

- **課程名稱：現代舞+舞蹈運動 ~ 基礎班**
- **課程簡介：**
 - 您是否... 每天 低頭掃手機 長期對電腦？
 - 您是否... 渴望 循序漸進地 鍛鍊身體+快樂舞動？

本課程以現代舞的基礎舞蹈練習強化肌力，鍛鍊身體協調與平衡，配合適量帶氧運動，舒展全身，舒緩壓力，輕鬆舞動，使體態優美
- **課程內容：**
 - 暖身伸展：由韻律暖身與伸展開始+運用正確伸展法，減少肌肉與肌腱拉傷
 - 舞蹈運動：配合現代舞風格的帶氧運動，由基礎簡易的舞蹈組合開始，讓學員感受到現代舞的自由及釋放
 - 藉導師編排的現代舞小品，引導學員體驗舞動帶給生活的能量與快樂
- **課程日期：**
 - 2026 年 1 月 5, 12, 19, 26 日; 2 月 2, 9, 16, 23 日 逢星期一(共八課)

時間: 下午1 時至2 時

地點: TBC

導師: 杜美寶小姐

導師資歷: 美國New York Peridance Capezio舞蹈學院-Dance Studies Program證書

AASFP亞洲運動及體適能專業學院-伸展教練證書

備注：本課程歡迎任何喜愛以舞蹈鍛鍊身心的人士，無需舞蹈經驗

授課語言: 廣東話(如有需要可輔以英語)

名額: 15 人

收費: 會員\$800; 非會員\$830 （請在第一課付款）

網上報名, 先到先得, 所有參加者都必須是科大教職員或教職員協會會員/附屬會員, 教職員協會會員/附屬會員優先:

https://ust.az1.qualtrics.com/jfe/form/SV_0SyY1IRmSSnhC8m

報名截止日期: 2025年12月31日

查詢: 趙小姐(電郵xfzhao@ust.hk)

歡迎非會員加入本會，享用會員福利，年費港幣30 元. 登記網址:

http://staff.ust.hk/membership_form.html

***成功報名者, 將會收到電郵通知, 不成功者, 不會獲得通知**

- **Course Name: Modern Dance + Exercise ~ Basic**
- **Course Introduction:**
 - Are you... phubbing cell phone and working with computer daily?
Are you... eager to exercise your body and dance happily step by step?
 - In this course, you could experience basic dance exercises of modern dance for muscle strengthening, body coordination and balance, and combine it with appropriate cardio exercise to stretch the whole body, relieve stress, dance easily, and make your body in shape beautifully.
- **Course Content:**
 - Warm-up and Stretching: rhythmic warm-up and stretching + proper stretching methods to reduce muscle and tendon strain
 - Dance Exercise: Cardio dance exercises in basic and simple modern dance combinations, allowing your body experience the freedom and relaxation in modern dance
 - Learn a modern dance piece choreographed by instructor for students to feel the energy and happiness that dance brings to life.
- **Course Date:**
 - 5/1, 12/1, 19/1, 26/1, 2/2, 9/2, 16/2, 23/2/2026 ; every Monday (8 lessons)

Time: 1:00pm to 2:00pm

Venue: TBC

Instructor: Ms. Mabel Too

•New York Peridance Capezio Dance Academy-Dance Studies Program

Certificate

•AASFP Asian Academy of Sports and Fitness Professionals - Stretching

Instructor Certificate

Remarks: No dance experience required, welcome for anyone interested in body exercise in Modern dance

Medium of instruction: Cantonese (supplemented by English if necessary)

Quota: 15 people

Fees: Member \$800; Non-member \$830 (Please pay on 1st lesson)

(Non-members are welcome to join Staff Association to enjoy member benefits.

Annual fee is \$30.) SA membership application form can be downloaded at:

http://staff.ust.hk/membership_form.html

Registration: https://ust.az1.qualtrics.com/jfe/form/SV_0SyY1IRmSSnhC8m

The quota is available on a first-come-first-served basis. All participants should be faculty/staff of the University or Full/Associate Member of Staff Association.

Priority will be given to Members/ Associate Members of Staff Association.

Deadline: 31 December 2025

Enquiry: Ms. ZHAO (Email: xfzhao@ust.hk)

*An email will be sent to successful registrants. Unsuccessful registrants will not be notified