

BACHELOR OF SCIENCE IN

COMMUNITY HEALTH PRACTICE

社 區 健 康 理 學 士 課 程

特別為副學士及
高級文憑畢業生
而設的兩年制課程



A special 2-year programme for
articulation by sub-degree graduates



香港中文大學
The Chinese University of Hong Kong



香港中文大學醫學院
Faculty of Medicine
The Chinese University of Hong Kong



香港中文大學
賽馬會公共衛生及基層醫療學院
The Jockey Club School of
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賽馬會公共衛生及基層醫療學院院長

'Our mission is to work with society to enable the conditions in which people can be healthy. We concern ourselves with the wider environment around us, both locally and globally which influences how we live and impacts on our health and wellbeing. Our focus is on how health systems function to ensure everyone who becomes sick has access to effective and appropriate care and there are policies and programmes in place to prevent them from becoming sick in the first place.'

「我們的使命是與社會各界人士攜手合作，保障民眾的健康；我們亦關注包圍我們並影響我們生活、健康和福祉的本地和國際環境。我們著眼於醫療體系如何確保每個病人能得到有效及合適的治療，以及社會政策和方案來預防疾病和疫症的發生。」



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Date of Publication: October 2016

出版日期：二零一六年十月

IMPORTANCE OF COMMUNITY HEALTH

社區健康的重要性

21st Century health education and health promotion is a specialised field to make planned changes of health-related lifestyles and life conditions through individual, interpersonal, and population level changes with collaboration of both mainstream health and community partners. There is professional recognition that enhancement of community-based care is the solution for many of today's health challenges.

The health of individuals, families and our communities are determined by the socio-political, economical, and cultural environment in which we live. The entry point for health promotion is to identify the multiple levels of influence on health behaviours and how the behaviours are shaped by the environment.

Quality community health education and health promotion programmes are needed for success of community-based care. Well-trained community health practitioners (CHP) would serve to reduce health and social care costs by preventing health problems, promoting healthy lifestyles, improving compliance to medical advice, enhancing self-care and self-management skills, and facilitating access to appropriate health and social services. One of the most important tasks of CHP is to equip individuals and families with the knowledge and skills in making informed choices for their health within the context of the setting where they live and work.

ADMISSION REQUIREMENTS

收生要求

Applicants shall be eligible to apply for admission if they:

1. have successfully completed a course of study (health or social science-related disciplines preferred) leading to the qualification of associate degree / higher diploma; and
2. have attained an acceptable level of proficiency in the English and Chinese languages.*

Applicants are required to submit their personal statements. For detailed application procedures, please visit the University website at www.oafa.cuhk.edu.hk/adm/subdegree

* Refer to the University's admission requirements for sub-degree holders for details.



二十一世紀健康教育和健康促進是透過主流醫療與社區夥伴的合作，令個人、人際和群體層面作出改變的專業。專業人士認同加強社區護理有助解決現今多種健康挑戰。

個人、家庭及社區健康受社會政治、經濟與文化環境影響。健康促進的基礎是辨識對健康行為的多層次的影響及環境如何構成該等行為。

社區護理的成功建基於優質的社區健康教育和健康促進計劃。經訓練的社區健康從業員（社康員）可預防健康問題、促進健康生活方式、改善對遵從醫生意見的情況、提升自我保健和管理能力，並協助取得適當的醫療及社會服務，以減低醫療及社會保障成本。社康員的主要工作之一是幫助個人及家庭取得知識和技能，讓他們在其生活和工作層面中，作出知情的選擇。

申請人需符合以下資格：

- 一、已完成副學士/高級文憑課程（與健康或社會科學有關為佳）；及
- 二、已達到一定英語和中文水平。*

申請者須提交「自我介紹」，詳細的申請步驟，請瀏覽大學網址 www.oafa.cuhk.edu.hk/adm/subdegree。

* 詳情請參照大學對副學士/高級文憑持有人的入學要求。

INTRODUCTION OF BSc IN COMMUNITY HEALTH PRACTICE

社區健康理學士課程簡介



In response to the increase in non-communicable disease, emerging and re-emerging infectious disease, and the increasing importance of community-based care, The Jockey Club School of Public Health and Primary Care has designed this two-year, full-time Bachelor of Science in Community Health Practice articulation programme to fulfil the demand for a workforce with public health skills and knowledge of community health education and practice.

