

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
01/2025	17 Mar 2025 (Monday)	6:00pm - 8:00pm	17 Feb 2025	21 Feb 2025	1pm, 10 Mar 2025 Until full quota	Cantonese (Supported by English & Putonghua)
02/2025	24 Mar 2025 (Monday)	6:00pm - 8:00pm	17 Feb 2025	21 Feb 2025	1pm, 10 Mar 2025 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/restricted/EventList?id=84>

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
11 February 2025

(Please scan QR code for registration)

Enrollment Notice

1. Enrollment Period: Starting from 17 February to 21 February 2025.
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 from 24 February to 7 March, 2025 during office hours from 9:00am - 5:00pm to confirm the place.
3. **No application for refund, change of program or making substitution is allowed after enrolment.**”
4. The updated vacancy list will be uploaded in the PEU homepage on 10 March at 12:00nn.
5. Date for in person registration, subject to quota availability as follows:
For workshop, from 1:00pm on 10 March 2025 until full quota, enrollment can be made on a walk-in basis during office hours 9:00a.m.-5:00p.m. at the Inquiry Counter of University Sports Center.
6. Eligibility: Participants should be full-time students or staff of CUHK.
7. The workshop will be cancelled upon insufficient enrollment (less than half of the quota). The involved participants will be notified by phone individually.
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/restricted/EventList?id=84>

Physical Education Unit

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