

Student Development Services
Physical Education Section

REGULAR PE COURSES TIMETABLE
Summer Term 2024 (11/6/2024 to 16/7/2024)

Course Code	Regular PE Courses	Section No.	Date	Time	Max. No. Per Section	Venue	Remarks
PED 1101	Canoeing – Ele	T01 T02	12/6, 19/6, 26/6, 3/7 (Wed) 14/6, 21/6, 28/6, 5/7 (Fri)	1500-1650 1500-1650	10	Swimming Pool, CityU	Only those who are able to swim at least 200M can apply. A water test will be held at the first session
PED 1102	Snorkel Diving – Ele	T01	11/6, 18/6, 25/6, 2/7, 9/7, 16/7 (Tue)	1600-1720	10	Swimming Pool, CityU	Only those who are able to swim at least 200M can apply. A water test will be held at the first session.
PED 1103	Swimming – Ele	T01 T02 T03 T04	11/6, 13/6, 18/6, 20/6, 25/6, 27/6, 2/7, 4/7 (Tue & Thu) 11/6, 13/6, 18/6, 20/6, 25/6, 27/6, 2/7, 4/7 (Tue & Thu) 11/6, 13/6, 18/6, 20/6, 25/6, 27/6, 2/7, 4/7 (Tue & Thu) 12/6, 14/6, 19/6, 21/6, 26/6, 28/6, 3/7, 5/7 (Wed & Fri)	1300-1350 1400-1450 1500-1550 1300-1350	16	Swimming Pool, CityU	Front crawl and breast stroke will be taught in elementary courses.
PED 1305	Physical Fitness – Ele	T01 T02 T03 T04 T05 T06 T07 T08 T09 T10 T11 T12 T13 T14 T15 T16 T17 T18 T19 T20 T21 T22 T23 T24	12/6 (Wed) 19/6 (Wed) 26/6 (Wed) 3/7 (Wed) 12/6 (Wed) 19/6 (Wed) 26/6 (Wed) 3/7 (Wed) 13/6 (Thu) 20/6 (Thu) 27/6 (Thu) 4/7 (Thu) 14/6 (Fri) 21/6 (Fri) 5/7 (Fri) 12/7 (Fri) 14/6 (Fri) 21/6 (Fri) 28/6 (Fri) 5/7 (Fri) 17/6 (Mon) 24/6 (Mon) 8/7 (Mon) 15/7 (Mon)	1000-1150 1000-1150 1000-1150 1000-1150 1500-1650 1500-1650 1500-1650 1500-1650 1400-1550 1400-1550 1400-1550 1400-1550 1000-1150 1000-1150 1000-1150 1000-1150 1400-1550 1400-1550 1400-1550 1400-1550 1500-1650 1500-1650 1500-1650 1500-1650	26	Physical Fitness Room II, James Liu Multi-Purpose Room, BOC (the opposite side of the CityU Medical Clinic)	Attend a 2-hour session on the date specified only. Only those with full attendance and pass the course assessment will be eligible to use the Physical Fitness Room.
PED 1308	Fitball – Ele	T01	11/6, 13/6, 18/6, 20/6, 25/6, 27/6, 2/7, 4/7 (Tue & Thu)	1400-1450	14	Practice Gym 1, Hu Fa Kuang Sports Centre (facing the Swimming Pool)	Students would not be allowed to enter the room when the class is in progress for 15 min.
PED 1309	Pilates Mat – Ele	T01 T02	11/6, 13/6, 18/6, 20/6, 25/6, 27/6, 2/7, 4/7 (Tue & Thu) 12/6, 14/6, 19/6, 21/6, 26/6, 3/7, 5/7, 10/7 (Wed & Fri)	1600-1650 1000-1050	14	Practice Gym 1, Hu Fa Kuang Sports Centre (facing the Swimming Pool)	Students would not be allowed to enter the room when the class is in progress for 15 min.
PED 1310	Yoga Refreshing – Ele	T01 T02	11/6, 13/6, 18/6, 20/6, 25/6, 27/6, 2/7, 4/7 (Tue & Thu) 12/6, 14/6, 19/6, 21/6, 26/6, 3/7, 5/7, 10/7 (Wed & Fri)	1500-1550 0900-0950	14	Practice Gym 1, Hu Fa Kuang Sports Centre (facing the Swimming Pool)	Students would not be allowed to enter the room when the class is in progress for 15 min.
PED 1317	High Intensity Interval Training (HIIT) – Ele	T01 T02	11/6, 13/6, 18/6, 20/6, 25/6, 27/6, 2/7, 4/7 (Tue & Thu) 11/6, 13/6, 18/6, 20/6, 25/6, 27/6, 2/7, 4/7 (Tue & Thu)	1100-1150 1200-1250	14	Physical Fitness Room II, James Liu Multi-Purpose Room, BOC (the opposite side of the CityU Medical Clinic)	Students would not be allowed to enter the room when the class is in progress for 15 min.
PED 1402	Golf – Ele	T01 T02 T03 T04	17/6, 24/6, 8/7, 15/7 (Mon) 11/6, 18/6, 25/6, 2/7 (Tue) 12/6, 19/6, 26/6, 3/7 (Wed) 14/6, 21/6, 5/7, 12/7 (Fri)	0930-1120 0930-1120 0930-1120 0930-1120	10	Joint Sports Centre (JSC) and venue off-campus	Students are required to pay for the off campus venue charges (the last lesson). Students should have to consider the traveling time (25 minutes) from Main Campus to Joint Sport Centre, Renfrew Road. Please refer to https://maps.app.goo.gl/XPYwAYFpuZc6hss8 for the location of the Centre.
PED 1404	Archery – Ele	T01 T02 T03	17/6, 24/6, 8/7, 15/7 (Mon) 11/6, 18/6, 25/6, 2/7 (Tue) 14/6, 21/6, 28/6, 5/7 (Fri)	0930-1120 1430-1620 1430-1620	14	Hong Kong Archery Services Centre (Flat J, 4/F, Block 3, Kwun Tong Industrial Centre, 448 - 458 Kwun Tong Road, near D4 exit of Kwun Tong MTR station).	Students should have to consider the travelling time (30 minutes) from Main Campus to "Hong Kong Archery Services Centre". Please refer to https://www.proarcheryhk.cc/ for details.
PED 1502	Tai Chi Chuan – Ele	T01	11/6, 13/6, 18/6, 20/6, 25/6, 27/6, 2/7, 4/7 (Tue & Thu)	1100-1150	12	Practice Gym 1, Hu Fa Kuang Sports Centre (facing the Swimming Pool)	Students would not be allowed to enter the room when the class is in progress for 15 min.
PED 1503	Tai Chi Sword – Ele	T01	11/6, 13/6, 18/6, 20/6, 25/6, 27/6, 2/7, 4/7 (Tue & Thu)	1200-1250	12	Practice Gym 1, Hu Fa Kuang Sports Centre (facing the Swimming Pool)	Participants should possess the basic techniques of Martial Art (e.g. Tai Chi Chuan, Wing Chun, Fencing, Judo, Karate etc). Students would not be allowed to enter the room when the class is in progress for 15 min.
PED 1602	Squash – Ele	T01 T02 T03	11/6, 18/6, 25/6, 2/7 (Tue) 12/6, 19/6, 26/6, 3/7 (Wed) 13/6, 20/6, 27/6, 4/7 (Thu)	1400-1550 1000-1150 1400-1550	14	Cornwall Street Squash and Table Tennis Centre	Students who wear spectacles are encouraged to use plastic lens. Students should have to consider the traveling time (15 minutes) from Main Campus to Cornwall Street Squash Centre and Table Tennis Centre. Please refer to https://maps.app.goo.gl/PfnJQXf2shGr7GND7 for the location of the Centre

