

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

特別為副學士及高級文憑畢業生而設的兩年制課程

Bachelor of Science in Community Health Practice

社區健康 理學士課程



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

Public Health
衛生及基礎健康學院
The School of Public Health and Basic Health Sciences

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.

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。



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

社區健康理學士修讀辦法

Category 類別	Units 學分
Core Studies 必修科目	38
Elective Studies 選修科目	6
Practicum in Community Health Practice 社區健康實習	8

Course List and Course Descriptions
科目總表及簡介



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

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

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

* 詳情請參照大學對副學士/高級文憑持有人的入學要求。

Career in Community Health Practice

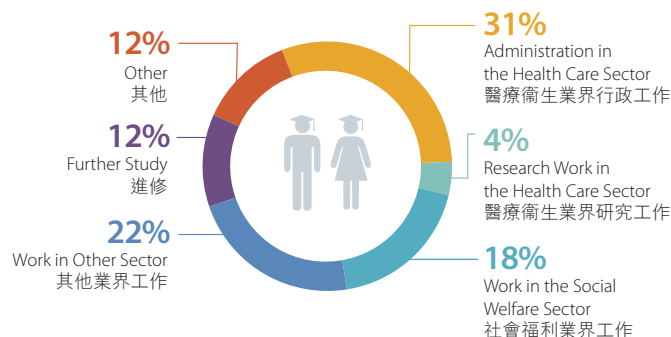
社區健康的發展機會

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。

Career Development of Graduates in Recent Years

近年畢業生發展路向



Sharing from Students and Alumni

同學及校友分享



LUI Yi Sing 雷洱星

Year 2, BSc in Community Health Practice Student
社區健康理學士二年級學生

The BSc in Community Health Practice program provides practicum opportunities in health-related organizations which help us consolidate the knowledge we have learnt during lessons and prepare us for our future career. Moreover, our academic advisors are willing to help us overcome the difficulties we encounter in our learning or career development.

This programme helps me realized the importance of having early intervention in health issues as well as promoting health awareness in the community. It also inspires me to contribute to society with what I have learnt.

CUHK provides a nice environment which students can explore and actualize their potentials through joining the diverse and meaningful university activities. Hope you enjoy the university life at CUHK and find your life goal!

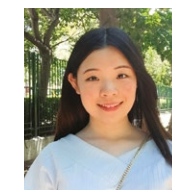
社區健康理學士課程為學生提供課堂以外的實習機會，令學生可鞏固課堂所學的知識和技巧並加以實踐，藉此好好裝備自己，為未來投身社區健康行業作準備。過程中，教職員亦會為學生在學習和事業發展上遇到的困難提供支援，以協助學生解決問題。

社區健康理學士課程令我體會到從社區層面上提升保健意識及盡早預防疾病的重要性，以及自己如何能活學活用為社會作出貢獻。

中大的校園生活十分多元化，學生可從不同的校園活動中發掘所長，並擴闊自己閱歷。期望你們能在大中開展屬於自己的精采校園生活，並找到自己的目標。

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.

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很多不同的合作空間。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。尤其認識到一些業界人士，他們的勤勉及所提供的就業資訊很實用。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。



CHAN Hoi Ying 陳愷瑩

BSc in Community Health Practice Graduate
社區健康理學士畢業生

Gaining Exposure while Studying

加強學習經歷

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。

COMMUNITY ENGAGEMENT AND EXPERIENTIAL LEARNING 體驗社區參與



Field Studies Course and Study Tour 野外考察課程及交流團

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。

Environmental Health Field
Studies Course to Taipei 2017
台北環境健康
野外考察課程 2017



Taipei Study Tour 2017
台北交流團 2017



Environmental Health Field Studies
Course to Xi'an 2018
西安環境健康野外考察課程 2018



Seoul Study Tour 2018
首爾交流團 2018



Teacher-Student Gathering
師生聚會

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。

Spring Dinner
春茗



Student Society
學生會



Student Orientation Camp
學生迎新營

Graduation Photo-taking & Commemorative Photo-taking



Graduation Photo Day
畢業生拍照日

Fun Run 2017



Director of JC School of Public Health and Primary Care

賽馬會公共衛生及 基層醫療學院院長



Professor Eng-kiong YEOH,
GBS, OBE, JP
楊永強教授

'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 ill has access to effective and appropriate care and there are policies and programmes in place to prevent them from becoming ill 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。」

Programme website
課程網頁



CONTACT INFORMATION 聯絡方法

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