



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
JC School of Public Health and Primary Care
The Chinese University of Hong Kong



Bachelor of Science in Gerontology

老年學理學士課程

A special 2-year programme for articulation by associate degree/higher diploma graduates
特別為副學士及高級文憑畢業生而設的兩年制課程



Message from the 院長及課程主任的話 School Director and Programme Directors

We are the first School in Hong Kong where public health practitioners and researchers work alongside with family medicine doctors and primary care researchers to identify, examine and solve population health problems. We hope you will join us in this exciting journey to work towards protecting and improving health for all.

賽馬會公共衛生及基層醫療學院為本港首間結合公共衛生及基層醫療專業，共同審視、監察和解決公眾健康問題的學院。我們期待您的加入，一起攜手合作，為人類的健康作出貢獻。

School Director
院長



**Prof. Samuel
Yeung-shan WONG**
黃仰山教授

Programme Director
課程主任



**Prof. Eliza
Lai-yi WONG**
黃麗儀教授

Deputy Programme Director
課程副主任



**Dr. Ada
Jingxuan WANG**
王景璇博士

Gerontology: Value in Contemporary Society 老年學：在當代社會中的價值

When i am Old... 當我老了...

Would you avoid continuing this sentence? Is the sense of loneliness, illness, discrimination, and loss of control associated with ageing too overwhelming?

你會不想把這句話說下去嗎？年老時的孤獨、病痛、歧視和失去自主是否令你覺得難以承受？

In Hong Kong, people are regarded as older adults at 65 and life expectancy for the local population is 85. Therefore, we would spend nearly a quarter of our lives in old age. However, we can make this quarter of life worth embracing but not dejecting.

在香港，65歲始為長者，而我們預期壽命為85歲，換句話說，我們有接近四分之一的人生在老年中渡過，我們可以令這四分之一的人生值得擁抱，而非充滿灰心和沮喪。



Career Prospect and Programme Nature

就業前景及課程特色

Graduates can pursue a career in a wide range of social and health care settings providing active aged and long-term care services. They can start their career as a multi-skilled practitioner in gerontological care and take up key roles in coordinating interdisciplinary care, planning and implementing evidence-based care models (such as care management, empowerment programme, telecare, and transitional care), and performing service administration, evaluation and reengineering. They can also advance to higher management levels after accumulating adequate work experience.

Graduates with good academic results can pursue postgraduate studies in various disciplines, such as master's programme in public health, health service management, nursing, or social work.

畢業生可投身不同社區照顧及健康服務機構，為長者提供各式各樣豐盛晚年及長期照顧服務。畢業生可擔任多技能長者照顧從業員，並在協調跨專業長者照顧服務、策劃推行循證護理模式（如護理管理、賦能計劃、遙距健康護理和過渡期照顧），及管理、評核與重整服務方面，擔當重要角色。當累積足夠工作經驗後，他們更可晉升至高級管理職位。

成績優異的畢業生可進修不同專科研究院課程，如公共衛生、健康服務管理、護理學或社會工作碩士課程。

The Bachelor of Science in Gerontology Programme (BSCG) is a University Grants Committee funded two-year full-time credit-based articulated honours programme. It is offered in response to the expanding ageing population and the associated aged care workforce shortage in Hong Kong.

Through this programme, students will be equipped with the following sought-after capacities.
透過本課程，學生將具備以下業界渴求的能力。



Plan for aged care to reduce the burden on society
籌劃長者照顧策略減輕社會負擔

to optimise policies, coordinate services to improve efficiency, and improve financing strategies

優化政策、協調服務提高效率、改善融資策略



Guard the most vulnerable group to infections
守衛傳染病防控中最脆弱的一群

to strengthen the infection control capacity of aged service facilities based on knowledge of infectious diseases
以傳染病學知識為基礎，加強長者服務設施防控傳染病的能力



Comfort fears related to dying
臨終關懷

to guide older adults with terminal illness and their relatives with knowledge and skills, and design appropriate hospice care plans

以知識及技巧引領長者及親人面對末期病患，設計適切臨終照顧計劃



Steer quality aged service innovation
籌劃長者照顧策略減輕社會負擔

to scientifically innovate services, strengthen communications among practitioners, and provide high-quality and individualised services

以科學態度創新服務、強化從業員的溝通技巧、提供高質素及人性化服務



Programme Structure 課程結構

YEAR 1 & 2
第一及二學年

YEAR 2
第二學年

Society Perspectives of Ageing
老齡化的社會向度

Public Health Foundation and Tools
公共衛生學基礎及研究工具

Gerontological Practicum
老年學實習

Aged Care
長者照顧

2 Elective Courses in Policy and Innovations
2 個政策及創新範疇的選修科

Course List 科目

Students are required to complete at least 51 units from the core required courses offered by the school, and 17 units from the university required courses, to fulfill the graduation requirement within the normative study period of 2 years. Here is the course list offered by the JC School of Public Health and Primary Care:

學生必須在兩年的規範學習期限內修畢至少51學分的主修課程科目和17學分的大學必修課程科目,才能滿足畢業要求。以下是賽馬會公共衛生及基層醫療學院提供的科目列表:

Units 學分

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Society Perspectives of Ageing

- Ageing, Health and Society
- Promoting Successful Ageing: Individual and Societal Perspectives
- Psychology in Ageing: Theories and Application

老齡化的社會向度

- 老齡化、健康與社會的相關議題
- 促進成功老齡化：個人與社會角度
- 老齡心理學：理論與應用

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Aged Care

- Basic Care in Gerontology
- Chronic Disease Management in Ageing
- Dementia: Prevention and Management
- Death, Dying and End-of-life Care
- Aged Care Service Planning and Delivery Models
- Ethical and Financial Issues in Ageing

