

Hong Kong launches new sports health initiative

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Sports health education will be integrated into the Bachelor of Medicine and Bachelor of Surgery (MBBS) curriculum



The LKS Faculty of Medicine at the University of Hong Kong (HKUMed) has kicked off the 'HKUMed Sports Health' initiative, aiming to promote a transformative sports health landscape in the city. As a primary healthcare advocate, HKUMed is set to unite the realms of sports development, medical education, research, and clinical services.

Sports health education will be integrated into the Bachelor of Medicine and Bachelor of Surgery (MBBS) curriculum, equipping medical students with a broad understanding of the importance of exercise adaptation and physical activity, and its vital role in prevention, treatment and rehabilitation of major chronic diseases. In their clinical training, the students will gain hands-on experience in a range of orthopaedics and traumatology clinics.

HKUMed will establish strategic partnerships with reputable educational institutions to enhance sports medicine education and facilitate scholarly exchange. These collaborations will include boosting research activities, clinical internships and teaching.

The Faculty will also organise symposiums and seminars on innovations and interdisciplinary advancements in sports health. The project team is cooperating with District Health Centres to spread sports-related health information to the public.

With expertise spanning cardiology, emergency medicine, family medicine and primary care, orthopaedics and traumatology, kinesiology, and sports science, the HKUMed Sports Health team is exploring to provide on-site medical support during major sports competitions and other events.