

THE CHINESE UNIVERSITY OF HONG KONG

Micro-Module Courseware Development Grant

Final Report (December 2015)

PART I

Project title: Micro Modules for Students' Self-learning and Teachers' Internal Training in PE Programmes

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Department / Unit: Physical Education Unit

Project duration: From January 2015 to December 2015

Date report submitted: 30th December 2015

1. Project objectives

The project is on track to meet its objectives.

The objectives have not changed:

To enhance teaching and learning of physical education (PE) skill courses through innovative uses of self-developed on-line micro module courseware.

- For project 1, video links of skills in different sports are selected and uploaded to the intranet of PE Unit. Teachers would play videos during lessons or post some video links on Blackboard for students' self-learning. Students would watch the videos themselves with teachers' instructions and guidance in class or out of class. Such practice would facilitate students' learning as the videos would let students understand more about different skills in sports.
- With videos of different exam skills demonstrations provided on the webpage of PE Unit, project 2 would help students identify clearer learning objectives and mimic good demonstrations of various sports skills. Thus, students could foresee the learning outcome (major skills) of the course.
- Project 3 focuses on internal lecturer training since videos of different staff development workshops and peer teaching observations would be uploaded and shared among the teachers. Thus, an easily accessible teaching resources depository would be formed.

2. Process, outcomes or deliverables

The number of micro modules produced

	Contents of the micro modules	No. of micro modules		
		Required PE Course	Elective PE Course	Subtotal
(1) Project 1	Video links of different sports skills	254	31	285
(2) Project 2	Exam skills demonstration of different PE courses	88	8	96
(3) Project 3	Teaching resources depository			
	3a) Peer Teaching Observation	20		20
	3b) Staff Development Workshop	12		12
		(1) + (2) + (3)		413
			Total:	

- The nature of the deliverables has not been changed.
- The year of 2014-2015 was a development phase for the micro modules produced, 2014-15 Term 2 and 2015-2016 Term 1 were periods of application and evaluation. We have collected feedback from students and teachers for further modifications and editing of the micro modules. Therefore, the project end date had been extended from Aug 2015 to Dec 2015.
- Overall, the project was completed satisfactorily
- For the details of the deliverables and courses that have used the micro modules, please refer to Part IV and Appendix 1 of this report.

3. Evaluation Plan

- Our evaluation plans have not been altered except the completion date. A self-evaluation questionnaire was distributed to teachers before and after the project as planned. Feedback from teachers and students was also collected so as to evaluate if teaching and learning are enhanced with the application of eLearning.
- **Evaluation results**
Feedback was received from 14 focus groups (women's basketball class) in semester 2 (2014-15). Both teachers and students had positive comments on the micro-modules and reflected that they have facilitated their teaching and learning. (please refer to our

interim report for details) With reference to their opinions, some adjustments were made to the micro modules afterwards.

Twenty-one out of 145 classes in semester 1 (2015-2016) were randomly selected to evaluate the effectiveness of the e-learning project 1 and 2 from 16 to 27 November 2015. 443 respondents (81.6% response rate; 60.9% female; n=270) from PE classes of different activities namely, physical conditioning, volleyball, tennis, squash, badminton, table tennis and yoga, returned the questionnaires. 255 respondents (58.0% female; n=148) had visited the video links related to their course subject skills and examination demonstrations. They responded in five-point Likert scale from 1 (strongly disagree) to 5 (strongly agree).

In Project 1, the vast majority of the respondents agreed that most of the links were easy to access (4.1 ± 0.8), informative (4.0 ± 0.7), met their expectations (4.1 ± 0.7), and could help them enhance the knowledge of the courses (4.0 ± 0.8). They reported similar results in Project 2 that most of the links were easy to access (4.1 ± 0.8), met their expectations (4.0 ± 0.8), and could help them understand the requirements of the practical examination (4.1 ± 0.7).

For Project 3, lecturers reported that this platform not only provided a quick and valuable reference for their teaching, but also let them to review it at their own convenience time.

Moreover, the workshops also enhanced their knowledges for different sports skills. However, they suggested improvements of the video quality production by shooting at different angles and without obstacles.

In conclusion, the videos would facilitate students' learning by letting them understand various sports skills and provide good demonstrations of various sports skills for practice and examination. Thus, students could foresee the skill-related learning outcomes of the course. Moreover, lecturers indicated their knowledges were broadened by visiting the archived workshops and peer teaching observations.

