

Student Development Services
Physical Education Section

REGULAR PE COURSES TIMETABLE
Semester B (2024-2025) (21/01/2025 to 31/03/2025)

| Course Code | Regular PE Courses | Section No. | Date | Time | Max. No. Per Section | Venue | Remarks |
|-------------|---|--|---|--|----------------------|---|---|
| PED 1204 | Hip Hop – Ele | T01 T02 T03 | 21/1, 4/2, 11/2, 18/2, 25/2, 4/3, 11/3, 18/3 (Tue) 22/1, 5/2, 12/2, 19/2, 26/2, 5/3, 12/3, 19/3 (Wed) 24/1, 7/2, 14/2, 21/2, 28/2, 7/3, 14/3, 21/3 (Fri) | 1500-1550 1500-1550 1400-1450 | 20 | 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 minutes. |
| PED 1205 | Jazz Funk – Ele | T01 T02 | 21/1, 4/2, 11/2, 18/2, 25/2, 4/3, 11/3, 18/3 (Tue) 24/1, 7/2, 14/2, 21/2, 28/2, 7/3, 14/3, 21/3 (Fri) | 1600-1650 1500-1550 | 20 | 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 minutes. |
| 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 T25 T26 T27 T28 T29 T30 T31 T32 | 21/1 (Tue) 4/2 (Tue) 11/2 (Tue) 18/2 (Tue) 25/2 (Tue) 4/3 (Tue) 11/3 (Tue) 18/3 (Tue) 22/1 (Wed) 5/2 (Wed) 12/2 (Wed) 19/2 (Wed) 22/1 (Wed) 5/2 (Wed) 12/2 (Wed) 19/2 (Wed) 23/1 (Thu) 6/2 (Thu) 13/2 (Thu) 20/2 (Thu) 24/1 (Fri) 7/2 (Fri) 14/2 (Fri) 21/2 (Fri) 27/1 (Mon) 10/2 (Mon) 17/2 (Mon) 24/2 (Mon) 23/1 (Thu) 6/2 (Thu) 13/2 (Thu) 20/2 (Thu) | 0900-1050 0900-1050 0900-1050 0900-1050 0900-1050 0900-1050 0900-1050 0900-1050 0900-1050 0900-1050 0900-1050 0900-1050 1500-1650 1500-1650 1500-1650 1500-1650 1000-1150 1000-1150 1000-1150 1000-1150 1400-1550 1400-1550 1400-1550 1400-1550 1000-1150 1000-1150 1000-1150 1000-1150 1500-1650 1500-1650 1500-1650 1500-1650 | 26 | Physical Fitness Room II, James Liu Multi-Purpose Room, BOC (opposite side of the CityUHK 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 I and II. |
| PED 1308 | Fitball – Ele | T01 T02 | 27/1, 10/2, 17/2, 24/2, 3/3, 10/3, 17/3, 24/3 (Mon) 21/1, 4/2, 11/2, 18/2, 25/2, 4/3, 11/3, 18/3 (Tue) | 1500-1550 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 minutes. |
| PED 1309 | Pilates Mat – Ele | T01 T02 | 21/1, 4/2, 11/2, 18/2, 25/2, 4/3, 11/3, 18/3 (Tue) 23/1, 6/2, 13/2, 20/2, 27/2, 6/3, 13/3, 20/3 (Thu) | 1000-1050 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 minutes. |
| PED 1310 | Refreshing Yoga – Ele | T01 T02 | 21/1, 4/2, 11/2, 18/2, 25/2, 4/3, 11/3, 18/3 (Tue) 23/1, 6/2, 13/2, 20/2, 27/2, 6/3, 13/3, 20/3 (Thu) | 0900-0950 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 minutes. |
| PED 1315 | Tabata – Ele | T01 | 27/1, 10/2, 17/2, 24/2, 3/3, 10/3, 17/3, 24/3 (Mon) | 1600-1650 | 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 minutes. |
| PED 1317 | High Intensity Interval Training (HIIT) – Ele | T01 | 22/1, 5/2, 12/2, 19/2, 26/2, 5/3, 12/3, 19/3 (Wed) | 1100-1150 | 14 | Physical Fitness Room II, James Liu Multi-Purpose Room, BOC (opposite side of the CityUHK Medical Clinic) | Students would not be allowed to enter the room when the class is in progress for 15 minutes. |
| PED 1402 | Golf – Ele | T01 T02 T03 T04 | 22/1, 5/2, 12/2, 19/2 (Wed) 26/2, 5/3, 12/3, 19/3 (Wed) 23/1, 6/2, 13/2, 20/2 (Thu) 27/2, 6/3, 13/3, 20/3 (Thu) | 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 in 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 T04 | 27/1, 10/2, 17/2, 24/2 (Mon) 3/3, 10/3, 17/3, 24/3 (Mon) 21/1, 4/2, 11/2, 18/2 (Tue) 25/2, 4/3, 11/3, 18/3 (Tue) | 0930-1120 0930-1120 1430-1620 1430-1620 | 14 | Multi-purpose Court, 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/XPYwAYFpuZc6hss8 for the location of the Centre. |
| PED 1405 | Rope Skipping – Ele | T01 T02 | 22/1, 5/2, 12/2, 19/2, 26/2, 5/3, 12/3, 19/3 (Wed) 24/1, 7/2, 14/2, 21/2, 28/2, 7/3, 14/3, 21/3 (Fri) | 1400-1450 1600-1650 | 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 minutes. |
| PED 1502 | Tai Chi Chuan (24 Forms) – Ele | T01 T02 | 27/1, 10/2, 17/2, 24/2, 3/3, 10/3, 17/3, 24/3 (Mon) 27/1, 10/2, 17/2, 24/2, 3/3, 10/3, 17/3, 24/3 (Mon) | 0900-0950 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 minutes. |
| PED 1503 | Tai Chi Sword (32 Forms) – Ele | T01 | 27/1, 10/2, 17/2, 24/2, 3/3, 10/3, 17/3, 24/3 (Mon) | 1100-1150 | 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, Judo, Karate etc). Students would not be allowed to enter the room when the class is in progress for 15 minutes. |
| PED 1601 | Badminton – Ele | T01 T02 T03 | 17/2, 3/3, 17/3, 31/3 (Mon) 5/2, 12/2, 19/2, 26/2 (Wed) 5/3, 12/3, 19/3, 26/3 (Wed) | 1000-1150 1000-1150 1000-1150 | 16 | Boundary Street Sports Centre No. 1 | Students should have to consider the traveling time (30 minutes) from Main Campus to Boundary Street Sports Centre No. 1. Please refer to https://maps.app.goo.gl/zeerB5rPSLYKe8V4A for the location of the Centre. |

