

THE CHINESE UNIVERSITY OF HONG KONG

Micro-Module Courseware Development Grant

Scheme 2: Studies in Foundation Courses

Interim Report (2016-17)

Report due 31 October 2017.

Please return by email to mmcd@cuhk.edu.hk

PART I

Project title: CUHK Trail Mobile Application Development

Principal supervisor: Dr. Leung Fung-lin, Elean

Department / Unit: Physical Education Unit

Project duration: From May 2017 to April 2018

Date report submitted: 31 October 2017

1. Project objectives

The project is on track to meet its objectives and the objectives have not been changed.

The objectives are as follows:

- To promote physical activity participation for CUHK students
- To build a healthier life style through fitness activity for CUHK students
- To introduce and well utilize the newly established CUHK walking trails to all new students every year

2. Progress on process, outcomes or deliverables

Three major deliverables of the project:

- i. A fitness walking or jogging app
- ii. A teaching video which demonstrates how to use the app
- iii. An e-booklet

Progress

The fitness activity app is ready for PEU's internal testing in Mid-October. The scheduled trial phase will be from October to December 2017. An e-booklet and online teaching video are going to be prepared at the same time.

Obstacles encountered

PEU has to communicate frequently between the mobile app company and the Information Technology Services Centre (ITSC) in developing the fitness activity app which was quite time-consuming. The time consumed on application procedure for virtual server and verification of students' data from ITSC was longer than our expectation. The schedule is thus rather tight in launching the testing app. Improvement can be made by a better planning on the schedule next time.

A listing of project outputs to date

A tentative link for internal app testing is available for PEU staff:

<https://apps2.ideaslab.hk/appdist>

A short video for introducing the project is also posted online:

https://www.cuhk.edu.hk/peu/restricted/login/cuhk_trail_app/00_cuhk_trail_apps_intro.htm

3. Evaluation Plan

We have not altered our evaluation plans.

The micro-module developed will be used for both required and elective PE courses of different sports events, especially for the multiple sessions of physical conditioning course involved.

Students will be invited to fill in survey and join focus groups so as to collect feedback and evaluate the effectiveness of the micro-module.

4. Dissemination Activities (reports, websites, video links, products, etc.)

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