● 4. Dissemination, diffusion and impact

Examples of dissemination

a) MMCD Output - Project 1

Video links related to different sports skills are uploaded to the intranet of PE Unit. Teachers would play videos during the lessons or post these video links on Blackboard for students' self-learning.

b) MMCD Output - Project 2

Videos of different exam skills demonstration are put on the webpage of PE Unit and can be accessed with CUHK student or staff accounts. Central Authentication and Directory Service from ITSC has been sought.

c) MMCD Output - Project 3

Edited videos of staff development workshops and peer teaching observation are uploaded to the intranet of PE Unit. PE Unit teachers could access and share them via an index page on the PE Unit intranet.

(Please Use Internet Explorer to open the links)

- To access the MMCD Output of project 2, students can click "Course Notes & Assessment Schemes" (課程筆記及考試標準), which are on the pages of "Physical Education Required Course" (體育必修科) on PE Unit website with the following URLs:
 - i) http://www.cuhk.edu.hk/peu/req_c_c.htm (Chi)
 - ii) http://www.cuhk.edu.hk/peu/req_c.htm (Eng)
- To access the MMCD Output of project 1, 2 and 3, PE Unit teachers can visit the PE Unit intranet with the following URL:
<http://www.cuhk.edu.hk/peu/Intranet/security.htm>
- Please refer to Appendix I for the detailed list of MMCD output.

d) Poster Presentation in the "Teaching and Learning Innovation Expo 2015"

In order to share the experiences of implementing eLearning projects with the CUHK colleagues, a poster representation was delivered in the "Teaching and Learning Innovation Expo 2015", which was jointly organized by CLEAR and ITSC, on 16th December 2015.

Examples of impact

Flipped classroom activities have been conducted when students have extended their learning out of class by watching the relevant videos themselves with teachers' guidance or

instructions.

The micro-modules like the video links of sports of project 1 and exam skills demonstrations of project 2 have been uploaded to the intranet of PE Unit. Teachers would play video links of sports during lessons or select and upload relevant video links on Blackboard for students' self-learning. Students could identify the learning outcome of the course by watching different exam skills demonstrations themselves. Although the content of the micro modules cannot be adapted to other disciplines directly, the ways to conduct flipped classroom activities so as to facilitate teaching and learning can be as references to other disciplines.

PART II

Financial data

Funds available:

Funds awarded from MMCDG	\$ 93,993.00
Funds secured from other sources (please specify _____)	\$ <u>N/A</u>
Total:	\$ <u>93,993.00</u>

Expenditure:

Item	Budget as per application(HK\$)	Approved Budget(HK\$)	Expenditure (HK\$)	Balance (HK\$)
1) Student helper fee	\$53,000.00	\$44,591.90	*\$12,687.50	\$31,904.40
2) Adobe Premiere Pro CS6 (Editing software)	\$1,901.10	\$1,901.10	\$1,901.10	\$0.00
3) Video recorder	\$7,500.00	\$7,500.00	\$7,500.00	\$0.00
4) Media hosting service of ITSC	\$40,000.00	\$40,000.00	\$40,000.00	\$0.00
5) Hardware and cost of maintenance#	N/A	N/A	\$30,036.50	-\$30,036.50
Total:	\$102,401.10	\$93,993.00	\$92,125.10	\$1,867.90

*Since a huge number of videos had to be edited but student helpers were not often easily available to do so. Thus, some videos were edited by the IT support staff of PE Unit.

Expenditure item 5) was not included in the proposal. It has been added due to the additional needs during the running of the project. For example, a digital camera was purchased for shooting the teaching demonstration from multiple angles.

PART III

Lessons learnt from the project

- We did not have a team of professional video shooting crew to record the videos of different exam skills demonstrations (project2). So we have to spend a lot of time to recruit and train student helpers to do so. Moreover, student helpers were not easily available to do the post-production work like editing videos. Thus, extra workload was shouldered by our staff.
- Furthermore, our staff has been striving to coordinate with different parties so as to ensure the quality of the video content and visual effect. However, the quality of the videos is not perfect with limited budget and human resources. If full-time staff could be employed to share the workload of coordination and administrative work as well as dealing with the video shooting issues, it is believed that the quality of the micro-modules could be further enhanced.
- To restrict access to the exam skills demonstration of different PE courses of project 2 to CUHK students and staff only, Central Authentication and Directory Service from ITSC has been sought.

PART IV

Information for public access

Summary information and brief write-ups of individual projects will be uploaded to a publicly accessible CUHK MMCDG website. Please extract from Part I the relevant information to facilitate the compilation of the publicly accessible website and reports.

