The Physical Education Section will offer the above programme to all PolyU full-time students starting from 29 Jan 2007 to 13 April 2007. A Fitness Assessment (Programme of Keep Fit Campaign) is included in the first lesson of the course. The programme will comprise 90 courses including 19 activities with lifetime orientation at elementary and improvement levels. Prospective applicants are requested to read the following course information carefully before they apply for the P.E. courses.

Courses Details:  Please refer to the notice boards at the entrance of all sports facilities or Download the details through Internet Explorer browser from the following: http://www.polyu.edu.hk/sao

1. Enrolment Period:  17/1/2007 (9:00am) to 26/1/2007 (11:00pm)
   a. All interested students are requested to login the following website and enrol with their student ID numbers during the period: 17/1/2007(9:00am) to 26/1/2007 (11:00pm) http://www.polyu.edu.hk/sams
      1. Click ‘PE Programme’
      2. Click ‘Course Enrolment’ after successful login
      3. Follow the instruction shown on screen for continuation of enrolment
      4. Click ‘Confirm’ for successful enrolment
   b. Each student can enrol only **ONE** course on or before 18/1/2007 and up to **TWO** courses from 19/1/2007.

2. Golf Course (GLF)
   Golf courses include one off-campus lesson. Applicants for the above courses are required to apply in person at the PE General Office in V109, Keith Legg Sports Field and Pavilion.

3. First Lesson
   Successful applicants are requested to attend the first lesson of the course punctually, or should inform the P.E. Section if they cannot afford to do so. Leave application forms are available at P.E. office or entrances of all sports facilities. Any participant who has been 15 minutes late or absent from the first lesson without prior notification to P.E. Section is considered to have withdrawn from the course. The vacant places will be filled up by “Stand-by” students.

4. Stand-by Registration
Students who have not enrolled in any course may register for “stand-by” at the venues of their interested activities during the first lesson of the course. They are required to wear proper sportswear in case they can join the class at that instant.

5. **PAR-Q & YOU**

Students who have successfully enrolled a course should download the PAR-Q form (Physical Activity Readiness Questionnaire) from the above website and bring the completed form to the instructor in the first lesson.

6. **In Case of Adverse Weather**

The following contingency plan will adopt for outdoor activities on campus:

- **First Lesson** – Students should report to the instructor at Rm V102.
- **Subsequent Lessons** – One make-up class will be arranged, if necessary, after the scheduled course period. Notification will be given by individual instructors.

7. **Equipment and Clothing**

Basically the P.E. Section will provide all equipment. Students of Tennis classes are required to bring 3 tennis balls to lessons. For fencing classes, training jackets will be issued to participants on signing an undertaking to return the jackets within one week after the completion of respective courses.

Students should put on proper sportswear to attend P.E. Courses except those who attend Social Dance Courses.

8. **Cancellation of Courses**

Courses will be cancelled if the number of enrolled students is less than four for individual games and eight for team games.

- **Individual games** archery, aerobic dance, badminton, fencing, golf, physical fitness, self defence, social dance, sports massage, squash, tai chi, taekwondo, tennis, trampoline and yoga
- **Team games** basketball, rugby, soccer and woodball

9. **MANDATORY Participation** in Non-Credit Bearing Co-curricular Activities, Co-curricular Achievement Transcripts (CAT) and All Round Development "SPECIAL" Award

All P.E. courses with satisfactory attendance of 75% will achieve the MANDATORY requirement, the students' Co-curricular Achievement Transcripts (CAT) and the "SPECIAL" programme. For more details, please surf the SAO website: http://www.polyu.edu.hk/sao

Enquiry : 2766 6812/6813
E-mail : sapes@polyu.edu.hk
Website : http://www.polyu.edu.hk/sao

Physical Education Office : Room V109, Keith Legg Sports Pavilion

Revised: 15/01/2007
### Physical Education Courses Semester 2 (2006/07)

**Enrolment Date:**
- **1st Period:** 17 January 2007 (9:00am) to 18 January 2007 (11:00pm) - (Students can enroll in ONE course ONLY)
- **2nd Period:** 19 January 2007 (9:00am) to 26 January 2007 (11:00pm) - (Students can enroll in the SECOND course)

