**Application for Special Arrangements**

**Notes to applicants:**

1. For seat reservation, please submit the signed application form to [ge@hkbu.edu.hk](mailto:ge@hkbu.edu.hk) during the pre-registration period of each semester.
2. Please refer to the Appendix for the information and highlights of physical activities in Healthy Lifestyle (HL) courses.
3. The application is subject to the approval of the course instructor.
4. Students with disabilities or special education needs (SEN) are strongly advised to communicate with the course instructors before registering for the courses. Students may also be invited to meet with the course instructors if necessary.
5. The collection and release of student information is only for the purpose of special arrangements for HL courses. The information should be kept in a secure manner.
6. Relevant information of your disability / SEN condition(s) will be transferred to the course offering units, Academic Registry, Unit for Students with Special Educational Needs on a need-to-know basis for the purpose of course and support arrangements.

**Personal Particulars**

|  |  |  |  |
| --- | --- | --- | --- |
| Name: |  | Student No.: |  |
| Email: |  | Study Programme: |  |

**Disability Conditions, Special Educational Needs & Special Requests (if any)**

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**Course Preference**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Academic Year: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Semester: \_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | |
| **Preference** | **Course Code** | **Course Title** | **Section#** | |
| **1st choice** | **2nd choice** |
| **1st choice** |  |  |  |  |
| **2nd choice** |  |  |  |  |

# Sections refer to ALL components, including lectures and tutorials (if applicable).

I confirm that the information provided on this form is correct and complete, and I agree that the GE Office can forward the application to the relevant course offering department/office(s) for approval and further arrangements.

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Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **GE Office** | **Course Instructor’s Approval** |
| Form received on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Office chop: | Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Appendix

**List of Healthy Lifestyle Courses (recommended for students with special educational needs)**

**Notes to applicants:**

1. The following Healthy Lifestyle courses have been identified to be more suitable for SEN students.
2. Not all courses listed are offered each semester. Please log in to BUniPort to check if the courses will be offered in the coming semester and to find the course outlines before you submit the application.

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| --- | --- | --- | --- | --- |
| **No** | **Offering department** | **Course code** | **Course title** | **Highlights of physical activities involved** |
| 1 | SPE# | UCHL  1026 | Home-Based Exercises: A Family Experience | In most classes, students will be led to perform toning and stretching moves using various daily living items (e.g. chair, plastic water bottle, & towel). Body-weight exercises will also be explored and practiced. Students are to involve a family member(s) in producing a short video of what they learn in class.  Selected fitness-related assessments will also be conducted. |
| 2 | SPE | UCHL  1027 | Mind and Body Exercises: Stretching and Pilates\* | In most classes, students will be led to perform various stretching/Pilates moves in standing, lying, and seated positions. Training tools being used include stretching strap, foam roller, and yoga block. Emphasis will be on awareness of and achieving good body alignment and posture.  Selected fitness-related assessments will also be conducted. |
| 3 | SPE | UCHL  1045 | When Traditional Tai Chi Meets Modern Health and Fitness\* | In most classes, students will be led to perform simplified forms of Tai Chi. Emphasis will be on proper stance, fluidity of movements, and rhythmic breathing. Students in small groups will present on how concepts from Tai Chi could be applied to daily living.  Selected fitness-related assessments will also be conducted. |
| 4 | EDUC | UCHL  1047 | Healthy Lifestyle in Action | Students need to perform self-chosen physical exercise for at least an hour in one week and write a reflective journal about what has been done and how he/she feels about it. |
| 5 | HMW | UCHL  1055 | How Are You, My Friend? Understanding and Loving Yourself | Most of the classes involve verbal sharing, with the aid of PPT and other visual devices. In a few (2 to 3 meetings in the whole semester) classes, demonstration of simple physical exercise will be made, and students are encouraged to follow (not compulsory). These physical exercises include Swing Hands Exercise, Eight-sectioned Exercise (both simple forms of Qi Gong). In 2 classes, there will be meditation practice which can be performed sitting. |
| **No** | **Offering department** | **Course code** | **Course title** | **Highlights of physical activities involved** |
| 6 | CMTR | UCHL  1056 | Introduction to Health Cultivation and Lifestyle Medicine | In most classes, students will be led to perform simple stretch exercises to relief bodily pain. Sitting meditation exercises, as well as Baduanjin exercises, which requires standing movements, will also be practiced. |
| 7 | AVA | UCHL  1057 | The Art of Mindfulness | In most classes, students will be led to practice breathing and meditation exercises. Gentle yoga poses will be practiced together with body awareness exercises in some sessions. All physical movements introduced will be emphasising the synchronicity with breathing, balancing, and the control of subtle muscles. Students will be reflecting how the practice of mindfulness can be applied to daily living in the form of a visual diary.  No fitness-related assessment will be conducted. |

