

## **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
21/2021	20 Dec, 2021 (Monday)	6:00pm-8:00pm	8 Dec, 2021 (First-come-first-served)	11 Dec, 2021 (First-come-first-served)	12:00nn on 17 Dec, 2021 until full quota	Cantonese (Supported by English & Putonghua)
22/2021	21 Dec, 2021 (Tuesday)	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 during office hours (Mon. to Fri. 9:00a.m.-5:00p.m.) at the Enquiry 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 8 Dec to 11 Dec, 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 from 1:00pm on 13 Dec to 16 Dec, 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 17 Dec, 2021 at 10:00am
4. Date for in person registration, subject to quota availability as follows:  
From 12:00nn on 17 Dec 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/>

Physical Education Unit  
7 Dec, 2021