

## **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                        |
|-----------------|--------------------------|-----------------------|---------------------------------------|----------------------------------|--|--|
| 01/2022         | 12 Oct, 2022 (Wednesday) | 7:00pm<br>-<br>9:00pm | 23 Sept, 2022                         | 29 Sep, 2022                     | 1pm,<br>11 Oct, 2022<br>Until full quota | Cantonese (Supported by English & Putonghua) |
| 02/2022         | 17 Oct 2022 (Monday)     | 7:00pm<br>-<br>9:00pm |                                       |                                  |  |  |

**Venue** : University Fitness Room

**Enrollment** : 25/class (First-come-first-served)

**Fee** : \$100

**Registration** : <https://webapp.itsc.cuhk.edu.hk/ras/restricted/EventList?id=73>

**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  
22 Sep, 2022

## Enrollment Notice

1. Enrollment Period: Starting from 23 Sep to 29 Sep, 2022.
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 3, 5-7 & 10 Oct, 2022. 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 11 Oct, 2022 at 1:00pm
4. Date for in person registration, subject to quota availability as follows:  
From 1:00pm on 11 Oct, 2022 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. Website Activate : Fitness Training Workshop information and enrollment website will be launched at 5pm on 22 Sep, 2022.
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=73>

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