

Physical Education and Health (Core Courses) Study Scheme

CUHK(SZ)

The Physical Education and Health courses are the University Core courses of CUHK-Shenzhen which offered to all full-time undergraduates. All full-time undergraduates are required to complete 2 units of Physical Education courses for graduation. It is composed of two categories of courses—**PED1001 Physical Education** and **PED1002 Fitness and Health**. All full-time undergraduates are required to take one unit of PE in the first and second terms respectively during their first year in the University, and are not allowed to take more than 1 unit of PE compulsory courses per semester.

1. Overview of Physical Education and Health Course

1.1 PE courses aim to foster the whole-person development of all full-time undergraduates. The courses focus on guiding students about the importance of sports participation and arousing their interest towards sports, so that students can ultimately cultivate a lifelong habit of participating in physical activities.

1.2 PE courses aim to equip all full-time undergraduates with basic sports skills and abilities, enhance their communication, teamwork, and collaboration skills, and achieve healthy development both physically and psychologically, which enables them to fit to confront difficulties in the challenging workplace in the future.

1.3 Through taking part in sports activities, students can have a knowledge of sports, establish the awareness of fitness, strengthen their physical fitness, and cultivate skills and attitudes for independent physical exercise.

2. Enrollment Rules

2.1 All full-time undergraduates are required to complete the following two compulsory courses during their first year in the University (1 unit for each course, total 2 units)

- (a) First Term: PED1001 Physical Education
- (b) Second Term: PED1002 Fitness and Health

2.2 The PE courses offered cover the following sports items (including but not limited to) listed in the table below. Students can choose the sports items according to their own preferences and physical conditions (Each student can only take one sport item in a term and no student can take the same sport item for PED1001 and PED1002).

PE Courses List		
Course Code	Course Title	Units
PED1001 Physical Education/	Cheerleading	1

PED1002 Health and Fitness	Field Archery	1
	Volleyball	1
	Handball	1
	Badminton	1
	Barre Training	1
	Freestyle	1
	Breaststroke	1
	Golf	1
	Table Tennis	1
	Frisbee	1
	Football	1
	Basketball	1
	Tennis	1
	Floor Curling	1
	Taekwondo	1
Rock Climbing	1	

2.3 All full-time undergraduates are required to take PED1001 and PED1002 in the first and second semesters respectively during their first year in the University. 1) Students who have not enrolled in one or two PE courses above in their first year are required to submit an application form to choose the missed PE course(s) when they are in their Years 2-4, and they can only participate in the PE course(s) assigned by PEU. 2) Students who have failed PE course(s) the first time may take the course again either with the same sport, or with a different sport.