

SA Jogging Class

Join our professional jogging class to improve your fitness, refine your technique, and enjoy running with colleagues! Whether you are a beginner or a seasoned runner, we provide personalized programs to help you reach your goals.

Course Content

1. **Technique & Posture:** Static and dynamic warm-up techniques; running form analysis.
2. **Cardio & Strength:** Speed, endurance, muscle strength training, and breathing rhythm.
3. **Strategy:** Application of training programs and racing strategies.
4. **Psychology:** Developing "run-feel" and cultivating a lasting interest in running.

We tailor appropriate programs based on individual fitness levels to ensure effective progress and holistic health.

Class Details

- **Level:** Beginner to Intermediate
- **Age:** Adults only
- **Date:** FRIDAYS in April 2026: Apr 10, 17, 24
- **Time:** 6:00 pm – 7:30 pm
- **Venue:** HKUST Outdoor Sports Ground
- **Quota:** Min 10, Max 20
- **Fee:** \$100 per session
- **Registration:** https://ust.az1.qualtrics.com/jfe/form/SV_exiW5yjmyAiLFKC
- **Language:** Chinese supplemented with English
- **Eligibility:** HKUST Staff Association full or associate member, first come first served

Membership & Enrollment Fees

- **For full-time staff/faculty:** Participants must enroll as a **Full Member** of the Staff Association before the first class. If you are not yet a member, a **\$30 enrollment fee** will be applied (valid until Dec 31, 2026).
- **For part-time staff, spouse of faculty/staff, former staff or retiree of HKUST:** Participants must enroll as an **Associate Member** of the Staff Association before the first class. If you are not yet a member, a **\$30 enrollment fee** will be applied (valid until Dec 31, 2026).

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- **Membership Application:** <https://staff.hkust.edu.hk/application>

Payment & Attendance Policy

- **Tuition Payment:** Fees for April should be paid during the first class.
- **Leave Policy:** Students may request leave once per month.
- **Makeup Classes:** A makeup session will be arranged in the following month (applicable only if the student remains enrolled).
- **No Refund:** Please note that tuition fees are non-refundable.

Adverse Weather Arrangement

- The class will be cancelled if **Typhoon Signal No. 8 or above** or a **Black Rainstorm Warning** is in force 2 hours before the start of the class.
- In case of heavy rain or unstable weather, the coach will decide whether to proceed or move to a covered area at the venue.

Meet Our Coaches *One coach per session (either Coach Ng or Coach Chan).*

- **Coach Ng Yan Chi:** World Athletics Level 1 Coach; Former Hong Kong Team Member; Former HK Record Holder (15km & Half-Marathon). PB: 10km (32:47), Marathon (2:42:00).
- **Coach Chan Pui Yuk:** USATF Level 1 Coach; Current Secondary School Distance/XC Coach; Extensive coaching experience. PB: 10km (32:39), Marathon (2:33:42).

SA 長跑訓練班

想改善體適能、修正跑步姿勢，並與同事一起享受跑步的樂趣？歡迎參加由精英教練帶領的長跑訓練班！無論您是跑步新手還是資深跑手，我們都會為您制定合適的訓練計劃。

授課內容

1. **熱身與跑姿：**靜態及動態熱身技巧、跑姿講解。
2. **心肺與肌力：**增強心肺功能、速度及耐力訓練、肌力訓練、呼吸節奏。
3. **策略與實踐：**不同訓練計劃 (Prog) 的應用、賽踐和制定練習策略。
4. **運動心理學：**跑感和跑步興趣的培養。

我們會根據同學不同程度，制定合適的計劃並分組練習，達致身心健康和能力上的進步。

課程詳情

- 程度：初級至中級
- 對象：僅限成人
- 日期：2026年4月（逢星期五）：4月10, 17, 24日
- 時間：下午6:00 – 晚上7:30
- 地點：香港科技大學室外運動場
- 名額：最少10人，最多20人
- 費用：每堂\$100
- 報名：https://ust.az1.qualtrics.com/jfe/form/SV_exIW5yjmyAiLFKC
- 語言：中文授課，輔以英文
- 報名資格：科大教職員協會會員或附屬會員，名額先到先得

會籍及報名費用

- 全職教職員：參加者須在第一堂課前入會成為正式會員 (Full Member)。若尚未入會，需繳付**\$30入會費**（會籍有效期至2026年12月31日）。
- 兼職教職員，全職教職員之配偶，科大前員工或退休員工：參加者須在第一堂課前入會成為附屬會員 (Associate Member)。
- 若尚未入會，需繳付**\$30入會費**（會籍有效期至2026年12月31日）。
- 會籍申請：<https://staff.hkust.edu.hk/application>

繳費及考勤須知

- 學費繳付：4月份學費將於第一堂課時繳交。
- 請假安排：同學每月可請假一次。
- 補課安排：補課將安排於下月進行（僅適用於繼續報讀之同學）。
- 恕不退款：請注意，所有已繳交之學費恕不退還。

惡劣天氣安排

- 若在開課前2小時，八號或以上颱風訊號或黑色暴雨警告仍然生效，當日課堂將會取消。
- 如遇大雨或天氣不穩定，教練將視乎情況決定繼續進行、改往有蓋地方或取消。

教練簡介 每場課堂將由其中一位教練執教（吳教練或陳教練）。

- **吳恩賜教練**：世界田聯一級田徑教練、前香港田徑隊成員、前香港半馬及 15 公里紀錄保持者。個人最佳：十公里 (32:47)、馬拉松 (2:42:00)。
- **陳培郁教練**：美國田徑協會一級田徑教練、現任中學長跑及越野隊教練、具豐富跑班執教經驗。個人最佳：十公里 (32:39)、馬拉松 (2:33:42)。