

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 Attendance Certificate" 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
01/2021	19 Feb, 2020 (Wednesday)	7:00pm - 9:00pm	22 Jan, 2020	2 Feb, 2020	12 Feb, 2020 Until full quota	Cantonese (Supported by English & Putonghua)
02/2021	26 Feb, 2020 (Wednesday)	7:00pm - 9:00pm	29 Jan, 2020	11 Feb, 2020	21 Feb, 2020 Until full quota	Cantonese (Supported by English & Putonghua)
03/2021	11 Mar, 2020 (Wednesday)	7:00pm - 9:00pm	12 Feb, 2020	25 Feb, 2020	6 Mar, 2020 Until full quota	Cantonese (Supported by English & Putonghua)
04/2021	25 Mar, 2020 (Wednesday)	7:00pm - 9:00pm	26 Feb, 2020	10 Mar, 2020	20 Mar, 2020 Until full quota	Cantonese (Supported by English & Putonghua)
05/2021	8 Apr, 2020 (Wednesday)	7:00pm - 9:00pm	11 Mar, 2020	22 Mar, 2020	1 Apr, 2020 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.



Enrollment Notice

1. Enrollment Period: Starting from 22 Jan to 2 Feb, 29 Jan to 11 Feb, 12 Feb to 25 Feb, 26 Feb to 10 Mar and 11 Mar to 22 Mar, 2020 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. 01/2021 from 4 Feb – 10 Feb, 2020;

workshop no. 02/2021 from 13 Feb – 19 Feb, 2020;

workshop no. 03/2021 from 27 Feb – 4 Mar, 2020;

workshop no. 04/2021 from 12 Mar – 18 Mar, 2020;

workshop no. 05/2021 from 24 Mar – 30 Mar, 2020;

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 12 Feb, 21 Feb, 6 Mar, 20 Mar and 1 Apr, 2020 at 1:00pm

4. Date for in person registration, subject to quota availability as follows:

From 1:00pm on 12 Feb, 2020 (workshop no. 01/2021),

From 1:00pm on 21 Feb, 2020 (workshop no. 02/2021),

From 1:00pm on 6 Mar, 2020 (workshop no. 03/2021),

From 1:00pm on 20 Mar, 2020 (workshop no. 04/2021),

From 1:00pm on 1 Apr, 2020 (workshop no. 05/2021) 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.

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 21 Jan, 2020.

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/>

Physical Education Unit

21 Jan, 2020