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|-------------|------------------------|--|---|--|----------------------|---|---|
| PED 1602 | Squash – Ele | T01 T02 T03 T04 T05 T06 | 4/2, 11/2, 18/2, 25/2 (Tue) 4/3, 11/3, 18/3, 25/3 (Tue) 5/2, 12/2, 19/2, 26/2 (Wed) 5/3, 12/3, 19/3, 26/3 (Wed) 6/2, 13/2, 20/2, 27/2 (Thu) 6/3, 13/3, 20/3, 27/3 (Thu) | 1000-1150 1000-1150 1400-1550 1400-1550 1000-1150 1000-1150 | 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. |
| PED 1603 | Table Tennis – Ele | T01 T02 T03 | 4/2, 11/2, 18/2, 25/2 (Tue) 6/2, 13/2, 20/2, 27/2 (Thu) 6/3, 13/3, 20/3, 27/3 (Thu) | 1400-1550 1400-1550 1400-1550 | 16 | 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 T04 | 27/1, 10/2, 17/2, 24/2 (Mon) 3/3, 10/3, 17/3, 24/3 (Mon) 21/1, 4/2, 11/2, 18/2 (Tue) 25/2, 4/3, 11/3, 18/3 (Tue) | 0930-1120 0930-1120 1430-1620 1430-1620 | 16 | Tennis Court, 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 1701 | Basketball (Men) – Ele | T01 | 10/2, 17/2, 24/2, 3/3 (Mon) | 1400-1550 | 20 | Shek Kip Mei Park Sports Centre | Students should have to consider the traveling time (20 minutes) from Main Campus to Shek Kip Mei Park Sports Centre. Please refer to https://goo.gl/maps/FfJxb1DyRQn for the location of the Centre. |
| PED 1706 | Soccer – Ele | T01 | 21/1, 4/2, 11/2, 18/2 (Tue) | 0930-1120 | 20 | Grass Pitch, 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 1707 | Softball – Ele | T01 | 24/1, 7/2, 14/2, 21/2 (Fri) | 1600-1750 | 20 | Grass Pitch, 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 1711 | Futsal – Ele | T01 | 24/1, 7/2, 14/2, 21/2 (Fri) | 1430-1620 | 16 | Multi-purpose Court, 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 1712 | Floorball – Ele | T01 | 23/1, 6/2, 13/2, 20/2 (Thu) | 0930-1120 | 12 | Multi-purpose Court, 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 1804 | Basic Mountain Craft | T01 T01 T02 T02 T03 T03 T04 T04 | 27/1 (Mon) Theory + half-day hiking trail 10/2 (Mon) One full-day hiking trail 22/1 (Wed) Theory + half-day hiking trail 5/2 (Wed) One full-day hiking trail 12/2 (Wed) Theory + half-day hiking trail 19/2 (Wed) One full-day hiking trail 13/2 (Thu) Theory + half-day hiking trail 20/2 (Thu) One full-day hiking trail | 0900-1650 0900-1650 0900-1650 0900-1650 0900-1650 0900-1650 0900-1650 0900-1650 | 12 | P.E. Conference Room, 6/F, Blk 1, To Yuen Building and venue off-campus | The first session will be conducted at P.E. Conference Room, 6/F, Blk 1, To Yuen Building together with a half-day hiking trail. The second session will be a whole day off-campus hiking trail. |

