

New Sports Initiatives and Health Exercises

Fitness Buddy

1. Background

- to encourage students to do exercise regularly;
- to encourage students to build up exercise peer groups.

2. Criteria

- All CUHK Full-time undergraduate students (For Non-University Sports Team Members only).

3. Application and Content

- Applicants should complete and submit the application form to the U Gym Counter;
- Applicants should attend the **Opening** of Fitness Buddy and participate in the **Pre-fitness test** at 6pm on **2th Oct, 2019** in the University Sports Centre;
- Applicants are required to do exercises for two sessions per week and one hour per session at least;
- Applicants have to form their own group (2-4 persons /group) and fill in the logbook by themselves;
- Souvenirs / gifts will be given to students with accumulation of over 24 hours at the end of each semester;
- Max. 50 participants in one semester (**Session 1**).

4. Application Deadline

- 25th Sept, 2018

5. Year Plan

	Time	Events	Remarks
Session 1	Sept 2019	Recruitment	Application form & Questionnaire
	Early Oct 2019	Opening & Talk	Pre-test will be done after the talk
	Oct to Dec	Implementation	5 groups with teachers as advisers
	1 Sept, 2019	Phase 1 finished	Participants send their logbooks to their teachers for record
	Mid-Jan 2019	Prize giving	
Session 2	Jan 2020	Recruitment	Application form & Questionnaire
	Late Jan 2020	Talk or Sharing	Pre-test of session 2 & Post-test of session 1 at the same time
	Feb to April 2020	Implementation	5 groups with teacher advisers
	Mid-April 2020	Phase 2 finished	Participants send their logbooks to their teachers for record
	Late April 2020	Prize giving	

6. IT Support

- Information Platform on PEU Website, e.g. training venue, apps
- Workout links (E-learning)
- Logbook samples

7. Advisers List

- Mr. Wong On Tung (Coordinator) (ontung@cuhk.edu.hk; 3943 9247)
- Mr. Yuen Pak Yan (pakyanyuen@cuhk.edu.hk; 3943 6986)
- Dr. Ng Siu Kuen (robertng@cuhk.edu.hk; 3943 9856)
- Mr. Ng Chun Hung (happyng@cuhk.edu.hk; 3943 3782)
- Ms. Li Sau Ying (wendyli@cuhk.edu.hk; 3943 5179)

8. Fitness Buddy Towel