\*These courses are not recommended for students in wheelchairs.

#SPE will be changed to SPEH in September 2020.

**List of Other Healthy Lifestyle Courses**

**Notes to applicants:**

1. The following Healthy Lifestyle courses involve more physical activities which may not be suitable for SEN students.
2. Not all courses listed are offered each semester. Please log in to BUniPort to check if the courses will be offered in the coming semester and to find the course outlines before you submit the application.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No** | **Offering department** | **Course code** | **Course title** | **Highlights of physical activities involved** |
| 1 | SPE# | UCHL 1007 | Base Running Games: Softball and Kickball\* | In most classes, students will be led to perform basic skills and movements of softball and kickball. Emphasis will be on cooperation and team spirit. Classes are conducted outdoors.  Selected fitness-related assessments will also be conducted. |
| 2 | SPE | UCHL 1015 | Classic Team Games: Basketball and Volleyball\* | In most classes, students will be led to practice skills, fundamental techniques, and game plays of basketball and volleyball. Emphasis will be on cooperation and team spirit.  Selected fitness-related assessments will also be conducted. |
| 3 | SPE | UCHL 1016 | CrossFit for a Purpose: No Quitters Allowed\* | CrossFit involves various body-weight and resistance training moves that challenges an individual’s muscular strength and endurance. Classes are conducted in a fitness room with various gym equipment.  Selected fitness-related assessments will also be conducted. |
| **No** | **Offering department** | **Course code** | **Course title** | **Highlights of physical activities involved** |
| 4 | SPE | UCHL 1017 | Dodge and Block: Get Away from Health Risks\* | In most classes, students will be led to practice basic skills and game plays of volleyball and dodgeball. Emphasis will be on agility and team cooperation.  Selected fitness-related assessments will also be conducted. |
| 5 | SPE | UCHL 1025 | Have a Field Day: Outdoor Team Games\* | Classes are conducted outdoors and include activities of Gaelic football, tag rugby, flag football, and soccer. Emphasis will be on cooperation and team spirit.  Selected fitness-related assessments will also be conducted. |
| 6 | SPE | UCHL 1035 | More than just Running: Prep for your first 5K / 10K and beyond\* | Classes are mostly conducted outdoors with different training programs typical for long-distance running. Emphasis will be on cardiovascular and muscular endurance.  Selected fitness-related assessments will also be conducted. |
| 7 | SPE | UCHL 1036 | Table Tennis: A Brainy Workout | In most classes, students will be led to perform fundamental skills and tactics of table-tennis. Emphasis will be on eye-hand coordination and agility.  Selected fitness-related assessments will also be conducted. |
| 8 | SPE | UCHL 1037 | Hand-eye Rally: Tennis, Taspony and Pickleball\* | In most classes, students will be led to perform basic movements, skills, and techniques of tennis, taspony, and pickleball. Emphasis will be on eye-hand coordination and agility.  Some classes will be conducted outdoors.  Selected fitness-related assessments will also be conducted. |
| 9 | SPE | UCHL 1046 | Whip it or Spin it: Badminton and Flyball\* | In most classes, students will be led to perform basic skills and simple tactical plays of badminton and flyball. Emphasis will be on eye-hand coordination and agility.  Selected fitness-related assessments will also be conducted. |

\*These courses are not recommended for students in wheelchairs.

#SPE will be changed to SPEH in September 2020.