長者照顧

- 老年學的基礎照顧
- 長者慢性疾病管理
- 認知障礙症：預防與管理
- 死亡、垂死和臨終照顧服務
- 長者服務的規劃和實踐模式
- 與老齡化相關的倫理和財務問題

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Public Health Foundation and Tools

- Foundations in Public Health
- Introduction to Biostatistics
- Epidemiology
- Principles of Infectious Diseases
- Practical Skills in the Public Health Management of Infectious Diseases

公共衛生學基礎及研究工具

- 公共衛生學基礎
- 生物統計學基礎
- 流行病學
- 傳染病學原理
- 公共衛生管理在傳染病學的應用

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Gerontological Practicum

老年學實習

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Elective Courses in Policy and Innovations

- Mental Health as a Public Health Issue
- Innovations and Evidence-based Practice for Aged Care Services
- Health and Social Care Policy in Ageing
- Nutrition for Health and Exercise
- Introduction to Data Science in Health and Medicine
- Community-based Learning for Healthy Ageing
- Medical Sociology

政策及創新範疇的選修科

- 公共衛生與心理健康
- 創新和以實證為本的長者照顧服務
- 長者健康與社會照顧服務政策
- 營養學於健康促進及運動之應用
- 健康和醫學中的數據科學導論
- 社區服務實現健康耆年
- 醫學社會學

Why Choosing 就讀優點

The JC School of Public Health and Primary Care, CUHK
香港中文大學醫學院賽馬會公共衛生及基層醫療學院



Participating in overseas exchange programmes to appreciate different cultures and grow as independent individuals

有機會參加海外交流計劃，體驗不同文化，學習獨立成長



A variety of scholarships and awards are available to provide incentives for excellence

大學及學院設有各類獎學金及獎項，鼓勵學生爭取更佳成績



Obtaining an undergraduate qualification in gerontology from an internationally renowned university
於國際級大學獲取老年學理學學士資格

Bachelor of Science in Gerontology



老年學理學士課程



Studying in a friendly and stimulating environment with the support of helpful academic staff;

教學人員友善熱心，樂於幫助及鼓勵學生積極學習



Engaging in a vibrant university and college life, with various social and academic activities;

大學及書院生活多姿多彩，學生可參與各類聯誼及學術活動



The School has strong connections with local public health professionals and aged care organisations and offers a practicum that allows students to transfer theoretical knowledge into practice in various settings

學院與本地公共衛生專業人員和長者照顧機構有著密切聯繫，可提供實習機會讓學生在各種場所實踐理論和知識

GAINING EXPOSURE WHILE STUDYING

加強學習經歷



Experiential Learning

體驗學習

Community Engagement and Experiential Learning

體驗社區參與

Students are required to complete a gerontological practicum in community care, rehabilitative care and residential care services which enables students to transform theoretical knowledge into practice.

學生將到社區、復康和院舍照顧機構進行老年學實習，將所學的理论知識付諸實踐。



Community-based Learning

社區服務學習

Students will have opportunities to gain valuable insights into chronic diseases and self-care management of the older generation in community settings through interactive lectures, workshops, simulations, and field experiences.

學生將有機會透過互動講座、工作坊、模擬實踐和實地體驗，獲得對於老年群體在慢性病管理及在社區中自我照顧的寶貴啟發。



Student Activities

學生活動

Internal and External Activities

校內校外的課外活動

Students are encouraged to participate in various internal and external activities to fully achieve their potential 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。



Student Society 學生會





Enrichment Activities 增益活動



Mentorship Scheme 師友計劃

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

學生透過參與師友計劃，獲得建立人際網絡、擴闊視野和助力職業規劃的寶貴機會。



Peer Assisted Study Session (PASS) 友儕輔學時間

PASS is a programme 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.

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。



Overseas Field Studies Course and Study Tour 海外考察科目及交流團

Overseas field studies course and study tours will be arranged to broaden the horizons of students, and let students explore further.

學生參加海外考察科目及交流團，藉此機會擴闊視野、學習及探討。





Awards and Scholarships 獎項與獎學金

Our School and University offer a number of awards and scholarships to recognise students with outstanding performance and encourage students to participate in diverse learning activities. Partial list of awards and scholarships offered by JCSPHPC to our undergraduate students in academic year:

- Outstanding Practicum Prize
- South China Venture Capital Overseas Exchange Scholarship
- Pure Heart Academic Enrichment Scholarship
- Pure Heart Overseas Exchange Scholarship
- Pure Heart Study Tour Subsidy Scheme

本院及大學均設立多項獎項及獎助學金，藉以肯定表現傑出之學生及鼓勵學生投入多元化的學習。賽馬會公共衛生及基層醫療學院於學年向本科生提供的部分獎項與獎助學金：

- 優秀實習獎
- 中南創投基金海外交流獎學金
- 初心弘學獎學金
- 初心海外交流獎學金
- 初心遊學資助計劃

ADMISSION 入學資格

Applicants shall be eligible to apply for admission if they:
申請人須符合以下條件：

- have successfully completed a local course of study leading to the qualification of associate degree/higher diploma; and
- have attained an acceptable level of proficiency in English and Chinese languages.
- 已完成本地副學士或高級文憑課程，並取得相關學歷；及
- 已達到一定英語和中文水平*。

Applicants are required to submit their personal statements. For detailed application procedures, please visit the University website at:

申請者須提交「自我介紹」，詳細的申請步驟，請瀏覽大學網址：

<http://admission.cuhk.edu.hk/non-jupas-senior/requirements.html>

- * Refer to the University's admission requirements for associate degree/higher diploma holders for details.
詳情請參照大學對副學士/高級文憑持有人的入學要求。

Programme Website
課程網頁



www.bsc.sphpc.cuhk.edu.hk

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