

## **Fitness Training Workshop for CUHK Staff and Students**

In order to introduce correct fitness training principles, methods, and proper ways of using fitness training equipment, the Physical Education Unit would like to organize a fitness training workshop for university staff and students. "CUHK Fitness Room Attendance Certificate" will be issued to those who have successfully completed the workshop.



Details are as follows:

Workshop Number	Date	Time	Starting Date For Online Registration	Deadline For Online Registration	Date For In Person Registration	Medium of Instruction	Quota
01/2023	22 Feb, 2023 (Wednesday)	6:00pm - 8:00pm	2 Feb, 2023	9 Feb, 2023	1pm, 20 Feb, 2023 Until full quota	Cantonese (Supported by English & Putonghua)	<b>4</b>
02/2023	22 Mar, 2023 (Wednesday)	6:00pm - 8:00pm	21 Feb, 2023	5 Mar, 2023	1pm, 15 Mar, 2023 Until full quota		<b>Full</b>

**Venue** University Fitness Room  
**Enrollment** :25/class (First-come-first-served)  
**Fee** :\$100  
**Registration** :<https://webapp.itsc.cuhk.edu.hk/ras/restricted/EventList?id=73>  
**Enquiry** :3943 6097  
**Remarks** :The workshop fee of the successful applicants **MUST** be settled and please tender the exact amount within specific date at the Inquiry Counter of University Sports Center  
**During workshop**, No Attendance Certificate will be issued to those who are late or leave early for 15minutes.



Physical Education Unit  
14 Mar, 2023

## Enrollment Notice

1. Enrollment Period: Starting from 2 Feb to 9 Feb, 2023 and 21 Feb to 5 Mar, 2023..
2. Deadline for Payment: The workshop fee of the successful applicants **MUST** be settled and please tender the exact amount at the Inquiry Counter of University Sports Center  
For 1/2023 workshop from 13 to 17 Feb, 2023. During office hours Mon to Fri, from 9:00am - 5:00pm to confirm the place.  
  
For 2/2023 workshop from 7 to 13 Mar, 2023. During office hours Mon to Fri, from 9:00am - 5:00pm to confirm the place.
3. **No application for refund, change of program or making substitution is allowed after enrolment.”**
4. The updated vacancy list will be uploaded in the PEU homepage on 20 Feb, 2023 at 12:00nn and 15 Mar, 2023 at 12:00nn.
5. Date for in person registration, subject to quota availability as follows:  
For 1/2023 workshop , from 1:00pm on 20 Feb, 2023 until full quota, enrollment can be made on a walk-in basis during office hours (Mon. to Fri. 9:00a.m.-5:00p.m.) at the Inquiry Counter of University Sports Center.  
For 2/2023 workshop, from 1:00pm on 15 Mar 2023 until full quota, enrollment can be made on a walk-in basis during office hours (Mon. to Fri. 9:00a.m.-5:00p.m.) at the Inquiry Counter of University Sports Center.
6. Eligibility: Participants should be full-time students or staff of CUHK.
7. The workshop will be cancelled upon insufficient enrollment (less than half of the quota). The involved participants will be notified by phone individually.
8. Inquiries : Physical Education Unit ☎3943 6097
9. Fitness Training Workshop information:  
<http://www.peu.cuhk.edu.hk/en-gb/announcements>  
and enrollment website: <https://webapp.itsc.cuhk.edu.hk/ras/restricted/EventList?id=73>

Physical Education Unit

1 Feb, 2023