

**Sports Skill Training
Semester Two 2021/22**

| Activity | Course Code | Day | Time | Date | | | | | | | | | Venue |
|------------------------|-------------|-----------|-------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---|
| Badminton | BMTN-01 | Monday | 1030 – 1130 | 24-Jan | 07-Feb | 14-Feb | 21-Feb | 28-Feb | 07-Mar | 14-Mar | 21-Mar | 28-Mar | Main Hall, Block X Sports Centre |
| | BMTN-02 | Monday | 1130 – 1230 | 24-Jan | 07-Feb | 14-Feb | 21-Feb | 28-Feb | 07-Mar | 14-Mar | 21-Mar | 28-Mar | |
| | BMTN-03 | Tuesday | 1030 – 1130 | 25-Jan | 08-Feb | 15-Feb | 22-Feb | 01-Mar | 08-Mar | 15-Mar | 22-Mar | 29-Mar | |
| | BMTN-04 | Tuesday | 1130 – 1230 | 25-Jan | 08-Feb | 15-Feb | 22-Feb | 01-Mar | 08-Mar | 15-Mar | 22-Mar | 29-Mar | |
| | BMTN-07 | Wednesday | 1030 – 1130 | 26-Jan | 09-Feb | 16-Feb | 23-Feb | 02-Mar | 09-Mar | 16-Mar | 23-Mar | 30-Mar | |
| | BMTN-08 | Wednesday | 1130 – 1230 | 26-Jan | 09-Feb | 16-Feb | 23-Feb | 02-Mar | 09-Mar | 16-Mar | 23-Mar | 30-Mar | |
| | BMTN-09 | Thursday | 1430 – 1530 | 27-Jan | 10-Feb | 17-Feb | 24-Feb | 03-Mar | 10-Mar | 17-Mar | 24-Mar | 31-Mar | |
| | BMTN-10 | Thursday | 1530 – 1630 | 27-Jan | 10-Feb | 17-Feb | 24-Feb | 03-Mar | 10-Mar | 17-Mar | 24-Mar | 31-Mar | |
| Basketball | BKBL-01 | Tuesday | 1030 – 1130 | 25-Jan | 08-Feb | 15-Feb | 22-Feb | 01-Mar | 08-Mar | 15-Mar | 22-Mar | 29-Mar | Main Hall, Shaw Sports Complex |
| | BKBL-02 | Tuesday | 1130 – 1230 | 25-Jan | 08-Feb | 15-Feb | 22-Feb | 01-Mar | 08-Mar | 15-Mar | 22-Mar | 29-Mar | |
| Basketball (3-on-3) | 3ON3-01 | Thursday | 1030 – 1130 | 27-Jan | 10-Feb | 17-Feb | 24-Feb | 03-Mar | 10-Mar | 17-Mar | 24-Mar | 31-Mar | |
| | 3ON3-02 | Thursday | 1130 – 1230 | 27-Jan | 10-Feb | 17-Feb | 24-Feb | 03-Mar | 10-Mar | 17-Mar | 24-Mar | 31-Mar | |
| Dodgeball | DODG-01 | Wednesday | 1030 – 1130 | 26-Jan | 09-Feb | 16-Feb | 23-Feb | 02-Mar | 09-Mar | 16-Mar | 23-Mar | 30-Mar | Fong Shu Chuen Hall |
| | DODG-02 | Wednesday | 1130 – 1230 | 26-Jan | 09-Feb | 16-Feb | 23-Feb | 02-Mar | 09-Mar | 16-Mar | 23-Mar | 30-Mar | |
| | DODG-03 | Friday | 1430 – 1530 | 28-Jan | 11-Feb | 18-Feb | 25-Feb | 04-Mar | 11-Mar | 18-Mar | 25-Mar | 01-Apr | |
| | DODG-04 | Friday | 1530 – 1630 | 28-Jan | 11-Feb | 18-Feb | 25-Feb | 04-Mar | 11-Mar | 18-Mar | 25-Mar | 01-Apr | |
| Exergame | EXGM-01 | Thursday | 1430 – 1530 | 27-Jan | 10-Feb | 17-Feb | 24-Feb | 03-Mar | 10-Mar | 17-Mar | 24-Mar | 31-Mar | |
