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社會科學院
FACULTY OF SOCIAL SCIENCES

AAB RUN

25 January 2018
8/F-13/F & 3/F Podium of AAB
4 - 6 pm

Prizes

- Champion
- 1st Runner-up
- 2nd Runner-up
- 5 Merits per category

Team Categories

1. Students Team
 - same/cross department(s)
 2. Mixed Team
 - at least 1 staff & student
- * 3 members with mixed gender
* Alumni are welcome to join

Enquiry:
Ms. Pang (3411 7135)

Application Deadline: 15/11/2017

<http://sosc.hkbu.edu.hk/>

Faculty of Social Sciences, Hong Kong Baptist University
AAB Run 2018

A. Introduction

This is the fifth year of organizing AAB Run by the Faculty of Social Sciences. “AAB Run 2018” is the theme this year.

今年是社會科學院第五年舉辦 AAB Run，主題為「AAB Run 2018」。

B. Eligibility 參賽資格

All full-time or part-time students at undergraduate and postgraduate levels, and teaching or non-teaching staff members and alumni in the Faculty of Social Sciences, HKBU are welcome to form a team.

所有香港浸會大學社會科學院全日制及兼讀制的本科生或研究生，以及學院教職員與舊生均可自由組隊參賽。

C. Team Composition 比賽組別

Team Categories 比賽組別	Composition 組成	Remark 備註
Student Team 學生隊	Students 學生 (same department or cross departments 相同學系或跨學系)	1. Three members per team (With at least one male and one female teammate) 每隊有三位成員 (當中最少有一名男隊員和女隊員)
Mixed Team 混合隊	Student(s) and Staff 學生及教職員 (with at least one staff and one student 當中最少有一位職員和學生)	2. Alumni are welcome to join 歡迎舊生參加

D. Prize 比賽獎項

1) Student Team and Mixed Team 學生隊及混合隊

Top eight teams of each category will be awarded the Champion, First Runners-up, Second Runners-up and 5 Merits respectively. Each winning team will be presented the following prizes:
學生隊及混合隊各設冠、亞、季軍一名及優異獎五名。每隊將獲頒以下獎品:

Award 獎項	Prizes 獎品
Champion 冠軍	A crystal award 水晶獎牌一座
First Runners-up 亞軍	Each member will be awarded a medal 每名隊員會獲頒一塊獎牌
Second Runners-up 季軍	
Merit - the 4 th to 8 th ranking Teams 優異獎 — 第四至第八名的隊伍	Each member will be awarded a medal 每名隊員會獲頒一塊獎牌

Participants are free to design their team T-shirts after receiving it or in the “Color Corner” on 3/F, AAB Podium at 3:30 p.m. on that day.

每位參賽者可在活動之前或當天下午三時半於行政大樓 3 樓平台的「Color Corner」發揮其創意，設計專屬的隊制 T-shirt。

Each participant is free to design their own team T-shirt after receiving it or design it in the “Color Corner” on 3/F, AAB Podium at 3:30 p.m. on that day.

2) Faculty Cup 學院盃

The Faculty Cup will be awarded to the Department based on its top 5 teams in Student and / or Mixed Group. A trophy will be presented to the winning Department and placed in its office for one year until the next AAB Run.

各學系以最好的五隊學生隊或混合隊的成績，角逐學院盃殊榮。優勝的學系將獲頒發獎盃一座。該獎盃將擺放於所屬學系一年，直至下次比賽為止。

3) Sportsmanship Award 最佳風範獎

The Department or Programme with the greatest number of participants will be awarded the Sportsmanship Award and presented a trophy.

擁有最多參加者之學系或課程將獲得最佳風範獎，並會獲頒獎座一個。

E. Award Presentation Ceremony 頒獎典禮

The Award Presentation Ceremony is tentatively scheduled at 6:00 p.m. after the event on 25 January 2018 (Thursday).