The Programme aims at equipping the graduates with the knowledge, skills and competencies to effectively implement community health programmes. It takes reference from the National Commission for Health Education Credentialing, U.S.A., and the Galway Consensus Conference Statement on health promotion and health education in 2007. It provides the foundation for graduates to become specialist in health education and health promotion.

This Programme facilitates articulation from Associate Degree / Higher Diploma programmes. It is also a pathway for advancement to a Master of Public Health.

為針對非傳染性疾病的增加、傳染病的新出現和再出現、和日益重要的社區醫療服務，賽馬會公共衛生及基層醫療學院設計了此兩年全日制銜接學士課程。本課程將滿足本港對擁有公共衛生技能和社區健康教育實踐知識的人員的需求。

本課程旨在為畢業生裝備有效地實施社區健康計劃所需的知識與技能。教學內容參考美國全國健康教育認證委員會和2007年於健康促進和健康教育會議發出的Galway共識聲明所列出的社區健康從業員的主要技能。

本課程有助與副學士/高級文憑課程的銜接，並為進修公共衛生碩士打好基礎。



BSc in Community Health Practice Study Scheme

Core Studies.....	38 Units
Elective Studies.....	6 Units
Practicum in Community Health Practice.....	8 Units

社區健康理學士修讀辦法

必修科目.....	38 學分
選修科目.....	6 學分
社區健康實習.....	8 學分



CAREER IN COMMUNITY HEALTH PRACTICE

社區健康的 發展機會

Graduates of this Programme will be well-trained in handling community health issues by developing new roles in healthcare delivery, e.g. prevention of non-communicable diseases, patient empowerment, and primary health care. They will be employable in many sectors including business, social care, primary care, education, as well as Non-Governmental Organisations.

本課程的畢業生將有充份處理社區健康問題的訓練並可以在醫療服務中扮演新角色，如預防非傳染性疾病、提高病人的自我管理能力和提供一般基層醫療。他們將可在許多行業就業，包括商業、社會護理、基層醫療、教育、以及非政府組織。

EXAMPLES OF JOB OFFERS FOR BSc IN COMMUNITY HEALTH PRACTICE GRADUATES:

部分社區健康理學士畢業生的工作機會：

GOVERNMENT 政府部門

- Executive Assistant 行政助理

NON-GOVERNMENTAL ORGANISATIONS & ACADEMICS

非政府組織及學術機構

- Project Coordinator 項目統籌主任
- Research Assistant 研究助理

PRIVATE INDUSTRY 私人機構

- Management Trainee in health care center
醫療中心的見習行政人員
- Assistant Production Officer in pharmaceutical company
製藥公司的助理生產主任



SHARING FROM STUDENTS

同學分享

LAM CHI KIN

Year 2,

BSc in Community Health Practice Student



Students of community health practice are the future community health practitioners, especially in but not limited to health promotion and education. From the core science, epidemiology and biostatistics, to broader level of public health, like global health, we have well equipped ourselves with a wide range of knowledge. 250-hour practicum even provides us a chance to sharpen the skills we need in the real workplace. That sounds demanding in your coming 2 years but, with the support of academic advisors and mentors, barriers can be all eased. The mentorship program also furnishes me a valuable opportunity to meet alumni and build up my own social network.

Aside from study, we also have ample opportunities to join various field trips, study tours and volunteer services. Some of my friends have joined field trip or study tour to Taiwan or Yunnan. For me, I have been to Xian during summer to explore the occupational and environmental health issues there. Come and start your wonderful university life with us!