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 - 10:30</td>
<td>29/1</td>
<td>12/3</td>
<td>31/1</td>
<td>1/2</td>
<td>2/2</td>
</tr>
<tr>
<td></td>
<td>5/2</td>
<td>19/3</td>
<td>7/2</td>
<td>5/2</td>
<td>9/2</td>
</tr>
<tr>
<td></td>
<td>12/2</td>
<td>26/3</td>
<td>14/2</td>
<td>15/2</td>
<td>16/3</td>
</tr>
<tr>
<td></td>
<td>26/2</td>
<td>2/4</td>
<td>28/2</td>
<td>29/3</td>
<td>23/3</td>
</tr>
<tr>
<td></td>
<td>5/3</td>
<td>6/3</td>
<td>7/3</td>
<td>12/4</td>
<td>30/3</td>
</tr>
<tr>
<td>10:30 - 11:30</td>
<td>30/1</td>
<td>13/3</td>
<td>14/3</td>
<td>15/3</td>
<td>2/2</td>
</tr>
<tr>
<td></td>
<td>6/2</td>
<td>20/3</td>
<td>15/3</td>
<td>8/2</td>
<td>9/2</td>
</tr>
<tr>
<td></td>
<td>13/2</td>
<td>27/3</td>
<td>21/3</td>
<td>15/2</td>
<td>23/3</td>
</tr>
<tr>
<td></td>
<td>27/2</td>
<td>3/4</td>
<td>28/3</td>
<td>29/3</td>
<td>16/2</td>
</tr>
<tr>
<td></td>
<td>6/3</td>
<td></td>
<td>4/4</td>
<td>12/4</td>
<td>30/3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>8/3</td>
<td>13/4</td>
<td>9/3</td>
</tr>
</tbody>
</table>

**Remarks:** # courses conducted in Multi-Activity Room (Student Hall)

* Apply in PE Office (Rm. V109, the Keith Legg Sports Pavilion)
<table>
<thead>
<tr>
<th>Activities</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADN – Aerobic Dance</td>
<td>S121, Kwong On Jubilee Sports Centre</td>
</tr>
<tr>
<td>ARC – Archery</td>
<td>Practice Gym., Shaw Sports Complex</td>
</tr>
<tr>
<td>BBL – Basketball</td>
<td>Gym. I, Shaw Sports Complex</td>
</tr>
<tr>
<td>BMT – Badminton</td>
<td>Gym. II, Kwong On Jubilee Sports Centre</td>
</tr>
<tr>
<td>FNC – Fencing</td>
<td>Practice Gym., Shaw Sports Complex</td>
</tr>
<tr>
<td>GLF – Golf</td>
<td>Gym. I, Shaw Sports Complex</td>
</tr>
<tr>
<td>PHF – Physical Fitness</td>
<td>1st to 4th Lesson – Gym. II, Kwong On Jubilee Sports Centre</td>
</tr>
<tr>
<td>RUG – Rugby</td>
<td>Soccer Pitch, Keith Legg Sports Field</td>
</tr>
<tr>
<td>SDF – Self-defence</td>
<td>Practice Gym., Shaw Sports Complex</td>
</tr>
<tr>
<td>SDN – Social Dance</td>
<td>S121, Kwong On Jubilee Sports Centre</td>
</tr>
<tr>
<td>SMA – Sports Massage</td>
<td>S121, Kwong On Jubilee Sports Centre</td>
</tr>
<tr>
<td>SOC – Soccer</td>
<td>Soccer Pitch, Keith Legg Sports Field</td>
</tr>
<tr>
<td>SQU – Squash</td>
<td>Squash Court, Kwong On Jubilee Sports Centre</td>
</tr>
<tr>
<td>TAC – Tai Chi</td>
<td>Practice Gym., Shaw Sports Complex</td>
</tr>
<tr>
<td>TKD – Taekwondo</td>
<td>Multi-Activity Room (Student Hall)</td>
</tr>
<tr>
<td>TNS – Tennis</td>
<td>Rooftop Tennis Court, Shaw Sports Complex</td>
</tr>
<tr>
<td>TPL – Trampolining</td>
<td>Practice Gym., Shaw Sports Complex</td>
</tr>
<tr>
<td>YGA - Yoga</td>
<td>S121, Kwong On Jubilee Sports Centre</td>
</tr>
<tr>
<td>WBL – Woodball</td>
<td>Soccer Pitch, Keith Legg Sports Field</td>
</tr>
</tbody>
</table>

Remarks: # courses conducted in Multi-Activity Room (Student Hall), SAO

Website: [http://www.polyu.edu.hk/sams](http://www.polyu.edu.hk/sams)