1. Keywords

Please provide five keywords (in the order of most relevant to your project to least relevant) to describe your micro-modules/pedagogies adopted.

(Most relevant) Keyword 1: Sports skills
 Keyword 2: PE programme
 Keyword 3: Self-learning
 Keyword 4: Teaching and learning

(Least relevant) Keyword 5: Physical Education

2. Summary

Please provide information, if any, in the following tables, and provide the details in Part I.

Table 1: Publicly accessible online resources (if any)

(a) **Project website:** N/A

(b) **Webpage(s):** ([Please Use Internet Explorer to open the links](#))

Please refer to PART I(4) and Appendix I.

(c) **Others (please specify):**

Table 2: Resource accessible to a target group of students (if any)

If resources (eg. software) have been developed for a target group of students (eg. in a course, in a department) to gain access through specific platforms (eg. Blackboard, facebook), please specify.

- **Target students:** all undergraduate students taking Physical Education courses (includes required and elective PE courses), mainly Year 1 students though there are some senior year students*

*All CUHK undergraduates are required to take Physical Education courses within their first study year

- **Term & Year of offering:** 2nd Term 2014-15 and 1st Term 2015-16 onwards
- **Estimated class size:** 20-28 students
- **Platform:** PE Unit website, PE Unit intranet and Blackboard
- Please refer to Appendix I for the detailed MMCD output list (including course codes and titles of the Physical Education courses).

Table 3: Presentation (if any)

Please classify each of the (oral/poster) presentations into one and only one of the following categories

Number

(a) In workshop/retreat within your unit (eg. department, faculty)

0

(b) In workshop/retreat organized for CUHK teachers (eg. CLEAR workshop, workshop organized by other CUHK units)

0

(c) In CUHK ExPo jointly organized by CLEAR and ITSC

1

(d) In any other event held in HK (eg. UGC symposium, talks delivered to units of other institutions)

0

(e) In international conference

0

(f) Others (please specify)

0

Table 4: Publication (if any)	
<i>Please classify each piece of publications into one and only one of the following categories</i>	Number
(a) Project CD/DVD	0
(b) Project leaflet	0
(c) Project booklet	0
(d) A section/chapter in a booklet/ book distributed to a limited group of audience	0
(e) Conference proceeding	0
(f) A chapter in a book accessible internationally	0
(g) A paper in an referred journal	0
(h) Others (please specify)	0

3. A one-page brief write up

To enhance teaching and learning of physical education (PE) skill courses through innovative uses of self-developed on-line micro module courseware, three projects were launched to promote students' self-learning and teachers' internal training in PE programmes from 1 Jan 2015 to 31 Dec 2015.

- For project 1, video links of skills in different sports are selected and uploaded to the intranet of PE Unit. Teachers would play videos during lessons or post some video links on Blackboard for students' self-learning. Students would watch the videos themselves with teachers' instructions and guidance in class or out of class.
- With videos of different exam skills demonstrations provided on the webpage of PE Unit, project 2 would help students identify clearer learning objectives and mimic good demonstrations of various sports skills.
- Project 3 focuses on internal lecturer training since videos of different staff development workshops and peer teaching observations would be uploaded and shared among the teachers. Thus, an easily accessible teaching resources depository would be formed.

Target students:	All undergraduate students taking Physical Education courses (includes required and elective PE courses) ^{Note 1}
Term & Year of offering:	2 nd Term 2014-15 and 1 st Term 2015-16 onwards
Estimated class size:	20-28 students
Platform:	PE Unit website, PE Unit intranet and Blackboard

Note 1: These students were mainly Year 1 students though there are some senior year students as all CUHK undergraduates are required to take Physical Education courses within their first study year.

MMCD Output

(Please Use Internet Explorer to open the links)

- To access the MMCD Output of project 2, students can click "Course Notes & Assessment Schemes" (課程筆記及考試標準), which are on the pages of "Physical Education Required Course" (體育必修科) on PE Unit website with the following URLs:
 - i) http://www.cuhk.edu.hk/peu/req_c_c.htm (Chi)
 - ii) http://www.cuhk.edu.hk/peu/req_c.htm (Eng)
- To access the MMCD Output of project 1, 2 and 3, PE Unit teachers can visit the PE Unit intranet with the following URL:
<http://www.cuhk.edu.hk/peu/Intranet/security.htm>

Please refer to Appendix I for the detailed MMCD output list (including course codes and titles of the Physical Education courses) and Appendix II for the interfaces of the three projects.

