

Fitness Training Courses – Semester I (2015 - 16)

The Office of Counselling and Wellness (Sports Development) will offer Fitness Training Courses for all PolyU full-time students from 31 August to 26 November 2015 in Room W205, PolyU campus.

1. Course Content

The 2 hours course aims to introduce the basic principles of physical fitness training and the use of fitness equipment.

2. Application

All courses are offered free of charge and enrolment is on first-come-first-served basis. Application will start from 20 August 2015, 9:00 am onwards.

3. Application Procedures

a) **PolyU 4-year undergraduate degree programme (2012-2014 cohort)**

You can apply via Blackboard : <http://learn.polyu.edu.hk>

(Pre-requisite : Completed Healthy Lifestyle Programme Stage 1~Fitness Assessment)

b) **PolyU 4-year undergraduate degree programme (2015 cohort and thereafter)**

You can apply in person at room TU304, Office of Counselling and Wellness (Sports Development)

c) **All full-time students excluding the categories in 3a and 3b (eg. HD or PG programme, senior year intakes)**

You can apply via Website: <https://www40.polyu.edu.hk/saohls/pe/login.jsf>

d) **CyberU / HKCC / SPEED Students**

You may standby for the course on the day at the entrance of Room W205, PolyU campus.

4. Successful applicants are reminded to attend the course according to the timetable and should be in **proper sportswear**. Those who are **15 minutes late will not be allowed to attend the course** and their places will be taken by the standby students.

5. Upon completion of the course, a certificate of attendance can be applied at the service counter of Shaw Sports Complex in person two weeks later.

Fitness Training Course for Full-time Students 2015-16 Semester I

Medium of Instruction : English

Course Code	Date	Time	Venue	Date of Application
FTC-15/S1/001	31 Aug 2015 (Mon)	09:30 – 11:30	Room W205 PolyU Campus	20 Aug 2015 (at 9:00 am)
FTC-15/S1/002	31 Aug 2015 (Mon)	11:30 – 13:30		
FTC-15/S1/003	31 Aug 2015 (Mon)	13:30 – 15:30		
FTC-15/S1/004	31 Aug 2015 (Mon)	15:30 – 17:30		
FTC-15/S1/005	1 Sep 2015 (Tue)	09:30 – 11:30		
FTC-15/S1/006	1 Sep 2015 (Tue)	11:30 – 13:30		
FTC-15/S1/007	1 Sep 2015 (Tue)	13:30 – 15:30		
FTC-15/S1/008	1 Sep 2015 (Tue)	15:30 – 17:30		
FTC-15/S1/009	2 Sep 2015 (Wed)	09:30 – 11:30		
FTC-15/S1/010	2 Sep 2015 (Wed)	11:30 – 13:30		
FTC-15/S1/011	2 Sep 2015 (Wed)	13:30 – 15:30		
FTC-15/S1/012	2 Sep 2015 (Wed)	15:30 – 17:30		
FTC-15/S1/015	7 Sep 2015 (Mon)	09:30 – 11:30		
FTC-15/S1/016	7 Sep 2015 (Mon)	11:30 – 13:30		
FTC-15/S1/017	7 Sep 2015 (Mon)	13:30 – 15:30		
FTC-15/S1/018	8 Sep 2015 (Tue)	09:30 – 11:30		
FTC-15/S1/019	8 Sep 2015 (Tue)	11:30 – 13:30		
FTC-15/S1/020	8 Sep 2015 (Tue)	13:30 – 15:30		
FTC-15/S1/021	8 Sep 2015 (Tue)	15:30 – 17:30		
FTC-15/S1/022	9 Sep 2015 (Wed)	09:30 – 11:30		
FTC-15/S1/023	9 Sep 2015 (Wed)	11:30 – 13:30		
FTC-15/S1/024	9 Sep 2015 (Wed)	13:30 – 15:30		
FTC-15/S1/025	9 Sep 2015 (Wed)	15:30 – 17:30		
FTC-15/S1/026	10 Sep 2015 (Thu)	09:30 – 11:30		
FTC-15/S1/027	10 Sep 2015 (Thu)	11:30 – 13:30		
FTC-15/S1/028	10 Sep 2015 (Thu)	13:30 – 15:30		
FTC-15/S1/029	10 Sep 2015 (Thu)	15:30 – 17:30		
FTC-15/S1/030	11 Sep 2015 (Fri)	09:30 – 11:30		
FTC-15/S1/031	11 Sep 2015 (Fri)	11:30 – 13:30		
FTC-15/S1/032	11 Sep 2015 (Fri)	13:30 – 15:30		
FTC-15/S1/033	11 Sep 2015 (Fri)	15:30 – 17:30		

