



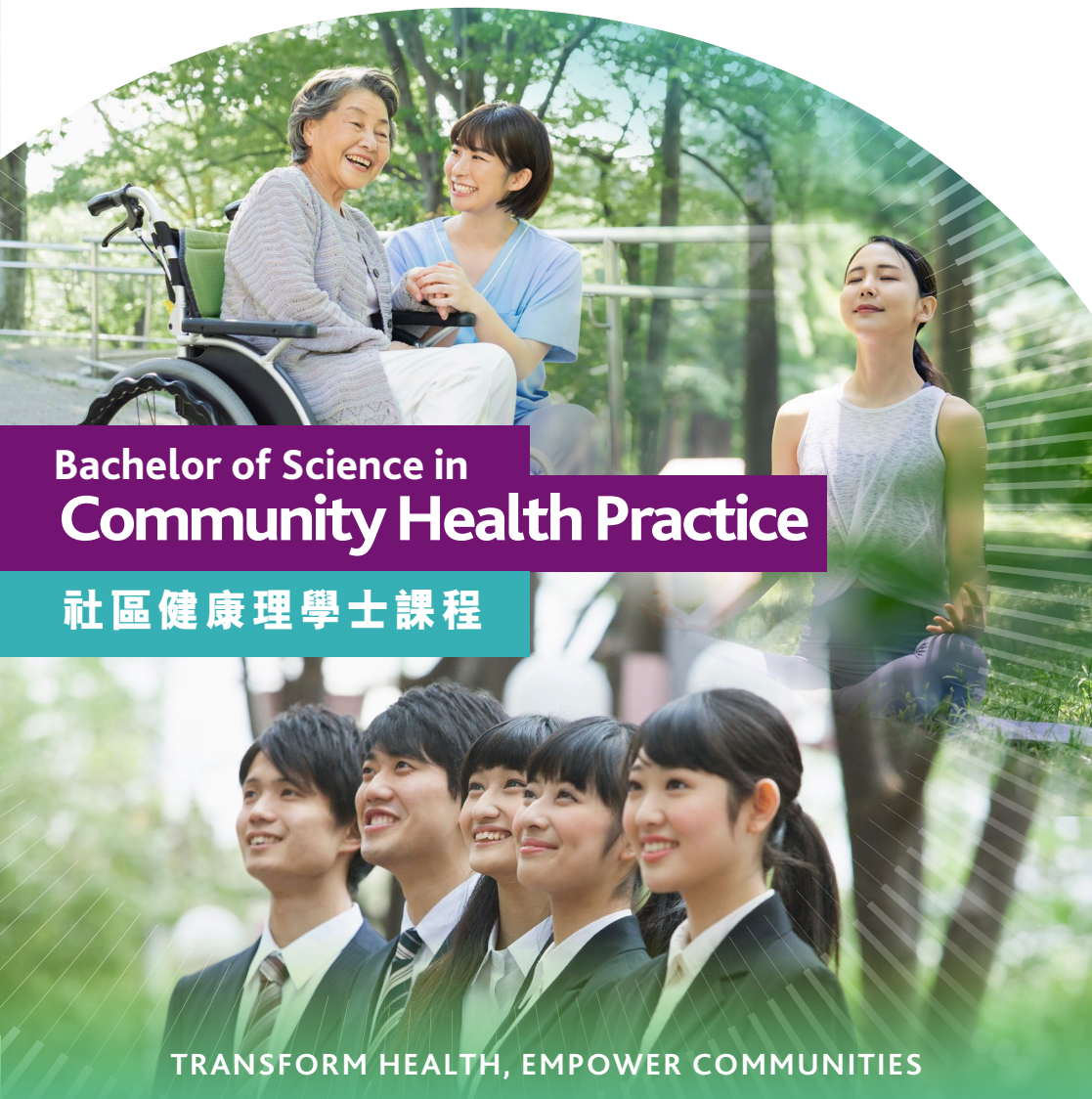
香港中文大學  
The Chinese University of Hong Kong



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 Community Health Practice

## 社區健康理學士課程

TRANSFORM HEALTH, EMPOWER COMMUNITIES

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. Phoenix  
Kit-han MO**  
巫潔嫻教授

**Deputy Programme Director**  
課程副主任



**Dr. Lancelot  
Wai-ho MUI**  
梅維浩博士



## Programme 課程簡介 Introduction

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. It not only facilitates articulation from Associate Degree/Higher Diploma programmes, but also is a pathway for advancement to a Master of Public Health.

