

As to promote physical activity participation and to establish a healthier lifestyle for CUHK students through brisk walking, jogging and hiking, a CUHK trail mobile application was devised for students to well utilize the newly established CUHK walking trails. This mobile application together with a teaching video and an instructional e-booklet were introduced to all the students during their Required and Elective Physical Education (PE) courses of different sports events, especially for the physical conditioning course in 2017-18 term 2.

Target students:	All undergraduate students taking Physical Education courses (includes required and elective PE courses) ^{Note 1}
Term & Year of offering:	2 nd Term 2017-18 onwards
Estimated class size:	20-28 students
Platform:	PE Unit website and Blackboard

Note 1: These students were mainly Year 1 students though there are some senior year students as all CUHK undergraduates are required to take Physical Education courses within their first study year.

Besides, self-directed learning and life-long exercise was promoted via the CUHK trail application since students can conduct self-practice and self-evaluation beyond class. They can monitor their own progress and fitness level, as well as set individual target by using the personal fitness activity log. An award on participation marks in required and/or elective PE course was provided to motivate the students to use the application more frequently. It is expected that students can perform self-learning by making good use of the online video, the mobile application and e-booklet before and after class.

MMCD Output

One micro-module was produced. A mobile application, an online teaching video and an e-booklet have been produced.

(Please Use Internet Explorer to open the links)

1) The CU trail mobile application

- i) <http://www.peu.cuhk.edu.hk/zh-tw/pe-courses/cu-trails-app> (Chi)
- ii) <http://www.peu.cuhk.edu.hk/en-gb/pe-courses/cu-trails-app> (Eng)

2) The e-booklet

http://www.peu.cuhk.edu.hk/images/content/pe-specials/cutrails_project/instructional_guide_for_cu_trails_app_rev_20180122.pdf

Please refer to Appendix I for the instructional guide for CU trail app

3) A short video for the project

https://www.cuhk.edu.hk/peu/restricted/login/cuhk_trail_app/%2000_cuhk_trail_apps_intro.htm

Evaluation

Both student surveys and focus-group interview were conducted to assess the effectiveness of the micro-module. In conclusion, responses received from students are positive. The vast majority of the participants agreed that the micro-module would motivate them to

actively participate in physical activities.