

3 - CUHK Trail Mobile Application Development

Tools / Services	Pedagogical Uses
N/A	<p>Teachers would explain and demonstrate the required skills in class. Students could extend their learning out of class by using the skills learnt in classes, watching the online video and using the mobile application themselves. The URLs of video and e-booklet have been uploaded to the PE Unit website and blackboard for students' self-learning.</p> <p>By using the application, we can get students to do brisk walking, jogging and hiking regularly and to establish the habit of regular exercise and a healthy life style.</p>