

# Center for Sports and Exercise FitRx for Special Populations Registration Form

## I. Personal Information

Title:  Prof. / Dr. / Mr. / Mrs. / Miss / Ms.

Surname:  Given Name:

Chinese Name (if any):  Sex:  Male / Female

Date of Birth:   
(MM/YYYY)

Category:  Student / Staff / Member / Others  Student/ Staff/ Member-ship Card No.: (if any)

Day Time Contact No.:  E-mail Address:

Emergency Contact:   
(Name) Contact No.)

## II. Payment

Payment can be settled by cheque, \*cash or credit card with payable to "The University of Hong Kong". All registrations should be sent or delivered to:

Office G-03, Henry Fok Health & Fitness Complex, Stanley Ho Sports Centre, 10 Sha Wan Drive, Sandy Bay, Hong Kong

\*Cash and credit card payment will only be accepted by submitting in-person.

## III. Liability Wavier

I hereby affirm that I am in good physical condition to exercise. My participation is purely voluntary and in no way mandated by The University of Hong Kong.

Also, I understand that I can stop training anytime if I have any discomfort or even without any particular reason. In no event shall The University of Hong Kong, its officers, employees, or agents be held liable for any injury, death, or property loss which I may suffer during the activities if caused by either my own negligence, inadequacies in health and fitness or by accident.

Also, I give permission for any exercise related information to be disclosed to other health care professionals and stored in their database. This information will be used solely for monitoring and evaluation purposes, all reasonable steps will be taken to ensure that data will be kept secure against unauthorized access, loss, disclosure or destruction in line with the Personal Data (Privacy) Ordinance (Cap. 486).

Signature:  Date:

CUT ALONG DOTTED LINE AND SEND REGISTRATION FORM ALONG WITH CHEQUE MADE OUT TO "THE UNIVERSITY OF HONG KONG"



CENTRE FOR  
SPORTS AND EXERCISE  
THE UNIVERSITY OF HONG KONG  
香港大學運動中心



CENTRE FOR  
SPORTS AND EXERCISE  
THE UNIVERSITY OF HONG KONG  
香港大學運動中心



Attention: Mr. Kenneth Liang  
Phone: 2872-1202  
Fax: 2817-1974  
E-mail: [ktkliang@hku.hk](mailto:ktkliang@hku.hk)

G/F, Henry Fok Health and Fitness Center,  
Stanley Ho Sports Centre, Hong Kong  
10 Sha Wan Drive, Sandy Bay, Hong Kong



## HOW THE PROGRAM WORKS

### 1. *Initial Consultation*

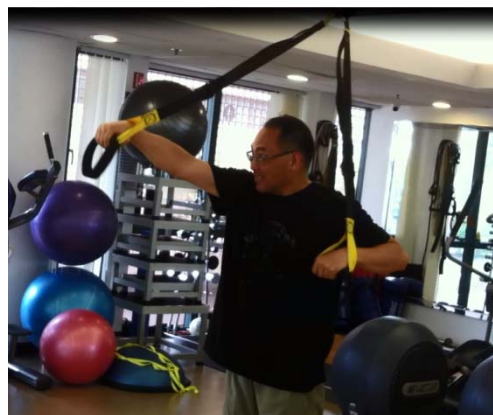
Client's health risk assessment, health profile and training needs will be discussed.

### 2. *Objective assessment*

Client's functional capacity and limitations will be evaluated.

### 3. *Individualized Exercise Programme.*

Clients will receive proper instructions on the prescribed exercises by the accredited Exercise specialist



## CSE FitRx for Special Populations

Evidence on the role of physical activity in the prevention and management of chronic disease is overwhelming. Exercise is safe for most people and has many health benefits but for someone who are either at risk of or with diagnosed chronic diseases, exercise safety is a legitimate concern. The CSE FitRx for Special Populations, run by our **qualified exercise professional\***, is provided for those who need a client-centered, one-to-one education/training sessions.

\* ACSM Certified Clinical Exercise Physiologist  
ACSM/NCHPAD Certified Inclusive Fitness Trainer  
ACSM/ACS Certified Cancer Exercise Trainer

## PACKAGE WILL INCLUDE

10 one-hour sessions under the guidance and supervision of **qualified exercise specialist**, on prescribed exercises

Initial cardiovascular risk assessment and health screening

Personalized fitness advice

<b>Programme Fee</b>	staff/student/CSE member	HK\$1.980
	Others	HK\$2.400
<b>Training Venue</b>	Initial assessment/ orientation session will be held at: Room G-01, Henry Fok Health and Fitness Complex, Stanley Ho Sport Centre. Subsequent trainings will be held at: 1/F, Active Health Clinic, Henry Fok Health and Fitness Complex, Stanley Ho Sports Centre	
<b>Coordinator and exercise specialist</b>	Mr. Kenneth Liang	
<b>Registration</b>	For enquiries or appointment booking, please contact: 2972-1202 or <a href="mailto:ktkliang@hku.hk">ktkliang@hku.hk</a>	

\*\* CSE Members includes HKU Alumni, Community Member, HKU-CSE Tenants Sports Member, Associate Members for SSC Team and Foundation Members