

## 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 2 October (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. 150 participants in one semester.

#### 4. Application Deadline

- 30<sup>th</sup> Sep (Monday), 2024

#### 5. Year Plan

	<b>Time</b>	<b>Events</b>	<b>Remarks</b>
<b>Session 1</b>	Sept	Recruitment	Application form & Questionnaire
2024	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 2024	Prize giving	
	<b>Time</b>	<b>Events</b>	<b>Remarks</b>
<b>Session 2</b>	Jan	Recruitment	Application form & Questionnaire
2025	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 2025	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](mailto:ontung@cuhk.edu.hk); 3943 9247)
- Dr. Ng Siu Kuen (Data Analyst) ([robertng@cuhk.edu.hk](mailto:robertng@cuhk.edu.hk); 3943 9856)
- Mr. Cheung Yuk Chuen (Adviser) ([joshuacheng@cuhk.edu.hk](mailto:joshuacheng@cuhk.edu.hk); 3943 1732)
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- Ms. Huang Min Yi (PIC) ([yihuang@cuhk.edu.hk](mailto:yihuang@cuhk.edu.hk); 3943 7696)

8. Application

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



9. Fitness Buddy Towel

