

# PED1305: PHYSICAL FITNESS - ELEMENTARY

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## Effective Term

Semester A 2025/26

## Part I Course Overview

### Course Title

Physical Fitness - Elementary

### Subject Code

PED - SDS Physical Education

### Course Number

1305

### Academic Unit

Student Development Services (SDS)

### College/School

No Faculty Designation (00)

### Course Duration

Non-standard Duration

### Other Course Duration

2 hours

### Credit Units

0

### Level

B1, B2, B3, B4 - Bachelor's Degree

P5, P6 - Postgraduate Degree

D8 - Professional Doctorate

R8 - Research Degree

### Medium of Instruction

English

### Medium of Assessment

English

### Prerequisites

Nil

### Precursors

Nil

### Equivalent Courses

Nil

### Exclusive Courses

Nil

**Additional Information**

Participants have to:

1. Complete the online course before attending the enrolled session.
2. Pass the online assessment right after the online course (Passing Rate>80%) with unlimited trials.
3. Attend the enrolled face-to-face practical session (1-hour session) with proper sports wear and sports shoes.
4. A “PASS” grade will be given to those who have fulfilled the above 3 requirement and will be eligible to use the Physical Fitness Room 5 working days after the completion of the Practical Session.

**Part II Course Details****Abstract**

The aims of the course are to improve students’ knowledge and skill in Physical Fitness through online theory session and face-to-face practical session. Upon completion of the course, student should be able to:

1. understand the general concept of Physical Fitness;
2. know the ways to improve fitness;
3. use the fitness equipment/machines in the Physical Fitness Room

**Learning and Teaching Activities (LTAs)**

LTAs		Brief Description	CILO No.	Hours/week (if applicable)
1	Current mix of lecture / tutorial / laboratory, other	Theory, Workshop, Activity Analysis and Practicum		

**Continuous Assessment (%)**

0

**Additional Information for ATs**

Grading Pattern: PASS / NOT COMPLETED grade will be appeared on student’ s transcript for those who have completed the online course and get a PASS from the online assessment via CANVAS (correctly answered at least 16 out of 20 MC questions with unlimited trials) together with full attendance of their enrolled face-to-face practical session (last for 1 hour).

**Part III Other Information****Keyword Syllabus**

General knowledge on Physical Fitness e.g. components of health related fitness, three phases of exercise, program development for Aerobic and weight / resistance training and definition of circuit training. Introduction to exercise stations and types of equipment, safety guidelines for using free-weights and booking of the Physical Fitness Room would also be included.

**Reading List****Compulsory Readings**

Title	
1	Nil

**Additional Readings**

Title	
1	Nil