

**The Chinese University of Hong Kong**  
**Physical Education Unit**

**Arrangement on Examination of Required and Elective Physical Education Courses**

To prevent infection by novel coronavirus, the Chinese University of Hong Kong has decided to continue the online teaching until the end of Term 2. The course assessment (100%) on PE courses is thus modified to include: Video (40%) + Article (40%) + Attendance and Participation (20%).

Details of the video (40%) are as follows:

Please submit a video with a total length of 3 to 5 minutes to summarize what you have learned in the course. The theme of the video is:

**Analyze and demonstrate the basic skill of the sports item according to the course content**

Student has to choose a basic skill for analysis and self-demonstration according to the course content. Video content can include the key points of posture and movement, their application to the game, the use of relevant physical fitness and the practice methods, etc.

Details will be elaborated by the course lecturers in class.

\*\*\* Please upload the video to the default folder in the Panopto of the Blackboard **before 23:59:59 on 3 May 2020**. The file of the video has to be named as: Student's Name\_Student's ID No. (E.g: CHANTaiMan\_1155123444)

For detailed guidelines on uploading videos, please visit the following URL:

<http://www.peu.cuhk.edu.hk/images/content/other/PanoptoAssignmentFolderSubmit.pdf>

Details of the reflection article (40%) are as follows:

Please write a reflection article (in no more than 800 words in Chinese or 500 words in English, punctuation is counted) **about the experience of the PE course you took in this semester**, which can include the experience during the lessons, what you have gained from the lessons, and / or the impact on your sports knowledge and exercise habits, etc.

\*\*\*Please submit your article via the following VeriGuide website **before 23:59:59 on 10 May 2020**:

[https://academic.veriguide.org/academic/login\\_CUHK.jsp](https://academic.veriguide.org/academic/login_CUHK.jsp)

The assessment rubrics of the video and article can be checked through the following link:

[http://www.peu.cuhk.edu.hk/images/content/other/PE-Article--Video-Assignment\\_19-20-Rubrics.pdf](http://www.peu.cuhk.edu.hk/images/content/other/PE-Article--Video-Assignment_19-20-Rubrics.pdf)