

**Jointly Organised by the Education Bureau and  
the Leisure and Cultural Services Department (LCSD)  
Co-organised by the Chinese University of Hong Kong and  
the Hong Kong Baptist University  
Sport Education Programme – Sport Talk**

- Objective : To enhance students' knowledge of and interest in sports
- Target Participants : Students of secondary, primary and special schools
- Topics :  
1. The Value of Sports  
2. Sports and Nutrition  
3. Sports and Health  
4. Sports Injury  
5. Sports and Science  
6. Sports and Water  
7. Sports and Personal Growth  
8. Sports and Stress Management  
9. Sports and Multiple Intelligence Development  
10. Sports and Self-understanding  
11. Sports and Weight Management  
12. Sports in Life  
13. How should we draw up Exercise Plan
- Quota : 150-250 persons
- Duration : About 1 hour
- Venue : School hall
- Equipment to be provided by the school : Loudspeaker, projector, projector screen, notebook computer and the Powerpoint computer software, etc.
- Speakers : Students from the Department of Sports Science and Physical Education of the Chinese University of Hong Kong will give talks on topics 1 to 7 and those from the Department of Sports and Health Sciences of the Hong Kong Baptist University will give talks on topics 8 to 13.
- Fee : \$110 per talk\*  
\*Fees are subject to change from time to time. Schools are advised to stay abreast of the latest information as announced by the LCSD. **If the prepayment made by a school for an activity/course is less than the updated fee, the school in question is required to pay up the difference.**
- Enrolment Method :  
1. Schools should email the completed electronic application enrolment form three months before the proposed date of the activity at: [applicationssp@lcsd.gov.hk](mailto:applicationssp@lcsd.gov.hk). For payment arrangement, please refer to "Payment and Activity Arrangements: (P.8) of this Guide. Attach a crossed cheque for \$110 per talk payable to the "The Government of the Hong Kong Special Administrative Region" with the school name marked clearly on the back. The enrolment form can be downloaded from the LCSD Website.  
2. If the activity cannot be arranged, the LCSD will send an Application for Refund (Recreation and Sports Activity) to the school concerned for application for refund.
- Enquiry Phone No./ Website : 2601 7602 / <http://www.lcsd.gov.hk/en/ssp/index.html>
- Remarks : The talk will be conducted in Cantonese.