頒獎典禮暫訂於比賽結束當天 2018 年 1 月 25 日(四)下午六時舉行。

List of Departments and Academic Programmes in the Faculty of Social Sciences, HKBU
香港浸會大學社會科學院學系及學術課程一覽

A. Departments 學系

1. Department of Education Studies 教育學系

- BA(Hons) in English Language & Literature and BEd (Hons) in English Language Teaching
英國語言文學文學士(榮譽)及英語教學教育學士(榮譽)學位課程
- BA (Hons) in History and BEd (Hons) in Liberal Studies Teaching#
歷史文學士(榮譽)及通識教學教育學士(榮譽)學位課程#
- BSocSc (Hons) in Geography and BEd (Hons) in Liberal Studies Teaching#
地理社會科學學士(榮譽)及通識教學教育學士(榮譽)學位課程#
- BSocSc (Hons) in Sociology and BEd (Hons) in Liberal Studies Teaching#
社會學社會科學學士(榮譽)及通識教學教育學士(榮譽)學位課程#
- Diploma in Education (2+2)
教育文憑(2+2)
- Postgraduate Diploma in Education (Full Time/Part Time)
學位教師教育文憑(全日制及兼讀制)
- Doctor of Education (Full Time/Part Time)
教育博士
- Master of Education
教育碩士

2. Department of Geography 地理系

- BSocSc (Hons) in Environment and Resources Management
環境及資源管理社會科學學士(榮譽)學位課程
- BSocSc (Hons) in Geography
地理社會科學學士(榮譽)學位課程
- BSocSc (Hons) in China Studies - Geography Option
中國研究社會科學學士(榮譽)學位課程-地理專修
- BSocSc (Hons) in Geography and BEd (Hons) in Liberal Studies Teaching#
地理社會科學學士(榮譽)及通識教學教育學士(榮譽)學位課程#

3. Department of Government and International Studies 政治及國際關係學系

- BSocSc (Hons) in Government and International Studies
政治及國際關係學社會科學學士(榮譽)學位課程

- BSocSc (Hons) in European Studies
歐洲研究社會科學學士(榮譽)學位課程

4. Department of History 歷史學系

- BA (Honours) in History
歷史文學士(榮譽)學位課程
- BSocSc (Hons) in China Studies - History Option
中國研究社會科學學士(榮譽)學位課程-歷史專修
- BA (Hons) in History and BEd (Hons) in Liberal Studies Teaching#
歷史文學士(榮譽)及通識教學教育學士(榮譽)學位課程#

5. Department of Physical Education 體育學系

- BA (Hons) in Physical Education and Recreation Management
體育及康樂管理文學士(榮譽)學位課程
- BSocSc in Sport and Recreation Leadership
運動及康樂領袖學社會科學學士學位課程
- Master of Social Sciences in Sport and Leisure Management
運動與休閒管理社會科學碩士

6. Department of Sociology 社會學系

- BSocSc (Hons) in Sociology
社會學社會科學學士(榮譽)學位課程
- BSocSc (Hons) in China Studies- Sociology Option
中國研究社會科學學士(榮譽)學位課程-社會學專修
- BSocSc (Hons) in Sociology and BEd (Hons) in Liberal Studies Teaching#
社會學社會科學學士(榮譽)及通識教學教育學士(榮譽)學位課程#

7. Department of Social Work 社會工作系

- Bachelor of Social Work (Hons)
社會工作學士(榮譽)學位課程
- BSocSc (Hons) in Social Policy
社會政策社會科學學士(榮譽)學位課程
- Master of Social Sciences in Social Work
社會工作社會科學碩士
- Master of Social Sciences in Youth Counselling / Master of Social Sciences in Counselling
社會科學碩士(青年輔導學) / 輔導學社會科學碩士
- Master of Social Work
社會工作碩士

