



# Out of Discipline P.E. Course

The Physical Education Section, through the College of Business, will offer one 1 credit unit Out of Discipline P.E. Course in Semester B 2009-2010 for degree/sub-degree level students.

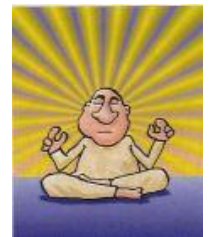
Detail of course is as follows:

Code	Activity	Instructor	Date	Time	Max. No. Per Course	Venue
FB 2905	Health & Fitness : Stress Management & Physical Relaxation	Mr. Roy NGAI	20/1, 27/1, 3/2, 10/2, 24/2, 3/3, 10/3, 17/3 (Wed)	1030-1230	24	PE Conference Rm., Practice Gym. 2 & Physical Fitness Room, Sports Complex



## Remarks:

- Successful applicants are requested to report to their respective instructor on the first lesson at teaching venues in proper sportswear and non-marking sports shoes.
- Physical Fitness Room User Cards will be issued to students upon completion of Course FB2905.
- For enquiry, please phone 3442 8025 during office hours or send e-mail to [sope@cityu.edu.hk](mailto:sope@cityu.edu.hk)
- For details of courses, please visit the web site: [http://www.cityu.edu.hk/sds/pes/odcourse/pe\\_odcourse.pdf](http://www.cityu.edu.hk/sds/pes/odcourse/pe_odcourse.pdf)



## Enrolment:

Registration	Period
Web add/drop via CityU e-Portal/AIMS	28/12/2009 - 18/1/2010
Stand-by (if vacancies available)	Stand-by student should turn up at teaching venues with proper sports clothes/shoes on the first lesson of the course.

# Course Content :



## **FB2905 (Health & Fitness - Stress Management & Physical Relaxation)**

- 1) Introduction to the concept of stress reactivity, ingredient and psychosomatic disease**
- 2) Physiological and psychological changes to stress**
- 3) Personal stress assessment on daily life (checklist & biofeedback instruments)**
- 4) Major causes of stress: Psychosocial, Disecological & Personality**
- 5) Relaxation techniques and behavioral modifications for coping with stress**
- 6) Physical training to enhance stress resistance**
- 7) Exercise prescription & application- aerobic workout and body conditioning**