

Healthy Lifestyle Programme (GUR) 4-year Undergraduate Curriculum

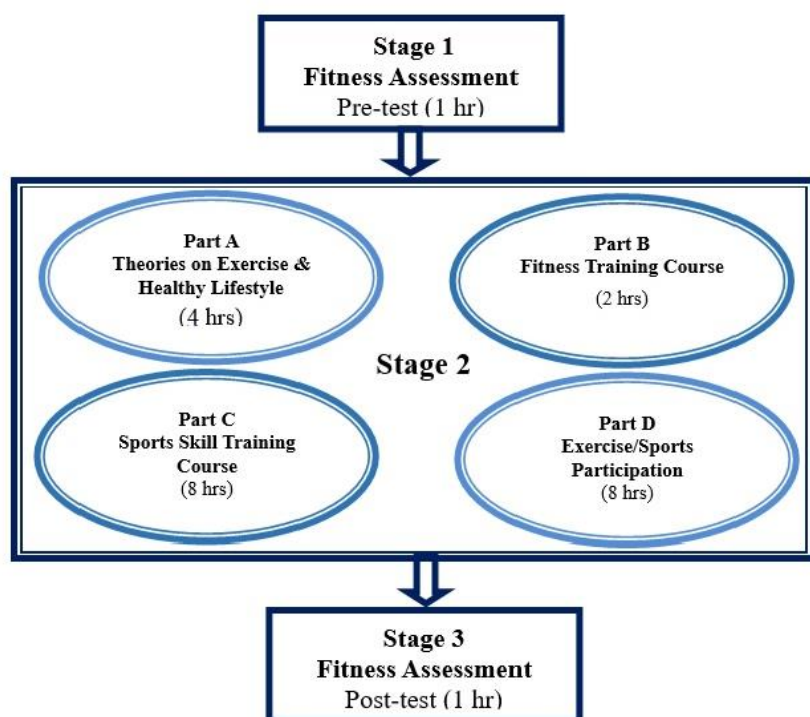
Introduction

“Healthy Lifestyle” is a non-credit bearing programme for 4-year undergraduate curriculum students under the General University Requirement. Students are encouraged to complete this programme within the first two academic years.

Programme Objective

This programme is designed to promote Healthy Lifestyle through equipping you with the knowledge and skills to improve or maintain optimal physical wellness. The physical dimension of wellness encourages cardio-respiratory fitness, flexibility, muscular strength and endurance. It also provides the correct knowledge about nutrition, drug abuse and alcohol consumption, etc.

Upon completion of this programme, you will be able to: (a) develop an individual approach to maintain or enhance his/her physical, emotional and social well-being; (b) acquire the basic skills & knowledge of exercise/sports; and (c) acquire the basic knowledge of maintaining a well balanced diet and avoid unhealthy behaviours.



Students should complete the programme stage by stage:

Stage 1

To participate in an one-hour Fitness Assessment (pre-test). The test items are: body weight & height, blood pressure, body composition, cardio-respiratory function, muscular strength, muscular endurance and flexibility.

Stage 2

After the completion of Stage 1, you can attend the following four Parts any time convenience to you within first 2 academic year:

Part A: Lectures (4 hours) focusing on Exercise & Healthy Lifestyle theories

Part B: Fitness Training Course (2 hours)

Part C: Sports Skill Training Course (8 hours) by choosing one of the sports games offered by OCW (Sports Development).

Part D: Sports Participation (8 hours), you can participate in self-motivated exercise/sports activities for a total of 8 hrs. Details are listed at Appendix 1. Proof document/certificates will be verified by the OCW (Sports Development).

Stage 3

After the completion of Stage 2, you can participate in an one-hour Fitness Assessment (post-test). The test items are the same as the pre-test.

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The Healthy Lifestyle Programme is **Completed** after Stage 3.

Assessment Method

No examination will be conducted. Students are required to meet the attendance rate as listed below:

	Programme Contents	Hr	Attendance Rate
1.	Fitness Assessment (pre-test)	1	100% attendance
2a.	Lecture	4	100% attendance (Quiz at the end of each Lecture)
2b.	Fitness Training Course	2	100% attendance
2c.	Sports Skills Training Course	8	Above 80% attendance
2d.	Exercise/Sport Participation	8	8 hours participation or fulfilled Sports Skill Training Course requirement
3.	Fitness Assessment (post-test)	1	100% attendance

Total: **24 hours**

Remarks :

It is mandatory to complete the programme step-by-step. The University's mission is to nurture graduates to be critical thinkers, effective communicators, innovative problem solvers, lifelong learners and ethical leaders. Without a healthy and fit body, we cannot achieve these aims. The Healthy Lifestyle Programme is tailor made for our students who can firstly get to know how fit you are, then acquire the basic knowledge and theories of exercise & sports so that you can then take part in the practicum lessons such as "Fitness Training Course & Sports Skills Training Course" safely and effectively. To encourage lifelong learning and exercise habits, you will have to start looking for other physical activities off campus so that you may continue such activities beyond schooling. Finally, the "Fitness Post Test" may indicate your effort and results in enhancing your healthy life.

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Appendix 1

Stage 2D : Exercise/Sports Participation (8 hours)

You can participate in the following exercise/sports activities for a total of 8 hrs.

	Accepted Activities	Hours Counted	Remarks
1	HKPUSU Sports Activities : Athletic Meet (Oct/Nov) - 1 event - 2 events - 3 events or more Aquatic Meet (Sep/Oct) - 1 event - 2 events - 3 events or more	1 hour 2 hours 3 hours 1 hour 2 hours 3 hours	Complete the event(s) with certified record(s). Complete the event(s) with certified record(s).
2	PolyU Running Team - 10 km - Half-Marathon - Full Marathon	4 hours 8 hours 8 hours	Complete the race with certified record.
3	Sports activities organized by recognized Sports Associations /Leisure and Cultural Services Department (LCSD).	8 hours	The attendance record should be certified by the respective organization.
4	Sports activities organized by the OCW (Sports Development) - Sports Skills Training Course - Sports Related Workshops - Sports Competitions	8 hours	The attendance record should be certified by the OCW (Sports Development).

Please view Blackboard <http://learn.polyu.edu.hk> for details.

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