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PED 1603	Table Tennis – Ele	T01 T02	12/6, 19/6, 26/6, 3/7 (Wed) 14/6, 21/6, 28/6, 5/7 (Fri)	1400-1550 1400-1550	12	Cornwall Street Squash and Table Tennis Centre	Students should have to consider the traveling time (15 minutes) from Main Campus to Cornwall Street Squash Centre and Table Tennis Centre. Please refer to https://maps.app.goo.gl/PfnJQXf2shGr7GND7 for the location of the Centre
PED 1605	Tennis – Ele	T01 T02 T03	17/6, 24/6, 8/7, 15/7 (Mon) 11/6, 18/6, 25/6, 2/7 (Tue) 13/6, 20/6, 27/6, 4/7 (Thu)	0930-1120 1430-1620 1030-1220	16	Joint Sports Centre (JSC)	Students should have to consider the traveling time (25 minutes) from Main Campus to Joint Sport Centre, Renfrew Road. Please refer to https://maps.app.goo.gl/XPYwFAYFpuZc6hss8 for the location of the Centre.
PED 2103	Swimming Improver	T01	12/6, 14/6, 19/6, 21/6, 26/6, 28/6, 3/7, 5/7 (Wed & Fri)	1400-1450	16	Swimming Pool, CityU	The improver course is designed for swimmers who can swim at least 50M in any stroke. A screening test will be conducted by the instructor at the first lesson.
PED 2402	Golf – Int	T01	13/6, 20/6, 27/6, 4/7 (Thu)	0930-1120	10	Joint Sports Centre (JSC) and venue off-campus	A screening test will be conducted by instructor at the first lesson. Students are required to pay for the off campus venue charges (the last lesson). Students should have to consider the traveling time (25 minutes) from Main Campus to Joint Sport Centre, Renfrew Road. Please refer to https://maps.app.goo.gl/XPYwFAYFpuZc6hss8 for the location of the Centre.

