

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
03/2022	31 Oct, 2022 (Monday)	7:00pm - 9:00pm	3 Oct, 2022	15 Oct, 2022	1pm, 26 Oct, 2022 Until full quota	Cantonese (Supported by English & Putonghua)
04/2022	15 Nov, 2022 (Tuesday)	7:00pm - 9:00pm				
05/2022	17 Nov 2022 (Thursday)	7:00pm - 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
30 Sep, 2022

Enrollment Notice

1. Enrollment Period: Starting from 3 Oct to 15 Oct, 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 18 to 24 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 26 Oct, 2022 at 1:00pm
4. Date for in person registration, subject to quota availability as follows:
From 1:00pm on 26 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 30 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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