holistic development in a person's physical, mental, intellectual and emotional qualities through physical activities. The course aims to achieve such purposes through the learning of different sport activities. Different racket games, team and individual sport activities will be introduced. Students are allowed to choose one sport activity to study over the semester. In this program, the nature and characteristics of Swimming will be examined both theoretically and practically. Associated with these experiences, students are expected to achieve level one or similar proficiency qualification in the sport chosen.

Pre-requisite: None

EDPE119 PHYSICAL EDUCATION – VOLLEYBALL

The purpose of physical education is to provide holistic development in a person's physical, mental, intellectual and emotional qualities through physical activities. The course aims to achieve such purposes through the learning of different sport activities. Different racket games, team and individual sport activities will be introduced. Students are allowed to choose one sport activity to study over the semester. In this program, the nature and characteristics of Volleyball will be examined both theoretically and practically. Associated with these experiences, students are expected to achieve level one or similar proficiency qualification in the sport chosen.

Pre-requisite: None

EDPE120 PHYSICAL EDUCATION – FENCING

The purpose of physical education is to provide holistic development in a person's

physical, mental, intellectual and emotional qualities through physical activities. The course aims to achieve such purposes through the learning of different sport activities. Different racket games, team and individual sport activities will be introduced. Students are allowed to choose one sport activity to study over the semester. In this program, the nature and characteristics of Fencing will be examined both theoretically and practically. Associated with these experiences, students are expected to achieve suitable proficiency in the sport chosen.

Pre-requisite: None

EDPE121 PHYSICAL EDUCATION – FITNESS EXERCISES

The purpose of physical education is to provide holistic development in a person's physical, mental, intellectual and emotional qualities through physical activities. The course aims to achieve such purposes through the learning of different sport activities. Different racket games, team and individual sport activities will be introduced. Students are allowed to choose one sport activity to study over the semester. In this program, students are able to learn the health principles and relationship with fitness development. Associated with these experiences, students are expected to get familiar with the use of fitness equipments and develop regular behavior in physical activities.

Pre-requisite: None

EDPE122 PHYSICAL EDUCATION – FOOTBALL

The purpose of physical education is to provide holistic development in a person's physical, mental, intellectual and emotional qualities through physical activities. The course aims to achieve such purposes through the learning of different sport activities. Different racket games, team and individual sport activities will be introduced. Students are allowed to choose one sport activity to study over the semester. In this program, the nature and characteristics of Football will be examined both theoretically and practically. Associated with these experiences, students are expected to achieve level one or similar proficiency qualification in the sport chosen.

Pre-requisite: None

EDPE123 PHYSICAL EDUCATION - BOWL

The aims of the course are (1) to familiarize the students with the Woodball and (2) encourage the people to play the Woodball sport more often. The course will introduce the balls to universities of Macau and let the students try different types of balls. The woodball is the origin from golf, a Taiwanese who loves the exercise of golf transforms it into a new kind of sport which costs lesser than golf. The game is simple, easy to learn and very convenient to play because it only needs a stick, a wooden ball and varies channels. However, it is challenging as it needs body constitution and skills. It is suitable to everyone no matter you are a boy or girl, young or old. Although the woodball is just using a stick to hit the balls, it requires the spirit and body to act together, and will have a very beautiful posture. Besides, the balls will not constraint or limited to the size of the playground, a green place, a garden or even a small hill will do. As the ball is wooden it will not have dangers of flying over and hit others. It is safe. The students can practice in the green environment and relax themselves.

Pre-requisite: None

EDPE124 PHYSICAL EDUCATION – TAI CHI CHUAN (24 STYLES)

Martial art, mainly based on attacking, is performed actively through a pattern or attacking movements, and of which it is a tradition of China which concentrates on both the inner and outer training. Martial art is not only a sport, but also a sport for the tradition, which is a possession and pride of the Chinese culture. Cudgel belongs to one of the long weapons of all which is composed of actions of strike, sweep, pick, stir, poke and jab, etc. Combining with movements of the legs different forms are created; while

practicing the forms integration of the arms and stick is critical to show the fierce, speedy characteristic of Cudgel.