A self-evaluation questionnaire was distributed to teachers before and after the project as planned. Feedback from teachers and students was also collected. To conclude, the videos did facilitate students' learning by letting them understand various sports skills and provide good demonstrations of various sports skills for practice and examination. Thus, students could foresee the skill-related learning outcomes of the course. Moreover, lecturers indicated their knowledges were broadened by visiting the archived workshops and peer teaching observations. With the innovative uses of the on-line micro module courseware and application of flipped classroom activities, teaching and learning of PE skill courses could be enhanced.

Appendix I: MMCD Output List

Appendix II: Interfaces on the web of Project 1 to 3

MMCD Output - Project 1

	Course Title	Course Code	URL:	No. of Video Links
Required PE Course:				
1	Track & Field	PHED1011 / PHED1012	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/ref_doc/Athletic_ref_link.htm	30
2	Badminton	PHED1041 / PHED1042	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/ref_doc/Badminton_ref_link.htm	15
3	Basketball	PHED1021 / PHED1022	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/ref_doc/Basketball_ref_link.htm	25
4	Handball	PHED1027 / PHED1028	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/ref_doc/Handball_ref_link.htm	18
5	Physical Conditioning	PHED1017 / PHED1018	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/ref_doc/PC_ref_link.htm	25
6	Soccer	PHED1029 / PHED 1038	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/ref_doc/Soccer_ref_link.htm	11
7	Softball	PHED1025 / PHED1026	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/ref_doc/Softball_ref_link.htm	35
8	Squash	PHED1033 / PHED1034	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/ref_doc/Squash_ref_link.htm	18
9	Swimming	PHED1015 / PHED1016	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/ref_doc/Swimming_ref_link.htm	15
10	Table-tennis	PHED1043 / PHED1044	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/ref_doc/Tabletennis_ref_link.htm	22

	Course Title	Course Code	URL:	No. of Video Links
11	Tennis	PHED1031 / PHED1032	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/ref_doc/Tennis_ref_link.htm	23
12	Volleyball	PHED1023 / PHED1024	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/ref_doc/Volleyball_ref_link.htm	17
Elective PE Course:				
13	Archery	PHED1070X	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/ref_doc/Archery_ref_link.htm	12
14	Woodball	PHED1100X	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/ref_doc/Woodball_ref_link.htm	7
15	Yoga	PHED1066X	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/ref_doc/Yoga_ref_link.htm	12

MMCD Output - Project 2

	Course Title	Course Code	URL:#	No. of Exam Skills*
Required PE Course:				
1	Track & Field	PHED1011 / PHED1012	https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TF_M1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TF_M2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TF_M3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TF_M4.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TF_W1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TF_W2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TF_W3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TF_W4.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TF_M.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TF_W.htm	10
2	Badminton	PHED1041 / PHED1042	https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/BD_M1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/BD_M2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/BD_M3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/BD_W1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/BD_W2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/BD_W3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/BD_M.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/BD_W.htm	8

	Course Title	Course Code	URL:#	No. of Exam Skills*
Required PE Course:				
3	Basketball	PHED1021 / PHED1022	https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/BK_M1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/BK_M2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/BK_M3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/BK_W1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/BK_W2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/BK_W3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/BK_M.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/BK_W.htm	8
4	Handball	PHED1027 / PHED1028	https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/HB_M1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/HB_M2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/HB_M3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/HB_W1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/HB_W2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/HB_W3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/HB_M.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/HB_W.htm	8

	Course Title	Course Code	URL:#	No. of Exam Skills*
Required PE Course:				
5	Physical Conditioning	PHED1017 / PHED1018	https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/PC_M1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/PC_M2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/PC_M3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/PC_M4.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/PC_W1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/PC_W2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/PC_W3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/PC_W4.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/PC_M.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/PC_W.htm	10
6	Soccer	PHED1029 / PHED 1038	https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/FB_M1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/FB_M2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/FB_M3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/FB_M.htm	4
7	Softball	PHED1025 / PHED1026	https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SB_M1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SB_M2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SB_M3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SB_M.htm	4

	Course Title	Course Code	URL:#	No. of Exam Skills*
Required PE Course:				
8	Squash	PHED1033 / PHED1034	https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SQ_M1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SQ_M2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SQ_M3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SQ_W1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SQ_W2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SQ_W3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SQ_M.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SQ_W.htm	8
9	Swimming	PHED1015 / PHED1016	https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SW_M1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SW_M2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SW_W1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SW_W2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SW_M.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/SW_W.htm	6

