

Healthy Lifestyle Course (HLTH1010)



A compulsory, one-year course for all undergraduates to learn how to maintain a well-balanced and healthy lifestyle that will help them to effectively manage their, learning and work.

To fulfill the course requirement, students are required to **obtain a PASS in each of the 5 modules and accumulate a total of at least 45 course hours** in the academic year.

Course Template

	Module	Description of Activities	Minimum Hours Required	Maximum Hours					
				Towards Total	Per Attempt	Per Day			
Core	Orientation	Course Introduction Session	1	1	1	-			
		Getting Started@HKUST	2	2	2	-			
	Wellness	Intake Survey	1	1	1	-			
		Health & Fitness Assessments	2	2	2	-			
		Wellness Assessments (HLO & DASS)	1	1	1	-			
		Exit Survey	1	1	1	-			
	Fitness Training	Lecture & Practicum	2	2	2	-			
Sports Skill Class	Sports Skill Class	9	10	11	12	12	-	-	
Elective	Activities	# Additional Sports Skill Class					12	-	-
		# Organized Sports	+	+	+	+	14	2	2
		Self Sports Practice	26	25	24	23	14	1	1
		# Wellness & Personal Enrichment					14	2	4
		# Community or Voluntary Work					14	4	8
** Combined total from the "Sports Skill Class" and the "Activities" modules			35						
Total Course Hours Required			45						

Organized or endorsed by HLTH1010 Course Office

** A minimum combined total of 35 hours from the "Sports Skill Class" and the "Activities" modules is required.

Students with special personal reasons may seek exemption from the Director of Student Affairs.

<http://sao.ust.hk/HLTH1010>



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Recommended Year Plan

Month	Module/Activity
Aug.	Getting Started@HKUST & Course Introduction Session [27-28 Aug.] <i>Online registration is accepted via First Year Success [fys.ust.hk/2014/talk.html#CIGT]</i>
	Fitness Training Class [25 Aug. onwards] <i>Online registration from 11 Aug. onwards via MyPortal [my.ust.hk, then click "Healthy Lifestyle Course"]</i>
	Wellness & Personal Enrichment Events <i>Online registration is accepted via First Year Success [fys.ust.hk/2014/talk.html]</i>
Sept. to Dec.	Health & Fitness Assessments [5-7 Sept.] <i>Online registration from 25 Aug. onwards via MyPortal</i>
	Fitness Training Class [Sept.-Oct.] <i>Online registration from 11 Aug. onwards via MyPortal</i>
	Intake Survey [Sept.-Oct.] <i>Watch out for Email Announcement in Sept.</i>
	Wellness Assessments [Sept.-Oct.] HLQ - Holistic Lifestyle Questionnaire; DASS - Emotion Thermometer <i>Watch out for Email Announcement in Sept.</i>
	Sports Skill Class [22 Sept.-Nov.] <i>Submit online registration on 11 & 12 Sept. via MyPortal</i> <i>In-person registration on 16 & 17 Sept.</i>
	Events in the "Activities" Module [Sept.-Dec.] ➢ Organized Sports ➢ Wellness & Personal Enrichment ➢ Community or Voluntary Work ➢ Self Sports Practices at Campus Sports Facilities
Jan. to April	Events in the "Activities" Module [Jan.-April] ➢ Additional Sports Skill Class ➢ Organized Sports ➢ Wellness & Personal Enrichment ➢ Community or Voluntary Work ➢ Self Sports Practices at Campus Sports Facilities
	Exit Survey [April] <i>Watch out for Email Announcement in April</i>



Paddling during canoeing course



Taking on the challenge of sport climbing

Benefits

- Upon completion of the course, you should
- Have a better understanding of your wellness conditions
 - Be better prepared for taking charge of wellness and personal development
 - Have learned a new sport and participated in regular exercise for a better level of fitness and a healthy lifestyle
 - Have learned how to make conscious decisions in creating and maintaining a healthy lifestyle by balancing the physical, intellectual, emotional, social, occupational, spiritual and environmental aspects of life

How to Get a PASS

Students will be awarded a **PASS** in the HLTH1010 course at the end of the Spring Term upon **obtaining a PASS in each of the 5 modules AND accumulating a total of at least 45 course hours.**

<http://sao.ust.hk/HLTH1010>



Archery shooting during club practice



Kendo team practice



Practicing the serve in tennis class



Self practicing at Fitness Center

