

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 to the U Gym Counter;
- Applicants should attend the **Opening** of Fitness Buddy and participate in the ball games activities at **5:30pm on 28 February (Wednesday), 2024** in the Table Tennis room of the University Sports Centre;
- 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 2**).

4. Application Deadline

- 23rd February (Friday), 2024

5. Year Plan

	Time	Events	Remarks
Session 1	Sept	Recruitment	Application form & Questionnaire
2023	Early Oct	Opening & Talk	Ball games activities 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	
	Time	Events	Remarks
Session 2	Jan	Recruitment	Application form & Questionnaire
2024	Jan/Feb	Seminar & grouping	Ball games activities after Opening
(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	

6. IT 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; 3943 9247)
- Dr. Ng Siu Kuen (Data Analyst) (robertng@cuhk.edu.hk; 3943 9856)
- Mr. Yuen Pak Yan (Adviser) (pakyanyuen@cuhk.edu.hk; 3943 6986)
- Mr. Hui Ka Kit (Adviser) (kakithui@cuhk.edu.hk; 3943 3986)
- Ms. Huang Min-yi (PIC) (yihuang@cuhk.edu.hk; 3943 7696)

8. Application

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



9. Fitness Buddy Towel