	Course Title	Course Code	URL:#	No. of Exam Skills*
Required PE Course:				
10	Table-tennis	PHED1043 / PHED1044	https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TT_M1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TT_M2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TT_M3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TT_M4.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TT_W1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TT_W2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TT_W3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TT_W4.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TT_M.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TT_W.htm	10
11	Tennis	PHED1031 / PHED1032	https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TN_M1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TN_M2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TN_M3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TN_W1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TN_W2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TN_W3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TN_M.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/TN_W.htm	8

	Course Title	Course Code	URL:#	No. of Exam Skills*
Required PE Course:				
12	Volleyball	PHED1023 / PHED1024	https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/VB_M1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/VB_M2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/VB_M3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/VB_M.htm	4
Elective PE Course:				
13	Archery	PHED1070X	https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/Archery_18M.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/Archery_25M.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/Archery.htm	3
14	Woodball	PHED1100X	https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/WB_M1.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/WB_M2.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/WB_M3.htm https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/WB_M.htm	4
15	Yoga	PHED1066X	https://www.cuhk.edu.hk/peu/restricted/login/subjectmaterials/videolinks/exam/YOGA.htm	1

Central Authentication and Directory Service from ITSC has been sought. Only CUHK students and staff could gain access to the links of Project 2 with their accounts and passwords.

* For each URL of project 2, there are 3-4 micro-modules (video of exam skills).

Project 3a

Peer Teaching Observation						
	Course Title/ Course Code	Name of Demonstrator	Duration	Topic	URL	Total Links
1	Basketball PHED1021 / PHED1022	Ho Wai Keung	36 Mins	籃板球技術 Rebounding Technique	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/HWK.htm	2
		Cheung Wai Kit	36 Mins	戰術 - 快攻 Tactics - Fast-break	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/CWK.htm	
2	Handball PHED1027 / PHED1028	Tang Tsz Ming	32 Mins	跑動及側手傳球, 持球跑三步射門 及比賽 Running Pass, Side Pass, Running 3 steps with ball & shoot, Game	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/TTM.htm	4
		Ho Kwok Tai	37 Mins	防守戰術練習 Defense Practice	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/HKT.htm	
		Lam Kwok Tong	42 Mins	側手傳球 +H 形進攻 及 進階練習 (波浪進攻) Side pass, H-formation Offense Tactics (Wave Offense)	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/LKT.htm	
		Tang Tsz Ming	31 Mins	攻防戰術 Offense and Defense Tactics	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/TTM2.htm	

Peer Teaching Observation						
	Course Title/ Course Code	Name of Demonstrator	Duration	Topic	URL	Total Links
3	Physical Conditioning PHED1017 / PHED1018	Leung Fung Lin	35 Mins	心肺耐力及肌肉力量訓練 Cardiorespiratory Endurance and Muscular Strength Training	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/LFL.htm	2
		Yuen Pak Yan	35 Mins	跳繩(不同花式) Rope skipping (Different Styles)	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/YPY.htm	
4	Tennis PHED1031 / PHED1032	Lau Kwok On	16 Mins	截擊球技術 Volley Technique	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/LKO.htm	3
		Ng Siu Kuen	26 Mins	雙手反手擊球 Double Handed Backhand Drive	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/NSK.htm	
		Yeung Wing Hung	36 Mins	發球 Service	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/YWH.htm	
5	Swimming PHED1015 / PHED1016	Wu Tat Cheung	61 Mins	自由泳分解練習 Freestyle Drills	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/WTC.htm	1
6	Athletics PHED1011 / PHED1012	Cheung Ka Yee	27 Mins	推鉛球 Shot Putt	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/CKY.htm	1

Peer Teaching Observation						
	Course Title/ Course Code	Name of Demonstrator	Duration	Topic	URL	Total Links
7	Table-tennis PHED1043 / PHED1044	Chan Chi Ming	37 Mins	推擋-側身正手攻球-撲正手擊球(交叉步) Backhand Drive/Push and Forehand attack from the backhand position and Forehand Drive with Cross step	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/CCM.htm	1
8	Squash PHED1033 / PHED1034	Chan Chi Ming	32 Mins	發球 Service	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/CCM_2.htm	1
9	Badminton PHED1041 / PHED1042	Tong Yuen Ming	33 Mins	反手挑球 Backhand Lob	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/TYM.htm	1
10	Soccer PHED1029	Lam Kin Wing	38 Mins	界外球及守門員技術介紹 Introduction of throw-in and goalkeeping techniques	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/LKW.htm	1
11	Volleyball PHED1023 / PHED1024	Li Sau Ying	72 Mins	扣球及技術組合 Spiking and skills combination	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/LSY.htm	2
		Cheung Wai Kit	41 Mins	上手發球 Overhand Serve	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/CWK_2.htm	
12	Softball PHED1025 / PHED1026	Cheng Yuk Chuen	30 Mins	擊球 Batting	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videolinks/observation/CYC.htm	1

