

# Bachelor of Science in Community Health Practice

社區健康理學士課程



A 2-year bachelor programme for  
associate degree /  
higher diploma graduates

適合副學士/高級文憑畢業生報讀的  
兩年制學士課程





**Director of  
JC School of Public Health  
and Primary Care;  
& Professor of Public Health**

賽馬會公共衛生及基層醫療學院院長；  
及公共衛生學講座教授

“Our job is not only to treat people when they are sick but to prevent them getting sick in the first place. We emphasize the health and well-being of people. We are concerned about the environment around and policies which may have an important influence on our living. Keeping track of things happening around us both locally and globally helps us to promote health and happy living.”

「我們的工作不僅是要為病人提供診治，更重要的是要預防疾病和疫症發生。我們要對本地和國際間發生的事加以了解，才能有效地推廣健康和快樂的生活。」

**Professor Sian GRIFFITHS, OBE, JP**  
葛菲雪教授

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## Importance of Community Health

### 社區健康的重要性



21<sup>st</sup> 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 non-health partners. There is both local and international 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 reflection of the physical, psychological, social, spiritual and intellectual states as determined by the socio-political, economical, and cultural environment in which we live. This ecological perspective on health emphasises strongly on the interaction between physical and socio-cultural environment. 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.

The health theories underlying community health practice come from different paradigms in addressing a wide range of health concerns, needs, and circumstances. Apart from health science, the theoretical basis derives from different disciplines including social science (e.g., psychology, sociology, social work), humanities (e.g., anthropology, education, communication and journalism, religion), political and management science (e.g., government and public administration, management, marketing, international study).

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非醫療夥伴的合作，令個人、人際和群體層面作出改變的專業。國際及本地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、家庭及社區健康往往反映社會政治、經濟與文化環境對生理、心理、社會、精神及知性狀態的影響。在這生態觀點下，健康就是強調體格和社會文化環境間的相互作用。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。

針對健康問題、需要和情況的基本健康理論來自不同的領域，包括社會科學（如心理學、社會學、社會工作）、人文科學（如人類學、教育、通訊及傳理、宗教）及政治與管理科學（如政府及公共行政、管理、市場營銷、國際研究）。

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。



## Core Competencies of Community Health Practitioners

### 社區健康從業員的主要技能

- 1 To assess individual, and community, needs for health care intervention in the community;
- 2 To effectively plan, co-ordinate and implement community health programmes;
- 3 To evaluate community health care programmes;
- 4 To empower individuals and families with self-care and self-management skills, and the community in disease prevention and health promotion;
- 5 To act as resource persons in health in the community and communicating health and health education needs, concerns and resources, and also advocacy;
- 6 To develop partnerships across disciplines and sectors to enhance the impact and sustainability of the community health programmes.

- 1 對個人和社區的健康護理干預需求進行評估；
- 2 有效規劃、協調和實施社區健康計劃；
- 3 評價社區保健計劃；
- 4 增強個人和家庭的自我保健和管理能力，並強化社區的疾病預防和健康促進工作；
- 5 作為社區資源人士，就健康和健康教育的需求、關注、資源與主張等作交流；
- 6 發展跨學科、跨界別的夥伴關係以加強社區健康計劃的影響力和可持續性。



## Introduction of Bachelor of Science in Community Health Practice

### 社區健康理學士課程簡介



### Bachelor of Science in Community Health Practice (BSc in Community Health Practice)\*

In response to the increase in non-communicable disease, emerging and re-emerging infectious disease, and the increasing importance of community-based care, The JC School of Public Health and Primary Care designs this new, 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. The curriculum will gear the students to take a boarder perspective on community health practice. The teaching will be linked to the core competencies of community health practitioners, taking 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. This Programme will provide the foundation for graduates to become specialist in health education and health promotion.

