



FACULTY OF HEALTH SCIENCES AND SPORTS
BACHELOR OF PHYSICAL EDUCATION
LEARNING MODULE OUTLINE

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|-----------------------|--------------------------------|---------------|---|
| Academic Year | 2025/2026 | Semester | 1 |
| Module Code | ENGL1101 | | |
| Learning Module | English 1 | | |
| Pre-requisite(s) | Nil | | |
| Medium of Instruction | English & Chinese | | |
| Credits | 3 | Contact Hours | 45 |
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MODULE DESCRIPTION

English 1 is one of the continuous general English modules for the Bachelor of Physical Education programme. It aims to further develop students' competence in using English for general purposes. Equal emphasis is given to learning language and developing communicative skills required for higher education. The subjects also give students practice in both written and spoken communication. By learning pronunciation, vocabulary, grammar and discourse style, students are trained to enhance their listening, speaking, reading and writing competence in English. Furthermore, some facts and situations in others countries and foreign cultures may be introduced throughout the process of learning so as to expand students' knowledge about foreign countries, especially the English-speaking ones, and to assist them to develop a global vision.

MODULE INTENDED LEARNING OUTCOMES (ILOS)

On completion of this learning module, students will be able to:

| | |
|-----|---|
| M1. | Perceive sentences and frequently-used expressions related to areas which are most immediately relevant to them |
| M2. | Understand daily information provided orally |
| M3. | Communicate and exchange information in simple, everyday conversations |
| M4. | Express in simple terms some past events, descriptions of environment and their immediate needs |
| M5. | Have knowledge of various cultures in the world, especially in topics related to sports |



These ILOs aims to enable students to attain the following Programme Intended Learning Outcomes (PILOs):

| PILOs | M1 | M2 | M3 | M4 | M5 |
|---|----|----|----|----|----|
| P1. To master knowledge of physical education and sports | ✓ | ✓ | ✓ | ✓ | ✓ |
| P2. To develop problem-solving ability and management skills in physical education and sports | ✓ | ✓ | ✓ | ✓ | |
| P3. To master the skills in different sport events | | | | | ✓ |
| P4. To plan, organize, lead and evaluate sports programmes | ✓ | ✓ | ✓ | ✓ | ✓ |
| P5. To master skills and qualities to serve in sport-related organizations | | | | | ✓ |
| P6. To possess preliminary ability of scientific research in physical education | ✓ | ✓ | ✓ | ✓ | ✓ |
| P7. To show spirit of sport and encourage the young generation to have a positive attitude towards life | | | | | ✓ |
| P8. To practice a healthy lifestyle and promote it to the people around them | ✓ | ✓ | ✓ | ✓ | |
| P9. To communicate effectively in both speaking and writing | ✓ | ✓ | ✓ | ✓ | |

MODULE SCHEDULE, COVERAGE AND STUDY LOAD

| Week | Content Coverage | Contact Hours |
|------|---|---------------|
| 1 | 1. Introduction and Preparation | 1.5 |
| | 1.1 Module introduction | |
| | 1.2 CEFR A2 level of English | |
| | 1.3 Ice breaking: self-introduction | |
| 1-3 | 2. Leisure and Sport (Unit 1) | 6 |
| | 2.1 Questions and question words (grammar) | |
| | 2.2 Simple present tense and subject-verb agreement (grammar) | |
| | 2.3 Frequency phrases (grammar) | |
| | 2.4 Leisure activities and sports (vocabulary) | |
| | 2.5 New ways with old sports (intensive reading) | |

