**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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| --- |
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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.

| **No** | **Offering department** | **Course code** | **Course title** | **Highlights of physical activities involved** |
| --- | --- | --- | --- | --- |
| 1 | SPEH | UCHL  1026 | Home-Based Exercises: A Family Experience | 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 | SPEH | UCHL  1027 | Mind and Body Exercises: Stretching and Pilates\* | 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 | SPEH | UCHL  1045 | When Traditional Tai Chi Meets Modern Health and Fitness\* | 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 | 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. |
| 6 | 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. |
| 7 | COMP | UCHL1065 | E-sports and Health | In most classes, students will be led to experience different various types of E-sports which are controlled with a mobile phone or a game controller.  No fitness-related assessment will be conducted. |
| 8 | SOWK | UCHL1066 | Improving Mental Health for University Success | No physical activities involved in this course. |
| 9 | SPEH | UCHL  1067 | Learn an Olympic Life – Lessons to Live by | Students will be guided to perform relevant skills and techniques in Olympic and Paralympic sports including Handball, Boccia and Goalball. These physical activities will not only enable a connection with physical fitness and wellbeing, but will also foster wider transferable skills such as communication and teamwork. |
| 10 | COMS | UCHL1075 | Communicating Health and Healthy Lifestyle | Most classes of the course involve verbal sharing. The physical activity component may be part of the group project: Healthy lifestyle intervention. Students will practice a self-selected healthy lifestyle based on group decisions. Students are to identify communication issues associated with the practice or lack of practice of the healthy habit; develop effective communication strategies to enhance frequent practices; and monitor the health outcomes and evaluate the effectiveness of the intervention. |
| 11 | SOC | UCHL1076 | Health through Balance: Achieving Physical, Social and Emotional Wellbeing | Most meetings will involve lecturing and class discussions. One lecture will feature a yoga instructor guest speaker, who will guide students through the usefulness of meditation as a strategy for enhancing focus and productivity. All lecture and tutorial activities will be adjusted so as to accommodate SEN students. |
| 12 | MATHS | UCHL1077 | Understanding Numbers, Improving Health | In most classes, students will learn the meanings of different numbers in health information and using calculators. They will also participate in some mini-health programmes in the course projects and record the changes of their bodies. The mini-health programmes may involve some physical exercises (e.g., stair-step exercises) to measure the change of their bodies. |
| 13 | PHYS | UCHL1085 | Wearable Devices and Sensors for Healthy Lifestyle Assessments | Physical activities are optional to students. Students can select other activities such as music appreciation, taking rest, and even sleeping for their sensor measurements. |

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

**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 | SPEH | UCHL 1007 | Base Running Games: Softball and Kickball\* | 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 | SPEH | UCHL 1015 | Teamwork and Social Well-being: 3x3 Basketball and Volleyball\* | 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 | SPEH | UCHL 1016 | CrossFit: Cross-bridge of Fitness and Health\* | 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. |
| 4 | SPEH | 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. |
| 5 | SPEH | 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. |
| 6 | SPEH | UCHL 1036 | Table Tennis: A Brainy Workout\* | 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. |
| 7 | SPEH | UCHL 1037 | Hand-eye Rally: Tennis, Taspony and Pickleball\* | 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. |
| 8 | SPEH | UCHL 1046 | Whip it or Spin it: Badminton and Flyball\* | 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 of arms and upper body.  Selected fitness-related assessments will also be conducted. |

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