

## New Sports Initiatives and Health Exercises

### Fitness Buddy

#### 1. Background

- to encourage students to do exercise regularly.
- to encourage students to build up exercise peer groups.

#### 2. Criteria

- All CUHK Full-time undergraduate students (For Non-University Sports Team Members only).

#### 3. Application and Content

- Applicants should complete and submit the application form online;
- Applicants should attend the **Opening** of Fitness Buddy and participate in the Fitness Test at **4:45pm** on **4 October, 2023** in the Table tennis room of the Cheung Chuk Shan Amenities Building, United College;
- Applicants are required to do exercises for two sessions per week and one hour per session at least;
- Applicants have to form their own group (2-4 persons /group) and fill in the logbook by themselves;
- Souvenirs / gifts will be given to students with accumulation of over 24 hours at the end of each semester;
- Max. 50 participants in one semester (**Session 1**).

#### 4. Application Deadline

- 29th September 2023

#### 5. Year Plan

#### 6. IT

	Time	Events	Remarks
<b>Session 1</b>	Sept	Recruitment	Application form & Questionnaire
2023	Early Oct	Opening & Talk	Fitness Test after Opening
(Sept-Dec)	Oct to Dec	Implementation	5 groups with teachers as advisers
	2 Dec	Phase 1 finished	Participants send their logbooks to their teachers for record
	Mid-Jan 2023	Prize giving	
<b>Session 2</b>	Jan	Recruitment	Application form & Questionnaire
2024	Late Jan	Seminar & grouping	Fitness Test activities
(Jan-Apr)	Feb to April	Implementation	5 groups with teacher advisers
	20 Apr	Phase 2 finished	Participants send their logbooks to their teachers for record
	Late April 2024	Prize giving	

#### Support

- Information Platform on PEU Website, e.g. training venue, apps
- Workout links (E-learning)
- Logbook samples

#### 7. Advisers List

- Mr. Wong On Tung (Coordinator) ([ontung@cuhk.edu.hk](mailto:ontung@cuhk.edu.hk); 3943 9247)
- Mr. Yuen Pak Yan (Adviser) ([pakyanyuen@cuhk.edu.hk](mailto:pakyanyuen@cuhk.edu.hk); 3943 6986)
- Dr. Ng Siu Kuen (Data Analyst) ([robertng@cuhk.edu.hk](mailto:robertng@cuhk.edu.hk); 3943 9856)
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- Ms. Li Sau Ying (Adviser) ([wendyli@cuhk.edu.hk](mailto:wendyli@cuhk.edu.hk); 3943 5179)

8. Application

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638739>



9. Fitness Buddy Towel