| | | | |
|-------|-----|---|------|
| 3-6 | 3 | Firsts and Lasts (Unit 2) | 9 |
| | 3.1 | Simple past tense – past form of verbs (grammar) | |
| | 3.2 | Simple past tense – negative and interrogative (grammar) | |
| | 3.3 | Firsts in television technology (intensive reading) | |
| | 3.4 | Words to describe feelings (reading, listening and speaking) | |
| | 3.5 | Describe a first or a last (listening, speaking and writing) | |
| 6-8 | 4. | Work and Rest (Unit 3) | 7.5 |
| | 4.1 | Daily routines (vocabulary) | |
| | 4.2 | “Short sleeper” or “long sleeper”: which is healthier? (intensive reading) | |
| | 4.3 | Modal verbs: should, can and have to (grammar) | |
| | 4.4 | Jobs (vocabulary) | |
| | 4.5 | Decide on a best job (listening and speaking) | |
| | 4.6 | World culture (speaking) | |
| 9-12 | 5. | Special days (Unit 4) | 10.5 |
| | 5.1 | Special days around the world (intensive reading) | |
| | 5.2 | Verb phrase for special days (vocabulary) | |
| | 5.3 | Simple present tense and present continuous tense (grammar) | |
| | 5.4 | Do something funny for money (reading) | |
| | 5.5 | New Year celebrations and descriptive adjectives (listening and vocabulary) | |
| | 5.6 | Present continuous tense for future arrangement (grammar and speaking) | |
| | 5.7 | Writing an invitation (writing) | |
| 12-14 | 6. | Going away (Unit 6) | 6 |
| | 6.1 | Going on holiday & describing holiday (vocabulary) | |
| | 6.2 | On the move holidays (intensive reading) | |
| | 6.3 | Plans and intention (grammar) | |
| | 6.4 | Prediction (grammar) | |
| | 6.5 | Choose a holiday (listening and speaking) | |
| 14 | | General revision | 1.5 |
| 15 | | Final examination | 3 |

TEACHING AND LEARNING ACTIVITIES

In this learning module, students will work towards attaining the ILOs through the following teaching and learning activities:

| Teaching and Learning Activities | M1 | M2 | M3 | M4 | M5 |
|----------------------------------|----|----|----|----|----|
| T1. Lectures | ✓ | ✓ | ✓ | ✓ | ✓ |
| T2. Audio / Videos | ✓ | ✓ | ✓ | ✓ | |
| T3. Role Plays | ✓ | ✓ | ✓ | ✓ | |
| T4. Games | ✓ | ✓ | ✓ | | |
| T5. Group Discussions | ✓ | ✓ | ✓ | ✓ | ✓ |
| T6. In-class Exercises | ✓ | ✓ | ✓ | ✓ | |

ATTENDANCE

Attendance requirements are governed by the Academic Regulations Governing Bachelor's Degree Programmes of the Macao Polytechnic University. Students who do not meet the attendance requirements for the learning module shall be awarded an 'F' grade.

ASSESSMENT

In this learning module, students are required to complete the following assessment activities:

| Assessment Activities | Weighting (%) | ILOs to be Assessed |
|------------------------------|---------------|---------------------|
| A1. Participation | 10% | M1, M2, M3, M4, M5 |
| A2. Assignments and Projects | 10% | M1, M2, M3, M4, M5 |
| A3. Class Activities | 20% | M2, M3 |
| A4. Oral Assessment | 20% | M1, M4 |
| A5. Examination | 40% | M1, M4 |

The assessment will be conducted following the University's Assessment Strategy (see www.mpu.edu.mo/teaching_learning/en/assessment_strategy.php). Passing this learning module indicates that students will have attained the ILOs of this learning module and thus acquired its credits.

MARKING SCHEME

The full score of the module is 100, with 50 as a passing score.

REQUIRED READINGS

1. *Cutting Edge Pre-Intermediate Students' Book*. (Third Edition) (Author: Sarah Cunningham, Peter Moor and Araminta Grace. Year of Publication: 2013. Publisher: Pearson Education Limited.)
2. Authentic reading and listening materials will be provided from newspapers, magazines and websites.

REFERENCES

1. *Essential Grammar in Use*. (Fourth Edition) (Author: Raymond Murphy. Year of Publication: 2015. Publisher: Cambridge University Press.)

STUDENT FEEDBACK

At the end of every semester, students are invited to provide feedback on the learning module and the teaching arrangement through questionnaires. Your feedback is valuable for instructors to enhance the module and its delivery for future students. The instructor and programme coordinators will consider all feedback and respond with actions formally in the annual programme review.

ACADEMIC INTEGRITY

The Macao Polytechnic University requires students to have full commitment to academic integrity when engaging in research and academic activities. Violations of academic integrity, which include but are not limited to plagiarism, collusion, fabrication or falsification, repeated use of assignments and cheating in examinations, are considered as serious academic offenses and may lead to disciplinary actions. Students should read the relevant regulations and guidelines in the Student Handbook which is distributed upon the admission into the University, a copy of which can also be found at www.mpu.edu.mo/student_handbook/.