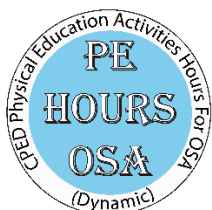


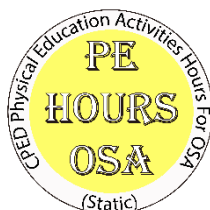
Every student who is taking the course CPED1001 and 1002 MUST complete 10 PE hours in every semester. OSA and RC would provide different activities with PE hours in every semester.

### I. Types of Activities

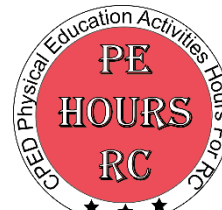
PE hours can be divided into two categories -- Dynamic and Static. The logo of OSA Dynamic PE hour activities is in blue as LOGO 1. The logo of OSA Static PE hour activities is in yellow as LOGO 2. The logo of RC PE hour activities is in red as LOGO 3. ***PE hour would not be counted in activities without any one of these logos.***



(LOGO 1)



(LOGO 2)



(LOGO 3)

### II. The Ratio of PE Hour Activities

1. Students can freely allocate the ratio of PE hour as long as you are able to complete 10 PE hours every semester.
2. The number of static activity hours cannot be more than 5 hours.

### III. PE Hour Announcement by OSA

OSA PE hour would be announced in the following ways:

1. OSA website (<https://sports.osa.um.edu.mo/osapehours/>) (QR CODE 1)
2. Communication softwares ( Wechat: OSA PE Hour group) (QR CODE 2)
3. Bulletins in N8



(QR CODE 1)



(QR CODE 2)

### IV. Record Checking of OSA PE Hour

All of the data of OSA PE hour would be uploaded within 10 DAYS after the activities. Students could check the related record via the website of Whole Person Development Award Programme (<https://isw.umac.mo/wp/faces/app/redirector.jspx>) (QR CODE 3)



(QR CODE 3)

\*Remarks: If the activity is held on 1 Sept. and ended on 9 Sept., the data will be uploaded within 10 days after 9 Sept.

**V. Notes:**

1. Students are required to check in/out of the activity with Student ID Card in every OSA PE Hour activities.
2. Students who arrive late or leave early, do not respect the activity, neglect the staff's guidance, or do not follow during the activity, SAO reserves the right to cancel his/her PE hour.
3. OSA would update the PE hour records via OSA website or communication softwares. If students who have any questions, he/she should report to OSA within the specified period and NO modification after that period.
4. If students are not able to log in the Whole Person Development Award Programme website, please check if the account has registered or use the other browsers.
5. If students have any questions about OSA PE hour activities, please inquire through the ways in IV . If students have any questions about RC PE hour activities, please contact RC staff.
6. If students inquire via email, please use student email and clearly inform his/her name, student number, name of activity, specific activity date and time for the follow up.

**VI. Any Inquire:**

1. Email: [koupanlei@um.edu.mo](mailto:koupanlei@um.edu.mo)
2. Tel: 8822-4434 (Mr. Lei)
3. Wechat: UMOSAPE
4. Address: N8-1017