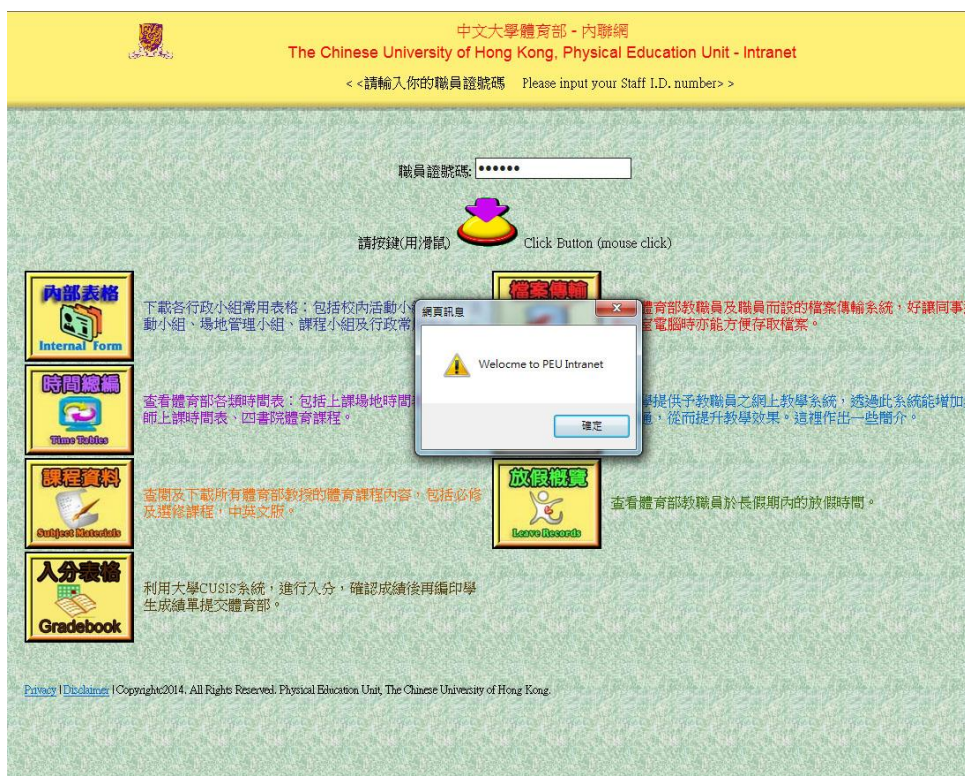
Project 3b

Staff Development Workshop						
	Workshop Title	Name of Demonstrator	Duration	Date	URL	Total Links
1	氣排球工作坊 Light Volleyball Workshop	Tse Fung	94 Mins	18 Aug 2015	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videoinks/workshop/light_volleyball_TF.htm	1
2	乒乓球工作坊 Table Tennis Workshop	Ho Kwok Tai	74 Mins	27 May 2015	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videoinks/workshop/tt_yks.htm	1
3	氣功工作坊 Qi Gong Workshop	Prof. Cheng Chien Min / Lau Kwok On	291 Mins	04 Dec 2014 09 Dec 2014 11 Dec 2014	(1) http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videoinks/workshop/qigong_meet.htm (2) http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videoinks/workshop/qigong_w1.htm (3) http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videoinks/workshop/qigong_w2.htm	3
4	健身球工作坊 Fit Ball Workshop	Lam Kwok Tong	57 Mins	10 July 2014	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/videoinks/workshop/fitball_LKT.htm	1

	Workshop Title	Name of Demonstrator	Duration	Date	URL	Total Links
5	活木球工作坊 Woodball Workshop	Tang Tsz Ming	72 Mins	15 May 2014	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/video/inks/workshop/wb_ttm.htm	1
6	TRX 工作坊	Li Chi Wo & Ho Wai Keung	51 Mins	10 Jan 2014	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/video/inks/workshop/trx_lcw.htm	1
7	壘球 Part 1 Softball Workshop 1	壘球總會教練團	253 Mins	7-8 June 2011	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/video/inks/workshop/sb_coachP1.htm	1
8	壘球 Part 2 Softball Workshop 2	壘球總會教練團	237 Mins	7-8 June 2011	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/video/inks/workshop/sb_coachP2.htm	1
9	瑜伽 Yoga	台灣明道大學 蔡淑敏教授	236 Mins	24-26 June 2009	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/video/inks/workshop/yoga_tsai.htm	1
10	游泳 Swimming	台灣明道大學 蔡淑敏教授	182 Mins	24-26 June 2009	http://www.cuhk.edu.hk/peu/Intranet/subjectmaterials/video/inks/workshop/swim_tsai.htm	1

