

Submission of Supporting Documents on Sports Participation

Step 1 : Sign in PolyU Online Student Services

(<https://www40.polyu.edu.hk/poss/secure/login/loginhome.do>)



Welcome to the PolyU Online Student Services (POSS).

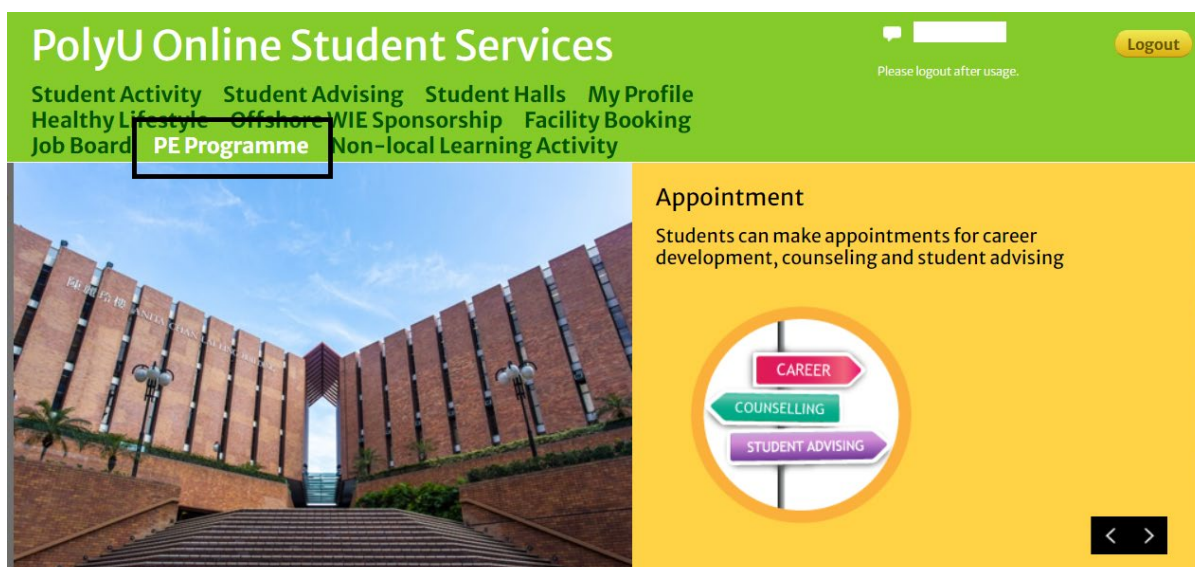
POSS is an integrated platform managed by Student Affairs Office (SAO). Through POSS, you can :

- ▶ sign up for co-curricular activities.
- ▶ check details of Extra-Curricular Enrichment for Lifelong Learners (EXCELL) courses and register for them
- ▶ make **APPOINTMENT** for career development, counseling and student advising.
- ▶ book **AMENITIES, SPORTS FACILITIES**.
- ▶ apply for student **LOCKERS***.

(* Students will be re-directed to the existing systems temporarily until the full launch of POSS.)

To help us enhance POSS, please share with us your views and comments via sao.info@polyu.edu.hk.

Step 2 : Choose “PE Programme”



Welcome to the PolyU Online Student Services (POSS).

POSS is an integrated platform managed by Student Affairs Office (SAO). Through POSS, you can :

Step 3 : Choose “Sports Participation”

THE HONG KONG POLYTECHNIC UNIVERSITY 香港理工大學 PolyU Online Student Services

Student Activity Student Advising Student Halls My Profile Healthy Lifestyle
Offshore WIE Sponsorship Facility Booking Facility Booking Job Board
PE Programme Non-local Learning Activity

Login: [] Logout
Please logout after usage.

Home > PE Programme > PE Course Application

PE Course Application

A variety of physical education courses are available for PolyU full-time students to develop physical competence and knowledge in physical activities, and to establish active and healthy lifestyle.

PE Programme
PE Course Application
My Application
Sports Participation
Fitness Assessment

Fitness Training Course

Student Activity
Personal Activity
Timetable
Upcoming activity
Activity on Registration
History

Student Advising
Counsellor
Career Advising
Student Advising Officer

Facility Booking
Communal Facilities
Sports Facilities
Student Lockers

Student Profile
ePortfolio

Contact us

Step 4 : Upload and submit the supporting documents on sports participation

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Login: [] Logout
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Home > PE Programme > Sports Participation

Sports Participation

This application is applicable to 4 year degree students who completed Component 1 of GUR Healthy Lifestyle Programme.

Sum of Recognised Hours: 0

Add

Activity Name	Status	Hours	Recognised Hours	File Name	Comment
* Relevant documents proving a minimum of 8 exercise hours should be uploaded in one submission.					

Submit

Student Activity
Personal Activity
Timetable
Upcoming activity
Activity on Registration
History

Student Advising
Counsellor
Career Advising
Student Advising Officer

Facility Booking
Communal Facilities
Sports Facilities
Student Lockers

Student Profile
ePortfolio

Contact us