

Fitness Training Workshop for CUHK Staff and Students

In order to introduce correct fitness training principles, methods, and proper ways of using fitness training equipment, the Physical Education Unit would like to organize a fitness training workshop for university staff and students. "CUHK Fitness Room User Card" will be issued to those who have successfully completed the workshop.



Details are as follows:

Workshop Number	Date	Time	Starting Date For Online Registration	Deadline For Online Registration	Date For In Person Registration	Medium of Instruction
01/1920	16 Nov, 2019 (Sat)	10:00am - 12:00nn	17 Oct, 2019	27 Oct, 2019	8 Nov, 2019 Until full quota	Cantonese (Supported by English & Putonghua)
02/1920	21 Dec, 2019 (Sat)	10:00am - 12:00nn	31 Oct, 2019	1 Dec, 2019	13 Dec, 2019 Until full quota	Cantonese (Supported by English & Putonghua)

Venue : University Fitness Room
Enrollment : 25/class (First-come-first-served)
Fee : \$100
Registration : <https://webapp.itsc.cuhk.edu.hk/ras/>
Enquiry : 3943 6097

Remarks : The workshop fee of the successful applicants MUST be settled and please tender the exact amount within specific date at the Inquiry Counter of University Sports Center
During workshop, No Attendance Certificate will be issued to those who are late or leave early for 15minutes.



Physical Education Unit

15 Oct, 2019

Enrollment Notice

1. Enrollment Period: Starting from 17 Oct to 27 Oct, 2019 and 31 Oct to 1 Dec, 2019
9:00am - 6:00pm.
2. Deadline for Payment: The workshop fee of the successful applicants **MUST** be settled and please tender the exact amount at the Inquiry Counter of University Sports Center for:

workshop no. 01/1920 from 30 Oct – 6 Nov, 2019;

workshop no. 02/1920 from 4 Dec – 11 Dec, 2019;

During office hours Mon to Fri, from 9:00am - 6:00pm to confirm the place.

No application for refund, change of program or making substitution is allowed after enrolment.”
3. The updated vacancy list will be uploaded in the PEU homepage on 8 Nov, 2019 at 1:00pm and 13 Dec, 2019 at 1:00pm
4. From 1:00pm on 8 Nov, 2019 (workshop no. 01/1920) and 1:00pm on 13 Dec, 2019 (workshop no. 02/1920) onwards, enrollment can be made on a walk-in basis during office hours (Mon. to Fri. 9:00a.m.-6:00p.m.) at the Inquiry Counter of University Sports Center, subject to quota availability.
5. Eligibility: Participants should be full-time students or staff of CUHK.
6. The workshop will be cancelled upon insufficient enrollment (less than half of the quota). The involved participants will be notified by phone individually.
7. Website Activate : Fitness Training Workshop information and enrollment website will be launched at 5pm on 16 Oct, 2019.
8. Inquiries : Physical Education Unit ☎3943 6097
9. Fitness Training Workshop information:
<http://www.peu.cuhk.edu.hk/en-gb/announcements>
and enrollment website: <https://webapp.itsc.cuhk.edu.hk/ras/>

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