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.

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，不但有助與副學士/高級文憑課程的銜接，並為進修公共衛生碩士打好基礎。

本課程旨在為畢業生裝備公共衛生及社區健康教育實踐所需的知識與技能。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。

# Empower Communities

## with our Community Health Practitioner Programme

### 透過我們的社區健康理學士課程 賦予社區力量

In a world where health challenges are constantly evolving, the need for community-based care has never been more critical. It's at the heart of tackling many of today's health issues. At The Chinese University of Hong Kong, we understand that the health of individuals, families, and our communities is shaped by a myriad of factors - socio-political, economic, and cultural.

That's why our Community Health Practice (CHPR) Programme is designed to tackle health concerns at their roots. We equip our students with the knowledge and skills to identify the various influences on health behaviours, and understand how these behaviours are moulded by their environment.

在一個健康挑戰不斷變化的世界中，社區為本的護理從未如此關鍵。它是解決當今許多健康問題的核心。在香港中文大學，我們明白個人、家庭和社區的健康是由眾多因素塑造的：包括社會、政治、經濟和文化。

這就是為什麼我們的社區健康理學士（CHPR）課程旨在從根源上處理健康問題。我們讓學生具備識別健康行為各種影響因素的知識和技能，並理解這些行為如何被他們的環境所塑造。

## Bachelor of Science in Community Health Practice



## 社區健康 理學士課程

Our programme emphasizes the importance of quality community health education and health promotion programs. These are the building blocks of effective community-based care, and we believe well-trained Community Health Practitioners are the key to their success.

As a Community Health Practitioner, you'll play a vital role in our healthcare system. You'll help reduce health and social care costs by preventing health problems before they start. You'll promote healthy lifestyles, improve adherence to medical advice, and enhance individuals' self-care and self-management skills. In addition, you'll facilitate access to appropriate health and social services.

Join our Community Health Practitioner Programme and make a difference in your community. Together, we can create healthier, more resilient communities.

我們的課程強調優質社區健康教育 and 健康促進計劃的重要性。這些社區為本護理的基石，我們認為受過良好訓練的社區健康從業員是其成功的關鍵。

作為社區健康從業員，您將在我們的醫療系統中發揮重要作用。您將幫助減少健康和社會護理成本，從源頭防止健康問題。您將推廣健康生活方式，提高醫療建議的遵從性，增強個人的自我護理和自我管理能力。此外，您亦可協助市民接觸到適當的健康和社會服務。

加入我們的社區健康理學士課程，為您的社區帶來改變。讓我們一起創建更健康，更有抗逆力的社區。

## Study Scheme 修讀辦法

Core Studies  
必修科目

**37**  
UNITS 學分

Elective Studies  
選修科目

**6**  
UNITS 學分

Practicum in Community Health Practice  
社區健康實習

**8**  
UNITS 學分

## Admission 入學資格

Applicants shall be eligible to apply for admission if they:  
申請人需符合以下資格：

1

Have successfully completed a course of study (health or social science-related disciplines preferred) leading to the qualification of associate degree / higher diploma.  
已完成副學士/高級文憑課程（與健康或社會科學有關為佳）。

2

Have attained an acceptable level of proficiency in the English and Chinese languages\*.  
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 sub-degree 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。



## Awards and Scholarships 獎項與獎學金

Our School and University offer a number of awards and scholarships to recognize students with outstanding performance and encourage students to participate in diverse learning activities.

