

**The Chinese University of Hong Kong**  
**Physical Education Unit**  
**Points to Note for Online Required and Elective P.E. Courses**

When attending the online class, students should take note of the following points:

Environment

- ✧ Find a safe environment with adequate space for exercises;
- ✧ Maintain adequate distance with other people;
- ✧ Make sure the floor should be smooth and dry, and the indoor area should be kept well ventilated;
- ✧ Keep away from the potential danger items like glass windows, doors, tables, chairs, lights, fans, and sharp edges, etc. Install protection devices if necessary.

Device

- ✧ Check the internet to ensure the network is functioning properly;
- ✧ Turn on the camera during exercise for the teacher to check and see the environment to avoid any accidents from happening;
- ✧ Keep the microphone muted unless you need to speak.

Self-management

- ✧ Complete the online Physical Activity Readiness Questionnaire;
- ✧ Be on time to attend the online class;
- ✧ Wear appropriate sportswear;
- ✧ Be focus on the class, and pay attention to the instructions and demonstrations;
- ✧ Be respectful to each other and not interrupt others during the lesson;
- ✧ Do adequate warm-up/ cool-down exercises at the beginning/ the end of the class;
- ✧ Actively participate in the class activities;
- ✧ Stop and inform the teacher immediately when you are feeling unwell during exercise;
- ✧ Be mindful of your words and behaviors during the lesson;
- ✧ Drink water before/during/after the class for replenishment.