

2016-17 HKUST Sports Team Fitness Training Workshops

The 2016-17 HKUST Sports Team Fitness Training Workshops have come to a successful end. The initial purpose of these workshops is to offer the opportunities for the sports team members to improve their individual fitness for engaging in high level and intense competitions. In this year, the workshops were designed to equip sports team members with knowledge, skills and abilities in developing and executing the performance-related fitness exercises specific to their sports.

Student Affairs Office (SAO) provided total 14 sessions, on Tuesday nights and Wednesday nights, from 14 February 2017 to 29 March 2017. We focused on two types of training in a series: They were speed and endurance training, and strength and power training. There were 134 students from 9 sports teams attended the workshops. 3 coaches from Sports and Wellness team, Mr. CHENG Ho Kwan, Mr. YEUNG Ying Wai and Mr. LEE Chi Ho, were the instructors of these workshops. They were not only trained the students, but also trained with the students during the workshops.



Sports team members train the core muscles with medicine balls.



Students are trained by 100-metres Interval training.



Running stairs is one of the training in the workshops.



Group photo of student athletes from different sports teams.



Students try their best to join the core muscles training.