CHAN HOI YING

BSc in Community Health Practice

Graduate



Health is the cornerstone of whatever we do, and prevention is better than cure. They sound corny, however they are something what we all know but difficult to achieve. These concepts have also become the core values embraced by most health educators. I applied for BSc in Community Health Practice since I believe this new programme has a huge potential to benefit society. Today, it is commonly seen that the concept of healthy lifestyle has been utilized in different sectors during the process of developing goals, which implies that there are lots of cooperation opportunities. This programme has equipped us to plan health promotion events and disseminate health information effectively with a practical mindset. During my time at university, aside from joining the committee and enjoying hostel life, mentorship programme was my other treasurable experience. I have met mentors in this field who gave me advice and information which is valuable to my personal and career development. I have been working in a health promotion centre since graduation and I really appreciate that this programme aided me in pursuing a professional career path.

林志鍵

社區健康理學士二年級學生

在公共衛生的各個範疇上，社區健康理學士課程的學生除了充分掌握了健康推廣、健康教育的专业知識外，也學習了生物統計學、流行病學、環球健康等知識。教職員及師友計劃的導師會協助同學解決有關學業和事業發展方面的困難。學院更提供了不少於250小時的實習，讓我們為將來投身社區健康行業作好準備。

中大的校園生活亦十分精彩，有各式的活動，如義工服務、考察及探訪活動等，其中我參加了到西安考察的交流活動，獲益良多。

陳愷瑩

社區健康理學士畢業生

相信每個人都知道做任何事都需要健康的身體，而預防永遠勝於治療。但這句看似俗套的話，卻是知易行難，亦正是健康教育工作者所堅守的信念。當初報讀社區健康理學士的原因是認為這新科目的發展潛力很大，而現時不少界別已納入健康生活為發展方向，這趨勢意味著將會有更多不同的合作空間。在課程中能培訓我們的思維，務實地去策劃健康促進活動及有效地傳遞健康信息。在大學生涯中，除了上莊及宿舍生活外，師友計劃亦是其中一個寶貴的經驗。尤其認識到一些業內人士，他們的勸勉及所提供的就業資訊很寶貴。畢業後，我正在一所健康教育機構從事相關工作，希望能將課程內容學以致用。

GAINING EXPOSURE WHILE STUDYING

加強學習經歷

Community Engagement and Experiential Learning

Students are required to work closely with various organisations to complete 250 hours of supervised field work in a community setting. Students will gain hands-on experience to work in, and work with, the community to promote health. Students will learn to develop, implement, and evaluate health promotion programme to improve community health in Hong Kong.

體驗社區參與

學生將到不同的機構參與社區健康促進計劃的制定、實施和評估。學生須在導師督導下完成二百五十小時的實習工作，並從中得到於社區中和各式社區人士一起工作的寶貴經驗。



Enrichment Activities

增益活動

Mentorship Scheme

Students will be invited to join the Mentorship Scheme which provides a valuable opportunity for establishing network, exposure to diverse perspectives, and career development.

Peer Assisted Study Session (Pass)

PASS is a program where students work together to consolidate understanding, reinforce key concepts and develop effective study strategies. Each session is facilitated by PASS Leaders: students who have excelled in the course in the past.

Field Studies Course and Study Tour

Field studies course and study tours will be arranged to broaden the horizons of students, and to explore regional healthcare system in the summer.

STUDENT
SOCIETY
學生會

師友計劃

學生透過參與師友計劃，獲得建立其人際網絡、擴闊視野和發展他們事業計劃的寶貴機會。

友儕輔學時間

這項計劃以科目為單位，招募過往修讀過該科目而成績優異的學生成為「友儕領袖」，協助學生鞏固學習基礎及開創有效的讀書策略。

野外考察課程及交流團

學生參加野外考察課程及交流團，藉此機會擴闊視野、學習及探討地區的醫療體系。

Student Activities 學生活動

Students are encouraged to participate in various internal and external activities to fully explore their potentials and creativity, as well as achieve whole-person development.

本院鼓勵學生積極參與校內校外的課外活動，讓他們能夠盡展潛能，發揮無窮創意，從而達致均衡的全人發展。



Teacher-Student Gathering
師生聚會



Graduation Photo Day
畢業生拍照日



More
Activities
更多活動