| | EXGM-02 | Thursday | 1530 – 1630 | 27-Jan | 10-Feb | 17-Feb | 24-Feb | 03-Mar | 10-Mar | 17-Mar | 24-Mar | 31-Mar | |
| | EXGM-03 | Friday | 1030 – 1130 | 28-Jan | 11-Feb | 18-Feb | 25-Feb | 04-Mar | 11-Mar | 18-Mar | 25-Mar | 01-Apr | |
| | EXGM-04 | Friday | 1130 – 1230 | 28-Jan | 11-Feb | 18-Feb | 25-Feb | 04-Mar | 11-Mar | 18-Mar | 25-Mar | 01-Apr | |
| Fitball | FITB-03 | Friday | 1030 – 1130 | 28-Jan | 11-Feb | 18-Feb | 25-Feb | 04-Mar | 11-Mar | 18-Mar | 25-Mar | 01-Apr | Practice Hall, Shaw Sports Complex |
| | FITB-04 | Friday | 1130 – 1230 | 28-Jan | 11-Feb | 18-Feb | 25-Feb | 04-Mar | 11-Mar | 18-Mar | 25-Mar | 01-Apr | |
| Indoor Mini Tennis | ITNS-01 | Monday | 1030 – 1130 | 24-Jan | 07-Feb | 14-Feb | 21-Feb | 28-Feb | 07-Mar | 14-Mar | 21-Mar | 28-Mar | Main Hall, Kwong On Jubilee Sports Centre |
| | ITNS-02 | Monday | 1130 – 1230 | 24-Jan | 07-Feb | 14-Feb | 21-Feb | 28-Feb | 07-Mar | 14-Mar | 21-Mar | 28-Mar | |
| | ITNS-03 | Tuesday | 1430 – 1530 | 25-Jan | 08-Feb | 15-Feb | 22-Feb | 01-Mar | 08-Mar | 15-Mar | 22-Mar | 29-Mar | |
| | ITNS-04 | Tuesday | 1530 – 1630 | 25-Jan | 08-Feb | 15-Feb | 22-Feb | 01-Mar | 08-Mar | 15-Mar | 22-Mar | 29-Mar | |
| | ITNS-05 | Thursday | 1430 – 1530 | 27-Jan | 10-Feb | 17-Feb | 24-Feb | 03-Mar | 10-Mar | 17-Mar | 24-Mar | 31-Mar | |
| | ITNS-06 | Thursday | 1530 – 1630 | 27-Jan | 10-Feb | 17-Feb | 24-Feb | 03-Mar | 10-Mar | 17-Mar | 24-Mar | 31-Mar | |
| | ITNS-07 | Friday | 1030 – 1130 | 28-Jan | 11-Feb | 18-Feb | 25-Feb | 04-Mar | 11-Mar | 18-Mar | 25-Mar | 01-Apr | |
| | ITNS-08 | Friday | 1130 – 1230 | 28-Jan | 11-Feb | 18-Feb | 25-Feb | 04-Mar | 11-Mar | 18-Mar | 25-Mar | 01-Apr | |

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|---------------|-------------|-----------|-------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|
| Rope Skipping | ROPS-01 | Monday | 1430 – 1530 | 24-Jan | 07-Feb | 14-Feb | 21-Feb | 28-Feb | 07-Mar | 14-Mar | 21-Mar | 28-Mar | Fong Shu Chuen Hall |
| | ROPS-02 | Monday | 1530 – 1630 | 24-Jan | 07-Feb | 14-Feb | 21-Feb | 28-Feb | 07-Mar | 14-Mar | 21-Mar | 28-Mar | |
| Squash | SQUS-01 | Monday | 1430 – 1530 | 24-Jan | 07-Feb | 14-Feb | 21-Feb | 28-Feb | 07-Mar | 14-Mar | 21-Mar | 28-Mar | Squash Court, Kwong On Jubilee Sports Centre |
| | SQUS-02 | Monday | 1530 – 1630 | 24-Jan | 07-Feb | 14-Feb | 21-Feb | 28-Feb | 07-Mar | 14-Mar | 21-Mar | 28-Mar | |
| | SQUS-03 | Tuesday | 1430 – 1530 | 25-Jan | 08-Feb | 15-Feb | 22-Feb | 01-Mar | 08-Mar | 15-Mar | 22-Mar | 29-Mar | |