Fitness Training Course for Full-time Students 2015-16 Semester I

Medium of Instruction : English

Course Code	Date	Time	Venue	Date of Application		
FTC-15/S1/34a	14 Sep 2015 (Mon)	10:30 – 12:30	Room W205 PolyU Campus	20 Aug 2015 (at 9:00 am)		
FTC-15/S1/35a	14 Sep 2015 (Mon)	15:30 – 17:30				
FTC-15/S1/36a	15 Sep 2015 (Tue)	10:30 – 12:30				
FTC-15/S1/037	15 Sep 2015 (Tue)	15:30 – 17:30				
FTC-15/S1/040	16 Sep 2015 (Wed)	10:30 – 12:30				
FTC-15/S1/38a	16 Sep 2015 (Wed)	15:30 – 17:30				
FTC-15/S1/41a	17 Sep 2015 (Thu)	10:30 – 12:30				
FTC-15/S1/042	17 Sep 2015 (Thu)	15:30 – 17:30				
FTC-15/S1/049	22 Sep 2015 (Tue)	10:30 – 12:30				
FTC-15/S1/048	22 Sep 2015 (Tue)	15:30 – 17:30				
FTC-15/S1/050	24 Sep 2015 (Thu)	15:30 – 17:30				
FTC-15/S1/051	25 Sep 2015 (Fri)	15:30 – 17:30				
FTC-15/S1/053	29 Sep 2015 (Tue)	15:30 – 17:30				
FTC-15/S1/054	30 Sep 2015 (Wed)	10:30 – 12:30				
FTC-15/S1/055	2 Oct 2015 (Fri)	15:30 – 17:30			Room W205 PolyU Campus	21 Sept 2015 (at 9:00 am)
FTC-15/S1/056	6 Oct 2015 (Tue)	15:30 – 17:30				
FTC-15/S1/057	7 Oct 2015 (Wed)	10:30 – 12:30				
FTC-15/S1/058	8 Oct 2015 (Thu)	10:30 – 12:30				
FTC-15/S1/059	8 Oct 2015 (Thu)	15:30 – 17:30				
FTC-15/S1/060	9 Oct 2015 (Fri)	15:30 – 17:30				
FTC-15/S1/061	14 Oct 2015 (Wed)	10:30 – 12:30				
FTC-15/S1/062	15 Oct 2015 (Thu)	10:30 – 12:30				
FTC-15/S1/063	15 Oct 2015 (Thu)	15:30 – 17:30				
FTC-15/S1/064	16 Oct 2015 (Fri)	15:30 – 17:30				
FTC-15/S1/065	20 Oct 2015 (Tue)	15:30 – 17:30				
FTC-15/S1/066	22 Oct 2015 (Thu)	10:30 – 12:30				
FTC-15/S1/067	22 Oct 2015 (Thu)	15:30 – 17:30				
FTC-15/S1/068	23 Oct 2015 (Fri)	10:30 – 12:30				
FTC-15/S1/069	27 Oct 2015 (Tue)	10:30 – 12:30				
FTC-15/S1/070	27 Oct 2015 (Tue)	15:30 – 17:30				
FTC-15/S1/071	28 Oct 2015 (Wed)	10:30 – 12:30				
FTC-15/S1/072	29 Oct 2015 (Thu)	10:30 – 12:30				
FTC-15/S1/073	29 Oct 2015 (Thu)	15:30 – 17:30				
FTC-15/S1/074	30 Oct 2015 (Fri)	10:30 – 12:30				

Fitness Training Course for Full-time Students 2015-16 Semester I

Medium of Instruction : English

Course Code	Date	Time	Venue	Date of Application
FTC-15/S1/075	3 Nov 2015 (Tue)	10:30 – 12:30	Room W205 PolyU Campus	22 Oct 2015 (at 9:00 am)
FTC-15/S1/076	4 Nov 2015 (Wed)	10:30 – 12:30		
FTC-15/S1/077	5 Nov 2015 (Thu)	10:30 – 12:30		
FTC-15/S1/078	5 Nov 2015 (Thu)	15:30 – 17:30		
FTC-15/S1/079	6 Nov 2015 (Fri)	10:30 – 12:30		
FTC-15/S1/080	11 Nov 2015 (Wed)	10:30 – 12:30		
FTC-15/S1/081	12 Nov 2015 (Thu)	10:30 – 12:30		
FTC-15/S1/082	12 Nov 2015 (Thu)	15:30 – 17:30		
FTC-15/S1/083	13 Nov 2015 (Fri)	10:30 – 12:30		
FTC-15/S1/084	17 Nov 2015 (Tue)	10:30 – 12:30		
FTC-15/S1/085	18 Nov 2015 (Wed)	10:30 – 12:30		
FTC-15/S1/086	19 Nov 2015(Thu)	15:30 – 17:30		
FTC-15/S1/087	20 Nov 2015 (Fri)	10:30 – 12:30		
FTC-15/S1/088	20 Nov 2015 (Fri)	15:30 – 17:30		
FTC-15/S1/089	23 Nov 2015 (Mon)	10:30 – 12:30		