Ele - Elementary

Inter – Intermediate

Application schedule for Summer Term PE Courses (2024)

Web Add/Drop Period: a. For Undergraduate students: **3 June 2024 (0900) to 17 June 2024 (2330)**
b. For Postgraduate / Research students: **4 June 2024 (1800) to 17 June 2024 (2330)** via e-Portal /AIMS

Course Duration: Most of the PE courses would be started from 11 June 2024 to 16 July 2024. Please attend the course according to the PE course timetable.
https://www.cityu.edu.hk/sds/web/download/time_table.pdf

Registration: For details, please visit the Course Registration website under Academic Information of CityU Student Intranet.

Passing Grade: A "PASS" grade would be recorded on the transcripts for those students who have achieved 80% of attendance and passed the knowledge and skill requirements of the course assessment.
A record of "Not Completed" would be marked on the transcripts for those students who have either failed the knowledge and skill requirements of the course assessment or could not achieve 80% of attendance.

Attending the Course & Stand-by Policy

- No e-mail reminder will be sent to successful applicants. Successful applicants **MUST attend the first lesson** of their registered courses. Absentees without advance notification to the PE Section will be considered as giving up their right to pursue the courses and a record of "Not Completed" would be marked on their transcripts. All vacancies would be taken up by stand-by students.
- Stand-by** students should turn up at the teaching venues in proper sports clothes/shoes **on the first lesson** to find out if there are any vacancies in the courses. Successful stand-by students are required to fill in and submit the add form which is distributed by the course instructor on the first lesson of the course.
- Students who wish to drop the courses must complete the cancellation notice via e-Portal /AIMS within add/drop period
i.e. a. For Undergraduate students: **3 June 2024 (0900) to 17 June 2024 (2330)**
b. For Postgraduate / Research students: **4 June 2024 (1800) to 17 June 2024 (2330)**
NO late drop would be entertained after the period. **A record of "Not Completed" would also be given to those students who have not dropped the registered course during the period.**

Remarks

- All courses are offered at the elementary level unless otherwise specified. Students attending the intermediate or improver's courses are required to have knowledge and skill at elementary or equivalent levels; a screening test will be conducted by the instructors at the first lesson.
- Students attending the courses should be **dressed in proper sportswear/attire**. Footwear must be non-marking rubber-soled sports shoes unless otherwise specified.
- Students should observe the regulations governing the use of all on and off-campus sports facilities.
- Students participate in the course(s) at their own risk; City University of Hong Kong will bear no responsibility or liability whatsoever for any accident.
- The PE Section reserves the right to alter or cancel the courses as needed under specific conditions. In the event that class is cancelled due to unforeseeable circumstances, make up class may only be arranged when venue is available, students will be informed in due course.

Enquiries: Please call 3442 8025 (PE General Office) or send E-mail: sope@cityu.edu.hk

Students are also welcome to contact the staff of the PE Section who are responsible for the administration of all PE Courses directly.

- Ms. Winnie Wong 3442 8052
- Mr. Vincent Kwan 3442 8054

The timetable will be available at 6/F, Block 1, To Yuen Building or at (https://www.cityu.edu.hk/sds/web/download/time_table.pdf) from 27 May 2024.