



Out of Discipline P.E. Courses

The Physical Education Section, through the Faculty of Business, will offer three **1 credit unit Out of Discipline P.E. Courses** in Semester A 2009-2010 for **degree/sub-degree level students**.

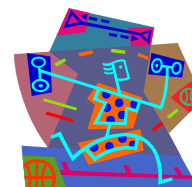
Details of courses are as follows:

Code	Activity	Instructor	Date	Time	Max. No. Per Course	Venue
FB 2903	Sports for All : Social Dance	Ms. Rebecca LAI	9/9, 16/9, 23/9, 30/9, 7/10, 14/10, 21/10, 28/10, 4/11, 11/11, 18/11, 25/11 (Wed)	1530-1730	24	Practice Gym. 4, Sports Complex
FB 2904	Sports for All : Badminton	Mr. Sunny CHAU	8/9, 15/9, 22/9, 29/9, 6/10, 13/10, 20/10, 27/10, 3/11(Tue)	1430-1630	24	PE Conference Rm., Practice Gym. 1, Sports Complex
FB 2905	Health & Fitness : Stress Management & Physical Relaxation	Mr. Roy NGAI	10/9, 17/9, 24/9, 8/10, 15/10, 22/10, 29/10, 5/11 (Thu)	1030-1220	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
- For details of courses, please visit the web site: http://www.cityu.edu.hk/sds/pes/odcourse/pe_odcourse.pdf



Enrolment:

Registration	Period
Web add/drop via CityU e-Portal/AIMS	17/8/2009 - 7/9/2009
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 :



FB2903 (Sports for All - Social Dance)

- 1) Introduction of social dance**
- 2) Good dance etiquette**
- 3) History of social dance**
- 4) Recognition of music**
- 5) Types and terminology of dances: Waltz, Cha-cha-cha, Rumba and Twist and Rock and Roll**
- 6) Variations of the dances**

FB2904 (Sports for All - Badminton)

- 1) General knowledge on the game of badminton, e.g. safety measures, facility and equipment, terminology, proper etiquette**
- 2) Basic fundamental badminton skills like grips method, services, forehand and backhand strokes**
- 3) Application of badminton basic skills of high clears, smash, drop and net treatment**
- 4) Footwork movements related to basic strokes**
- 5) Tactics in playing singles and doubles game**
- 6) Rules and regulations for umpiring a game of badminton**



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**