B. Academic Programms 學術課程

1. BA (Hons) in History and Bachelor of Education (Hons) in Liberal Studies Teaching / Bachelor of Social Sciences (Hons) in Geography and Bachelor of Education (Hons) in Liberal Studies Teaching/ Bachelor of Social Sciences (Hons) in Sociology and Bachelor of Education (Hons) in Liberal Studies Teaching#
歷史文學士(榮譽)及通識教學教育學士(榮譽)學位課程; 地理/社會學社會科學學士 (榮譽)及通識教學教育學士(榮譽)學位課程#
2. BA (Hons) in History / BSocSc (Hons) in Geography/ Government & International Studies/ Sociology#
歷史文學士(榮譽)學位課程; 地理/政治及國際關係/社會學社會科學學士(榮譽)學位課程#
3. BSocSc (Hons) in China Studies 中國研究社會科學學士(榮譽)學位課程#
4. Master of Public Administration 公共行政管理碩士
5. Master of Arts in Global Society 全球社會研究文學碩士
6. Master of Social Sciences (Contemporary China Studies) 社會科學碩士(當代中國研究)
7. BSocSc (Hons) in Psychology## 心理學社會科學學士 (榮譽) 學位課程##

Remarks 備注

Each team can choose its result to be counted to the Programme (See B above) or Department (See A above).

參賽隊伍可自由選擇將其比賽成績計算入課程(參閱上述B)或學系(參閱上述A)。

BSocSc (Hons) in Psychology will be treated as an unit equivalent to a department for the Mixed Team.

心理學社會科學學士 (榮譽) 學位課程將會被視為一個單位，等同學系，以作混合隊計算。

Faculty of Social Science, Hong Kong Baptist University
AAB Run 2018

Notes to Participants 參加者須知

Participants shall abide the rules of the race and announcement of the Event Organizer.
參加者必須遵守比賽規則及大會的各項宣佈。

Additional manpower will be deployed along the route to ensure participants' safety. Please follow instructions given by the officials during the race.
為保障各參賽者之安全，大會工作人員將於賽道沿途維持秩序，參賽者必須遵從工作人員的指示。

To ensure a smooth registration process on the event day, all participants shall collect their bibs and T-shirt from the Faculty Office (AAB1325) during the office hours before the race in the period of 16-19 January 2018.
為確保比賽當日的登記過程流暢，參加者請於一月十六日至十九日期間，在辦公時間到社會科學院辦公室 (AAB 1325 室)領取號碼布及跑衫。

As Race will start at 4:00 pm, participants must report to the Event Organizer 30 minutes before the assigned start time. The Event Organizer reserves the right to disqualify any team not following designated start time.
開賽時間為下午四時正，參賽者須於指定起步時間最少三十分鐘前向大會報到。如參賽者未有按照指定的時間起步，大會有權取消該參賽隊伍的資格。

Participants who fail to show up the specified time of the race will be regarded as waiving their rights of participation.
於比賽時間未有出賽者將被視為自動棄權。

Participants must retire and leave the race course immediately if requested to do so by any officials in charge on each floor, medical staff or referees.
任何樓層的主管人員、醫務人員及裁判均有權要求參賽者退出比賽；而該參賽者必須立即停止比賽及離開賽道。

To avoid overcrowding and accidents at the Finish Area, participants are required to leave the Finish Area as soon as possible after the race.
為減低終點區的擠迫情況，以及避免稍後到達終點的參賽者發生意外，當參賽者抵達終點後，請儘快離開終點區。

As there are other administrative, learning and teaching support units along the racing route on the floors concerned, participant are advised to minimize any disturbance caused to nearby offices.
由於部份比賽樓層有其他行政及教學支援部門正在辦公的關係，敬請各參賽者儘量保持肅靜，以減低對賽道附近的辦公室之滋擾。

If any participants violate the regulations or have any misbehavior which may affect the race, the Event Organizer reserves the right to disqualify them from the competition.
如參賽者違反規則或因行為不檢而影響賽事，大會有權取消其參賽資格。

The Event Organizer reserves the right to amend the rules of the race, if necessary. The rules to be

announced on the event day shall prevail.

大會有權因應需要而修改賽規，一切賽規以比賽當日大會的公佈為準。

Rules of the Race 賽規

Each participant will be given a piece of bib before the race which must be attached in the front with the team number for easy identification.