Project 1

1. 體育部教職員登入體育部內聯網 (<http://www.cuhk.edu.hk/peu/Intranet/security.htm>)



2. 選擇「課程資料」



3. 選擇相關科目的參考資料，如選擇體能鍛鍊「參考資料」一欄

以下網境資料只供香港中文大學體育部內部使用，不得外傳及外借使用，體育部網境小組負責人及體育部主任均保留資料版權人，使用者未經授權不得更改內容。
The subject materials below are only for the internal use of PE Unit, Faculty of Education, CUHK. External use and borrowing are prohibited. The CUHK, head of The P.E. Required and Elective Courses sub-committee of PEU and Director of PEU are editors. Users are not allowed to change the contents of the materials without prior permission.

香港中文大學體育部
The Chinese University of Hong Kong, Physical Education Unit

體育科必修及選修課程資料
Subject Materials of Required and Elective P.E. Courses
(歡迎本校同學瀏覽及自修 - All CUHK students are welcome to browse)

運動項目 Sports Courses	課程編號 Course Code	課程筆記		課程內容		考試標準			教學課程	參考資料
		中文	English	中文	English	中文	English	影片		
體育常識 Sports Knowledge	-----	中文	Eng	中文	Eng	中文	Eng	男子 / 女子		
田徑 Athletics	PHED1011 / PHED1012	中文	Eng	中文	Eng	中文	Eng	男子 / 女子		
體操 Gymnastics	PHED1014	中文	Eng	中文	Eng	中文	Eng	男子 / 女子		
游泳 Swimming	PHED1015 / PHED1016	中文	Eng	中文	Eng	中文	Eng	男子 / 女子		
體能鍛鍊 Physical Conditioning	PHED1017 / PHED1018	中文	Eng	中文	Eng	中文	Eng	男子 / 女子		
籃球 Basketball	PHED1021 / PHED1022	中文	Eng	中文	Eng	中文	Eng	男子 / 女子		
排球 Volleyball	PHED1023 / PHED1024	中文	Eng	中文	Eng	中文	Eng	男子 / 女子		
壘球 Softball	PHED1025 / PHED1026	中文	Eng	中文	Eng	中文	Eng	男子 / 女子		
手球 Team Handball	PHED1027 / PHED1028	中文	Eng	中文	Eng	中文	Eng	男子 / 女子		
足球 Soccer	PHED1029 / PHED1050X	中文	Eng	中文	Eng	中文	Eng	男子 / 女子		
網球 Tennis	PHED1031 / PHED1032 PHED1071X / PHED1072X	中文	Eng	中文	Eng	中文	Eng	男子 / 女子		

4. 選取適合的視像連結並經電子學習平台 Blackboard 分享給相關的教學班級

香港中文大學體育部
The Chinese University of Hong Kong, Physical Education Unit

Internet Learning Materials

Subject:	Physical Conditioning Course Link Suggestions	
1) PNF Stretching	https://www.youtube.com/watch?v=2ViUsI_BwHE	
	https://www.youtube.com/watch?v=BJ5uPhWM6U	
2) Chin Up	A) Common Mistakes of Chin up https://www.youtube.com/watch?v=-pb6NTs-SwU	
	B) Chin Up Progression https://www.youtube.com/watch?v=nwE_fhS8mIE	
3) Chest Press Tips	A) Barbell Chest Press https://www.youtube.com/watch?v=LaFVV3v-Fr8	

