

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

Arrangement on Examination of Required and Elective Physical Education Courses in 2021-22 T2

Physical Education Unit (PEU) decided to arrange the practical examinations on 3, 4, 17 and 18 September 2022. Students can choose either one of the following options to complete their assessment of P.E. courses:

1. Video / PowerPoint presentation (40%) + Article (40%) + Attendance and Participation (20%); or
2. Practical examination (with one skill item to be assessed)(40%) + Article (40%) + Attendance and Participation (20%); or
3. Practical examination (with two skill items to be assessed)(80%) + Attendance and Participation (20%)

Students **have to make registration** via the following URL and select the examination date before **23:59:59 on 11 March 2022.**

https://cuhk.qualtrics.com/jfe/form/SV_8Dn7BPHaQj5C1me

Students can check the timetable of the relevant practical examination through the following URL. All the required and elective P.E. courses' examinations will be held on two separate days and students can register either one of them. If students are unable to attend any one of the sessions, they must submit a reflection article and video / PowerPoint presentation.

<https://www.peu.cuhk.edu.hk/images/content/other/2021-22-T2-Practical-Examination-TimetableSTD.pdf>

Details for submitting video/ PowerPoint presentation and article are as follows:

Details of the video / PowerPoint presentation (40%) :

Student should submit a video (a total length of 3 to 5 minutes) / PowerPoint presentation (within 5 minutes, within 10 slides with your self-demonstration photos) to summarize what you have learned in the course. The theme of the video / PowerPoint presentation is:

Analyze and demonstrate the basic skill(s) of the sports item(s) according to the course content

Student has to choose a basic skill for analysis and self-demonstration according to the course content. Video / PowerPoint presentation 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. such as a specific skill in ball games, a sequence of movement in Tai Chi or Yoga.

*** Please upload the video / PowerPoint presentation to the default folder in the **Panopto Cloud** of the Blackboard **before 23:59:59 on 19 April 2022.** The file of the video has to be named as: Student's Name_Student's ID No. (E.g: CHANTaiMan_1155123444)

*** Students who choose to submit the PowerPoint presentation have to save the PowerPoint as a PDF file and submit it via the following **VeriGuide Express** website (Assignment Number: Assignment 4) **before 23:59:59 on 19 April 2022:** <https://express.veriguide.org/cuhk/login>

*** After submitting the PowerPoint, students should submit the signed declaration form to the folder "Declaration Form for PowerPoint Presentation" on the **Blackboard.**

To avoid the network congestion, students should submit the video / PowerPoint presentation as soon as possible and plan at least an extra day for uploading the video / PowerPoint presentation. Otherwise, you may not finish the video / PowerPoint presentation submission on time. Besides, please try your best to reduce video / PowerPoint presentation size of the assignment. It is recommended that video / PowerPoint presentation resolution is not larger than 720p.

For detailed guidelines on uploading videos/ PowerPoint presentation, please visit the following URL:
<http://www.peu.cuhk.edu.hk/images/content/other/PanoptoAssignmentSubmitForStudent.pdf>

Details of the reflection article (40%):

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 participating in sports under the novel coronavirus epidemic**, which can include the experience of home workout or 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 Express** website (Assignment Number: Assignment 1) **before 23:59:59 on 19 April 2022**:

<https://express.veriguide.org/cuhk/login>

*** After submitting the reflection article, students should submit the signed declaration form to the folder “Declaration Form for Reflection Article” on the **Blackboard**.

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

https://www.peu.cuhk.edu.hk/images/content/other/PE-Article-PowerPoint-Presentation-Video-Assignment_21-22-2nd-Term--Rubrics.pdf