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。

Partial list of awards and scholarships offered by JCSPHPC to our undergraduate students in academic year 2022-23:

- 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

賽馬會公共衛生及基層醫療學院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





# Career Development of Graduates in Recent Years

## 近年畢業生發展路向



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。

Employment in Public Health -  
Public/ Education Institute  
公共衛生相關工作 —  
公共/ 教育機構

25%

Employment in Public Health -  
NGO/ Private  
公共衛生相關工作 —  
非政府組織/  
私人機構

25%

13%

Employment in  
other sectors  
其他業界工作

37%

Further study  
進修

## Articulation 升學銜接

Graduates apply for the following programmes and meet relevant requirements are eligible to have credit exemption:  
畢業生報讀以下課程並符合相關要求可獲學分豁免：

### Programme 課程

Master of Public Health, CUHK  
香港中文大學公共衛生碩士課程

Postgraduate Diploma in  
Occupational Hygiene, CUHK  
香港中文大學職業衛生深造文憑課程

### Eligible Period 有期年期

within 3 years of graduation  
畢業後3年內

within 3 years of graduation  
畢業後3年內

### Credit Exemption 學分豁免

up to 12 units out of 36 units  
36學分其中最多12學分

up to 3 units out of 15 units  
15學分其中最多3學分



# 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 work closely with various organisations to complete 220 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.

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二百二十小時的實習工作，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。



### 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 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。





## 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，獲得建立其人際網絡、擴闊視野和發展他們事業計劃的寶貴機會。



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

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.

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 海外考察課程及交流團

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

學生參加海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。



## Sharing from Alumni 校友分享



**ZHOU Delong**  
周德龍

2022 Graduate  
2022年畢業生

Looking back on my days studying Community Health Practices at The Chinese University of Hong Kong, this experience has been truly important for my journey into primary healthcare work. The programme was very practical, and highly relevant to our daily lives.

Beyond classroom learning, the most valuable aspect was being able to interact with the teaching team and healthcare professionals. They were not just teachers but more like life mentors, willing to share their practical work experience and help me understand the real health challenges facing local communities and how we can respond to them. This learning approach that combines theory with practice has benefited me greatly.

More importantly, this programme built my confidence and passion for this field. I am now continuing my studies for a Master of Public Health degree while working in the primary healthcare sector. I look forward to contributing to Hong Kong's community health development.

在香港中文大學修讀社區健康課程的日子，對我投身基層醫療工作來說真的很重要。課程內容很實用，而且跟我們日常生活息息相關。

除了課堂學習，最珍貴的是能夠與教學團隊和醫療專業交流。他們不只是老師，更像是同行者，願意分享實際工作經驗讓我了解到本地社區真正面對的健康挑戰，以及我們可以如何回應。這種理論與實務並重的學習方式讓我獲益良多。

更重要的是這課程建立了我對這個行業的信心和熱誠。現在我正同時進修公共衛生碩士及在基層醫療界工作，希望能夠為香港的社區健康發展出一分力。



**Cheung Tin Lok**  
張天樂

2022 Graduate  
2022年畢業生

I look back on Community Health Practice Programme's years with great pride. Not only did the programme offer a range of highly relevant and interesting courses which equipped me with the skills and knowledge vital to my career in implementing health programmes, but through attending the courses I also met professors who provided expert knowledge and guidance.

Beyond studying, another invaluable aspect of CHPR is internship. Looking back at my internship experience, it definitely enhanced my profile and competitiveness during the job search process upon graduation.

In the final year, I went on an exchange to Maastricht, Netherlands through Community Health Practice Programme's exchange programme. Going on exchange has undoubtedly enriched my experience. It's not just an academic venture, because it contains many lessons about life. It was really worthwhile to study there considering all the memories, knowledge, and friends I gained during my stay in Maastricht, the Netherlands!

很高興能成為社區健康理學士課程的一份子。此課程不僅提供實用且有趣的課程，使我掌握實行健康計劃的技巧和知識，而且擁有專業的教授提供知識和指導。

除了學習，實習是課程中重要的一環。實習經歷無疑增強了我在求職過程中的個人形象和競爭力。

而最後一年，我透過社區健康理學士課程的交流計劃有幸前往荷蘭馬斯垂克進行交流。這不僅是一次學術旅程，更包含了許多關於生活的課堂。我亦因此得到了許多珍貴回憶、知識和朋友，感謝此課程使我擁有各種機會。

**Programme Website**  
課程網頁



[www.bsc.sphpc.cuhk.edu.hk](http://www.bsc.sphpc.cuhk.edu.hk)

**Contact Information**  
聯絡方法

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