This Programme has a good balance of academic component and vocational training component so it will facilitate articulation from Associate Degree / Higher Diploma programmes. It is also a pathway for advancement to a Master of Science degree in Health Education that is designed mainly for practitioners.

\* This programme is subject to University's approval

### 社區健康理學士課程\*

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。本課程將擴闊學生對社區健康的視野。教學內容將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。

本課程在學術知識和職業培訓之間取得良好的平衡，有助與副學士/高級文憑課程的銜接，並為進修專為健康教育從業人員而設的健康教育理學碩士打好基礎。




## Career in Community Health Practice

### 社區健康的發展機會

Graduates of this Programme will play diverse roles in helping to meet the increasing demands from health issues in our society. Graduates 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 of self-management, and primary health care. Graduates of the Programme will be employable in many sectors including business, social care, primary care, and education, as well as Non-Governmental Organisations.

修畢課程後，畢業生將在解決日益增加的社會健康問題上發揮多重作用。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、加強病人的自我管理能力和提供一般基層醫療。本課程的畢業生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。



\* 此課程需要經過大學批准

# Course List of BSc in Community Health Practice

## 社區健康理學士科目總表



### Core studies 必修科目

- Contemporary Health Issues  
當代健康問題
- Foundations in Public Health  
公共衛生學基礎
- Principles of Infectious Diseases  
傳染病學原理
- Environment and Work  
環境衛生及職業衛生
- Biostatistics  
生物統計學
- Epidemiology  
流行病學
- Health Education and Health Behaviours  
健康教育與健康行為
- Community Needs Assessment  
社區需求分析
- Health Promotion in Practice  
健康促進之實踐
- Settings-Approach for Health Promotion  
場所主導的健康促進
- Health Communications  
健康傳訊
- Research Methods in Community Health  
社區健康研究方法
- Management of Non-Governmental Organisations  
非政府機構的管理
- Social Marketing Methods  
社會營銷學
- Community-Based Rehabilitation and Self-Care Management  
社區復康與自我保健管理
- Practicum in Community Health Practice I  
社區健康實習I
- Practicum in Community Health Practice II  
社區健康實習II

### Elective studies 選修科目

- Policy and Practice in Health and Social Care System  
醫療及社會服務系統內的政策和實踐
- Global Health  
環球健康
- Public Health Ethics and Law  
公共衛生道德與法律
- Primary Health Care  
初級衛生保健
- Environment and Health  
環境與健康
- Work and Health  
工作與健康
- Economics and Financing in Healthcare Systems  
衛生經濟學及醫療融資
- Patients, Professions and Carers in Healthcare  
病人、專業團隊及照顧者於醫療體系之角色
- Healthcare Organisation and Management  
醫療組織與管理
- Gender and Age-Related Healthcare  
有關性別與年齡問題的健康保健



## 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 at least 300 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三百小時的實習工作，並從中得到於社區中和各式社區人仕一起工作的寶貴經驗。



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://www.cuhk.edu.hk/adm/nonjupas>

申請人需符合以下資格：

- 1 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
- 2 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 <http://www.cuhk.edu.hk/adm/nonjupas>。

\* 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。

## Admission Requirements

### 收生要求





## Profiles of Teaching Staff

### 教學人員簡介



#### Quality Teaching

Many of the teaching staff of JCSPHPC graduated from and worked for top universities including The University of California at Berkeley, Harvard University, The John Hopkins University in the United States and University of Cambridge, University of Oxford, Cardiff University and University of London in the United Kingdom. They have valuable and extensive experience in publications and research, and actively contribute to promoting healthier communities locally and overseas. All the teaching staffs are committed to contributing towards our students' achievement and developing their interest in public health and primary care.