Ele – Elementary

Inter – Intermediate

Application Schedule for Semester B PE Courses (2024-2025)

- Web Add/Drop Period : a. For Undergraduate students : **First Period : 6 January 2025 (0900-1830);**
Second Period : 7 January 2025 (0900-1800), 8 January 2025 (1000-1600);
Third Period : 9 January 2025 (0845) to 20 January 2025 (2330)
- b. For Postgraduate / Research students : **8 January 2025 (1800) to 20 January 2025 (2330) via e-Portal /AIMS**

Course Duration : Most of the PE courses would be started from 21 January 2025 to 31 March 2025. Please attend the course according to the PE course timetable.
<https://www.cityu.edu.hk/sds/physical-education-wellness-and-sports/pe-courses/regular-pe-courses/courses-details>

Registration : For details, *please visit the Course Registration website under Academic Information of CityUHK 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.



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Attending the Course & Stand-by Policy

1. 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.
2. **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.
3. 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 : **First Period : 6 January 2025 (0900-1830);**
Second Period : 7 January 2025 (0900-1800), 8 January 2025 (1000-1600);
Third Period : 9 January 2025 (0845) to 20 January 2025 (2330)
 - b. For Postgraduate / Research students : **8 January 2025 (1800) to 20 January 2025 (2330) via e-Portal /AIMS**

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

1. 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.
2. Students attending the courses should be **dressed in proper sportswear/attire**. Footwear must be **non-marking rubber-soled sports shoes** unless otherwise specified.
3. Students should observe the regulations governing the use of all on and off-campus sports facilities.
4. 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.
5. 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.

1. Ms. Winnie WONG 3442 8052
2. Mr. Jason CHAU 3442 9104
3. Mr. Gordis YAU 3442 8150

The timetable will be available at 6/F, Block 1, To Yuen Building or at the link provided below from 24 December 2024:

<https://www.cityu.edu.hk/sds/physical-education-wellness-and-sports/pe-courses/regular-pe-courses/courses-details>