所有參賽者賽前將獲發號碼布乙張，號碼布必須繫於參賽者的胸前位置，使隊伍號碼易於辨認。

The starting order of each team will be determined by the organizing committee using lots drawing and will be announced in due course.

各隊伍的比賽次序由賽事籌委會於賽前抽籤決定，並適時公佈。

Starting from 4:00 pm, different teams would be released every 2 minute.

比賽由下午四時正開始，每隊會被安排相隔兩分鐘出發。

Participants are required to run vertically from 3/F to 8/F of AAB, by using Stair 2. From 8/F onwards, participant should enter each floor from the staircase at one end of the building, complete certain tasks at the designated checkpoints along their way, according to the signage in **green**; and move upward to the other staircase, according to the signage in **orange** until reaching 13/F, and finally run vertically from 13/F to the Finish on 3/F.

參賽者會經二號樓梯由教學及行政大樓三樓向上跑至八樓。自八樓起，參賽者會由大樓一端的樓梯進入樓層，並依照**綠色**的指示於沿途設置的檢查點完成任務，然後依照**橙色**的指示，利用另一端的樓梯向上跑，直至到達十三樓。待完成任務後，再由十三樓直接向下跑到三樓的終點。

Adjudication and Appeal 裁判及上訴

For participants who wish to dispute the results, appeals must be made to the Staff-in-charge of the corresponding floor immediately. In case the complaint is not resolved, final appeal can be made to the Result Judge on the podium, 3/F of AAB.

參賽者若對成績有任何爭議，必須立即向該樓層的主管人員提出上訴。如上訴未獲解決，參賽者可向位於三樓的賽事裁判提出最終上訴。

Safety Guidelines 安全守則

Participants should be aware of their health conditions and consider whether it is suitable for them to enroll in the race. In case of doubt, please consult a doctor prior to the enrollment of race.

參賽者需要負責自己的身體狀況及健康，並考慮是否適宜參加比賽。如有任何疑問，請徵詢醫生的意見。

Participants should be responsible for their own safety and should follow the instructions from the official. The Event Organizer is not liable for any loss of personal belongings or harm caused to the participants during the activities.

活動舉行期間，參加者須顧及自身安全，並須遵從工作人員之指示，如遇意外事故，包括財物遺失、身體損傷等，大會概不負責。

In case of any discomfort or injury during the race, participants must retire immediately and seek assistance from any members of the official right away.

參賽者若於參賽時感到身體不適或受傷，應立即停止比賽，並向在場的工作人員求助。

Participants should have warm up exercise (suggested for 15 minutes or above) before the race started, and have cool down exercise when completed the race.

在比賽進行前，參賽者應作充份之熱身運動 (建議進行十五分鐘或以上)，並於比賽完結後進行整理運動。

Participants are suggested to wear comfort and breathable sportswear, and supportive sports shoes with flat platform.

參加者宜穿著舒適及容易透氣之運動服，以及底部較平和寬的運動鞋履進行比賽。

Terms & Conditions 條款及細則

Participants must ensure that they are physically fit to participate in the race. Submission of the application form represents the participant's agreement to observe all Terms and Conditions of the race in force from time to time introduced by the Event Organizer.

參賽者必須確保其身體狀況適宜參加比賽。填妥報名表格即代表參賽者同意遵守及接受大會所訂之參賽條款及細則。

The Event Organizer reserves the final right to use any photographs and recording taken during the event for promotional purpose.

大會保留使用比賽當日所拍得照片或錄像作宣傳用途之最終權利。

Arrangement for Inclement Weather 惡劣天氣安排

If typhoon signal No. 8 or above, or red/black rainstorm signal is hoisted, the event will be postponed or cancelled.

如活動當日懸掛八號或以上颱風信號，或紅色 / 黑色暴雨警告，比賽將會延期進行 或 取消。

Inquiry 查詢

To enquire any information of the event, please contact 3411 7135 / 3411 7118.

如有任何查詢，請致電 3411 7135 / 3411 7118。

13 October 2017