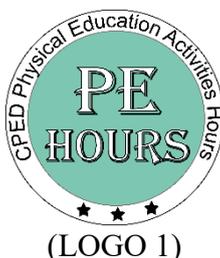


Introduction to PE Hour Activity

Every student who is taking the course CPED1001 and 1002 MUST complete 5 PE hours in every semester. Office of Sports Affairs (OSA) and Residential Colleges (RC) would provide different activities with PE hours in every semester.

I. Types of Activities

Approved activities have a PE hour label as LOGO 1.



II. The Ratio of PE Hour Activities

Students can freely allocate the proportion of PE hours in the OSA or RC. The activities are not divided into dynamic and static, and only need to complete 5 hours of PE hours per semester.

III. PE Hour Announcement

1. OSA PE hour would be announced in the following ways:
 - 1.1 OSA Website (<https://sports.osa.um.edu.mo/osapehours/>) (QR CODE 1)
 - 1.2 Communication software (Wechat: OSA PE Hour group) (QR CODE 2)
 - 1.3 Bulletins in N8-G016 Training Hall
2. RC PE hour would be announced in the RC.



(QR CODE 1)



(QR CODE 2)

IV. Record Checking of 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). RC PE hour would be uploaded the UMRC APP.



(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 software. 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, use the other browsers or contact Mr. Ma (8822-4821 / wp.enquiry@um.edu.mo).
5. If students have any questions about OSA PE hour activities, please inquire through the ways in VI. 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
2. Tel: 8822-4484 (Mr. Lei)
3. Wechat: UMOSAPE
4. Address: N8-1017