

Sports Participation Record Form

(Component Two of the GUR Healthy Lifestyle Programme)

Notes to Students

- 1) Sports Participation refers exclusively to structured physical activities conducted by an organisation.
- 2) The completed form should be uploaded and submitted to the PE Programme (click 'Sports Participation') in POSS.
- 3) The Student Affairs Office reserves the right to verify all relevant supporting documents related to sports participation submitted by students. If it is found that false document has been provided, the students concerned may be subject to disciplinary action(s).
- 4) The information given in the form will only be used for processing this submission.

Particulars and Declaration of Student

I declare that all the exercise participation records provided below are true and correct to the best of my knowledge. I understand that providing false documents may result in disciplinary action.

Name of Student _____ **Telephone** _____

Student ID _____ **Date** _____

Signature _____

Exercise Participation

Date (dd/mm/yy)	Sports Activities	Venue	Time	Duration (no. of hours)

Consent and Acknowledgement from Event Organiser

I, the undersigned, acknowledge that the above-named individual has participated in the sports activities conducted by our organisation during the above-specified sessions.

Name of Organisation _____ **Telephone** _____

Contact Person _____ **Email** _____

Title of Position _____ **Date** _____

Signature _____ **Official Chop** _____