Project 2

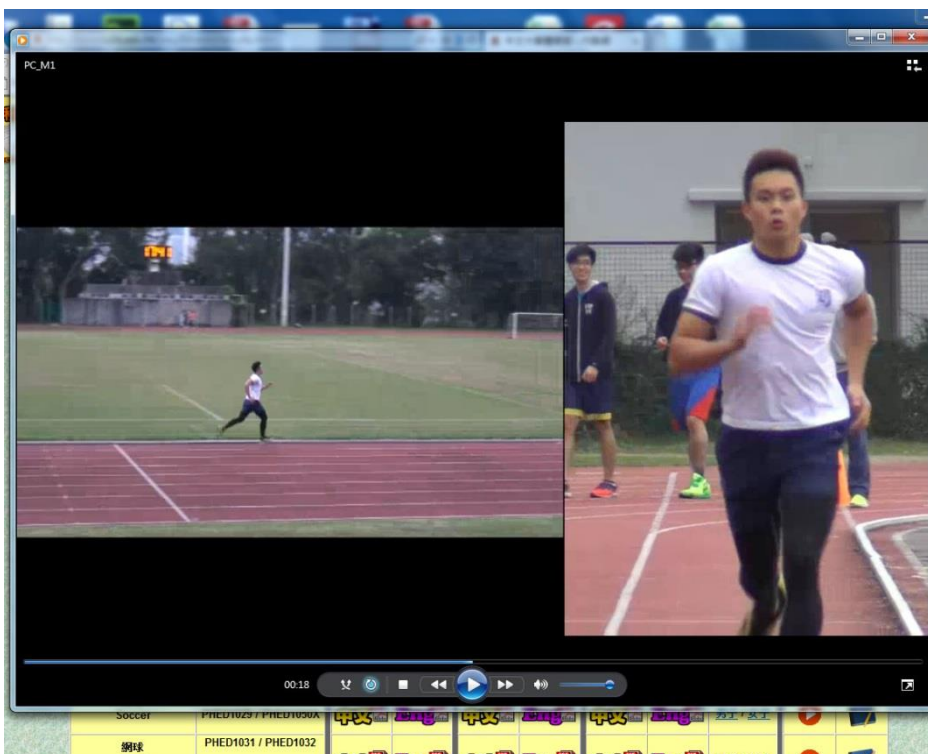
1. 學生在體育部網頁(體育必修科的分頁)選擇「課程筆記及考試標準」，並用學生編號及密碼登入(http://www.cuhk.edu.hk/peu/req_c_c.htm)



Interfaces of Project 1 to 3 (Physical Education Unit)

Appendix II

2. 學生可選擇不同科目，並查看該科目的筆記及考試影片



Project 3

1. 體育部教職員登入體育部內聯網後，可選擇「教學觀摩影片」一欄

香港中文大學體育部
The Chinese University of Hong Kong, Physical Education Unit
體育科必修及選修課程資料
Subject Materials of Required and Elective P.E. Courses
(歡迎本校同學瀏覽及自修 - All CUHK students are welcome to browse)

運動項目 Sports Courses	課程編號 Course Code	課程筆記		課程內容		考試標準		影片	影片	參考資料
		中文	English	中文	English	中文	English			
體育常識 Sports Knowledge	-----							男子 / 女子		
田徑 Athletics	PHED1011 / PHED1012							男子 / 女子		
體操 Gymnastics	PHED1014							男子 / 女子		
游泳 Swimming	PHED1015 / PHED1016							男子 / 女子		
體能鍛鍊 Physical Conditioning	PHED1017 / PHED1018							男子 / 女子		
籃球 Basketball	PHED1021 / PHED1022							男子 / 女子		
排球 Volleyball	PHED1023 / PHED1024							男子 / 女子		
壘球 Softball	PHED1025 / PHED1026							男子 / 女子		
手球 Team Handball	PHED1027 / PHED1028							男子 / 女子		
足球 Soccer	PHED1029 / PHED1050X							男子 / 女子		
網球 Tennis	PHED1031 / PHED1032 PHED1071X / PHED1072X							男子 / 女子		

2. 教職員可選擇觀看教學觀摩或教學工作坊影片

Internet Learning Materials

項目	教學觀摩	
籃球	籃球: 主題 - 籃板球技術 (男子) (By Mr Ho Wai Keung) 14 Feb 2014	
	籃球: 主題 - 戰術 - 快攻 (男子) (By Mr Cheung Wai Kit) 08 Mar 2011	
手球	手球: 主題 - 側手傳球 + H 形進攻 及 進階練習 (波浪進攻) (女子) (By Mr Lam Kwok Tong) 13 Oct 2014	
	手球: 主題 - 走位、傳接、三步移動及比賽 (女子) (By Mr Tang Tsz Ming) 29 Oct 2013	
	手球: 主題 - 手球防守練習 (男子) (By Mr Ho Kwok Tai) 27 Feb 2013	
	手球: 主題 - 攻防戰術 (女子) (By Mr Tang Tsz Ming) 10 Nov 2009	
網球	網球: 主題 - 發球 (男子) (By Mr Yeung Wing Hung) 16 Feb 2015	



Woodball Workshop (By Mr. Tang Tsz Ming)



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