| | SQUS-04 | Tuesday | 1530 – 1630 | 25-Jan | 08-Feb | 15-Feb | 22-Feb | 01-Mar | 08-Mar | 15-Mar | 22-Mar | 29-Mar | |
| | SQUS-05 | Wednesday | 1030 – 1130 | 26-Jan | 09-Feb | 16-Feb | 23-Feb | 02-Mar | 09-Mar | 16-Mar | 23-Mar | 30-Mar | |
| | SQUS-06 | Wednesday | 1130 – 1230 | 26-Jan | 09-Feb | 16-Feb | 23-Feb | 02-Mar | 09-Mar | 16-Mar | 23-Mar | 30-Mar | |
| Table Tennis | TBTN-01 | Tuesday | 1430 – 1530 | 25-Jan | 08-Feb | 15-Feb | 22-Feb | 01-Mar | 08-Mar | 15-Mar | 22-Mar | 29-Mar | Table Tennis Room, Shaw Sports Complex |
| | TBTN-02 | Tuesday | 1530 – 1630 | 25-Jan | 08-Feb | 15-Feb | 22-Feb | 01-Mar | 08-Mar | 15-Mar | 22-Mar | 29-Mar | |
| | TBTN-03 | Wednesday | 1030 – 1130 | 26-Jan | 09-Feb | 16-Feb | 23-Feb | 02-Mar | 09-Mar | 16-Mar | 23-Mar | 30-Mar | |
| | TBTN-04 | Wednesday | 1130 – 1230 | 26-Jan | 09-Feb | 16-Feb | 23-Feb | 02-Mar | 09-Mar | 16-Mar | 23-Mar | 30-Mar | |
| | TBTN-05 | Thursday | 1430 – 1530 | 27-Jan | 10-Feb | 17-Feb | 24-Feb | 03-Mar | 10-Mar | 17-Mar | 24-Mar | 31-Mar | |
| | TBTN-06 | Thursday | 1530 – 1630 | 27-Jan | 10-Feb | 17-Feb | 24-Feb | 03-Mar | 10-Mar | 17-Mar | 24-Mar | 31-Mar | |
| | TBTN-07 | Friday | 1430 – 1530 | 28-Jan | 11-Feb | 18-Feb | 25-Feb | 04-Mar | 11-Mar | 18-Mar | 25-Mar | 01-Apr | |
| | TBTN-08 | Friday | 1530 – 1630 | 28-Jan | 11-Feb | 18-Feb | 25-Feb | 04-Mar | 11-Mar | 18-Mar | 25-Mar | 01-Apr | |
| Tennis | TNSS-01 | Tuesday | 1030 – 1130 | 25-Jan | 08-Feb | 15-Feb | 22-Feb | 01-Mar | 08-Mar | 15-Mar | 22-Mar | 29-Mar | Roof Tennis Court, Shaw Sports Complex |
| | TNSS-02 | Tuesday | 1130 – 1230 | 25-Jan | 08-Feb | 15-Feb | 22-Feb | 01-Mar | 08-Mar | 15-Mar | 22-Mar | 29-Mar | |
| Volleyball | VLBL-01 | Thursday | 1030 – 1130 | 27-Jan | 10-Feb | 17-Feb | 24-Feb | 03-Mar | 10-Mar | 17-Mar | 24-Mar | 31-Mar | Main Hall, Kwong On Jubilee Sports Centre |
| | VLBL-02 | Thursday | 1130 – 1230 | 27-Jan | 10-Feb | 17-Feb | 24-Feb | 03-Mar | 10-Mar | 17-Mar | 24-Mar | 31-Mar | |

- 1) All participants should have either been fully vaccinated or undergone weekly COVID-19 screening testing.
- 2) Participants should put on proper sportswear and sports shoes when attending the class.
- 3) Participants will be required to wear a mask in class at all times.
- 4) Four-year degree students are required to complete Sports Skill Training with 100% attendance to fulfill General University Requirements.