Pre-requisite: None

EDPE125 PHYSICAL EDUCATION – LONG FIST

Martial art, mainly based on attacking, is performed actively through a pattern or attacking movements, and of which it is a tradition of China which concentrates on both the inner and outer training. Martial art is not only a sport, but also a sport for the tradition, which is a possession and pride of the Chinese culture. For Long Fist it is mainly composed of hand movements such as fist, paw, and hook actions and of leg movements such as bowing, horse, squat, empty, and rest stances. Other movements may include skipping, jumping, twisting, up and down turns and somersault, etc. which make the actions and performance more smooth, flexible, speedy, and interesting.

Pre-requisite: None

EDPE126 PHYSICAL EDUCATION – CUDGEL

Martial art, mainly based on attacking, is performed actively through a pattern or attacking movements, and of which it is a tradition of China which concentrates on both the inner and outer training. Martial art is not only a sport, but also a sport for the tradition, which is a possession and pride of the Chinese culture. Cudgel belongs to one of the long weapons of all which is composed of actions of strike, sweep, pick, stir, poke and jab, etc. Combining with movements of the legs different forms are created; while practicing the forms integration of the arms and stick is critical to show the fierce, speedy characteristic of Cudgel.

Pre-requisite: None

EDPE127 PHYSICAL EDUCATION – SHAN DA

San Da is a modern Chinese hand to hand combat, self-defense system and sport. Not seen as an independent style, San Da is rather considered just a synthesis of traditional Chinese martial arts fighting techniques into a more amorphous system. The main techniques of San Da include most aspects of combat including punches, kicks, striking, grappling, throwing. During the teaching process, basic techniques, combination of offence & defense, and practical application are the main contents. Training of general and special physical fitness is beneficial to improve healthy level and physical fitness.

Pre-requisite: None

EDPE128 PHYSICAL EDUCATION- LONG FIST AND TAI CHI CHUAN 24 STYLE

Long Fist, or Chang Quan, is a general name for several styles of Martial arts, including Cha Chuan (Cha style), Mei Hua (Plum Flower), Fan Zi (alternately known as Tumbling or Flashing/Lighting Fist), Shaolin and others. The third basic long fist form, or Long Fist 3, is the modern form based on traditional techniques and routines of Long Fist. It has four parts and 36 styles totally. Tai Chi Chuan is a main division of the traditional Chinese martial art. Retaining the traditional flavor of Yang style's longer hand forms of Tai Chi Chuan, 24 simplified Tai Chi form takes four and eight minutes to perform and give the beginner an introduction to the essential elements of Tai Chi Chuan. It's a good exercise method for health. Practicing Tai Chi Chuan should exercise both externally and internally, physically and mentally, trying to keep the balance and unity of outer and inner part of the body. 24 simplified Tai Chi Chuan can be divided into 8 sets or 24 postures. This course places emphasis on fluidity in movement and clean technique of Long Fist 3 and 24 Simplified Tai Chi Chuan.

Pre-requisite: None

EDPE129 PHYSICAL EDUCATION – AEROBIC DANCE

The purpose of physical education is to provide holistic development in a person's physical, mental, intellectual and emotional qualities through physical activities. The

1-credit program aims to achieve such purposes through the learning of different sport and dance activities. Different games, dance and sport will be introduced. Students are allowed to choose one activity to study over the semester. In this program, the nature and characteristics of Aerobic Dance will be studied both theoretically and practically. Associated with these experiences, students will have chances to improve their physical efficiency through dancing activities.

Pre-requisite: None

EDPE130 PHYSICAL EDUCATION – SOCIAL DANCE

The purpose of physical education is to provide holistic development in a person's physical, mental, intellectual and emotional qualities through physical activities. The 1-credit program aims to achieve such purposes through the learning of different sport and dance activities. Different games, dance and sport will be introduced. Students are allowed to choose one activity to study over the semester. In this program, the nature and characteristics of Social Dance will be introduced both theoretically and practically. Associated with these experiences, students will have chances to improve their dance skills and social abilities through social dance activities.

Pre-requisite: None