#### 優質教學

賽馬會公共衛生及基層醫療學院的教學人員多於世界一流學府如美國柏克萊大學、哈佛大學、約翰霍普金斯大學及英國劍橋大學、牛津大學畢業，並曾於以上學府工作。他們對學術研究具有豐富經驗，曾發表不少文獻，並且積極促進本地及海外社區的健康。學院的全體教學人員致力培養及提升學生對公共衛生及基層醫療的興趣，讓他們在公共衛生及基層醫療界創出佳績。



**Director, JC School of Public Health and Primary Care; and  
Professor of Public Health**

賽馬會公共衛生及基層醫療學院院長；及公共衛生學講座教授

**Professor Sian Meryl GRIFFITHS, OBE, JP 葛菲雪教授**

*MA, MB BChir (Cantab), MSc, FFPHM, FRCP (Lond), FRCP (Edin), FDSRCS, Hon FRSPH, Hon DSc, FHKCCM, FHKAM (Community Medicine), Hon FHKCCM, HonFFPH*

#### Division of Biostatistics

##### 生物統計學學部



**Professor Benny Chung-ying ZEE 徐仲鏞教授**

*BSc, MSc (Manit.), PhD (Pitt.)*

Associate Director (Graduate Studies), JC School of Public Health and Primary Care; Head, Division of Biostatistics; Director, Centre for Clinical Trials; Assistant Dean (Research), Faculty of Medicine; and Professor 賽馬會公共衛生及基層醫療學院副院長（研究院課程）；生物統計學學部主任；臨床試驗中心主任；醫學院助理院長（研究）及教授



**Dr William GOGGINS 高威廉博士**

*BA (Brandeis), MSc, ScD (Harv)*

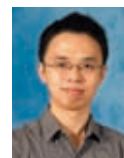
Director, Biostatistics Consulting Laboratory; and Professional Consultant 生物統計學諮詢部主任；及專業顧問



**Professor Maggie Haitian WANG 王海天教授**

*BS, PhD (HKUST)*

Research Assistant Professor 研究助理教授



**Dr Xin LAI 賴欣博士**

*BA, PhD (USTC)*

Assistant Lecturer 副講師



**Dr Jack Jock-wai LEE 李作為博士**

*BSc (Lakehead), MSc (UWO), MFE (UC Berkeley), PhD (SHUFE)*

Biostatistician 生物統計員

#### Division of Epidemiology

##### 流行病學學部



**Professor Jin-ling TANG 唐金陵教授**

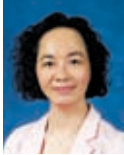
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**Professor Suzanne Sut-ying C. HO** 何陳雪鸞教授

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Founding Director, Centre of Research and Promotion of Women's Health; and  
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婦女健康促進及研究中心創會總監：及公共衛生及基層醫療榮休講座教授



**Professor Josette Sin-yee CHOR** 左倩儀教授

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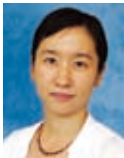
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**Dr Chen MAO** 毛琛博士

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講師



**Dr Johnson Chun-hong LAU** 劉振康博士

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副講師

## Division of Family Medicine and Primary Health Care 家庭醫學及基層醫療學部



**Professor Samuel Yeung-shan WONG** 黃仰山教授

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賽馬會公共衛生及基層醫療學院副院長（本科教育）：家庭醫學及基層醫療學部主任：及教授



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**Professor Emily Ying-yang CHAN** 陳英凝教授

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助理教授



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臨床助理教授（名譽）；及副顧問醫生（醫院管理局）



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研究助理教授



**Professor Benjamin Hon-kei YIP 葉漢基教授**

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Research Assistant Professor  
研究助理教授



**Dr Gemma Yang GAO 高楊博士**

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Lecturer  
講師



**Dr Anisha ABRAHAM**

*BA, MD, MPH, DABP (Paed); FAAP, DABP (Adol.Med) (USA)*  
Visiting Scholar  
訪問學人

## Division of Health Improvement 健康促進學部



**Professor Joseph Tak-fai LAU 劉德輝教授**

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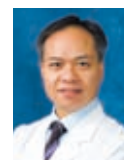
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## NOTICE

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