

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 |
|-----------------|-------------------------|---------------|---------------------------------------|----------------------------------|---------------------------------|--|
| 11/2021 | 8 Mar, 2021 (Monday) | 6:00pm-8:00pm | 24 Feb, 2021 | 28 Feb, 2021 | 5 Mar, 2021 until full quota | Cantonese (Supported by English & Putonghua) |
| 12/2021 | 16 Mar, 2021 (Tuesday) | 6:00pm-8:00pm | | 3 Mar, 2021 | 12 Mar, 2021 until full quota | |
| 13/2021 | 27 Mar, 2021 (Saturday) | 2:00pm-4:00pm | | 11 Mar, 2021 | 23 Mar, 2021 until full quota | |
| 14/2021 | 29 Mar, 2021 (Monday) | 6:00pm-8:00pm | | | | |

Venue : University Fitness Room
Enrollment :20 /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
24 Feb, 2021

Enrollment Notice

1. Enrollment Period: Starting from 24 Feb to 11 Mar, 2021.
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 11/2021 workshop from 1 Mar to 4 Mar, 2021. During office hours Mon to Fri, from 9:00am - 5:00pm to confirm the place.

For 12/2021 workshop from 5 Mar to 10 Mar, 2020. During office hours Mon to Fri, from 9:00am - 5:00pm to confirm the place.

For 13/2021 and 14/2021 workshop from 15 Mar to 19 Mar, 2021. During office hours Mon to Fri, from 9:00am - 5:00pm 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 4, 11 and 22 Mar, 2021 at 1:00pm
4. Date for in person registration, subject to quota availability as follows:
For 11/2021 workshop, from 1:00pm on 5 Mar 2021 until full quota, enrollment can be made on a walk-in basis during office hours (Mon. to Fri. 9:00a.m.-5:00p.m.) at the Inquiry Counter of University Sports Center.
For 12/2021 workshop, from 1:00pm on 12 Mar 2021 until full quota, enrollment can be made on a walk-in basis during office hours (Mon. to Fri. 9:00a.m.-5:00p.m.) at the Inquiry Counter of University Sports Center.
For 13/2021 and 14/2021 workshop, from 1:00pm on 23 Mar 2021 until full quota, enrollment can be made on a walk-in basis during office hours (Mon. to Fri. 9:00a.m.-5:00p.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. Inquiries : Physical Education Unit ☎3943 6097
8. Fitness Training Workshop information: <http://www.peu.cuhk.edu.hk/en-gb/announcements>
and enrollment website: <https://webapp.itsc.cuhk.edu.hk/ras/>