



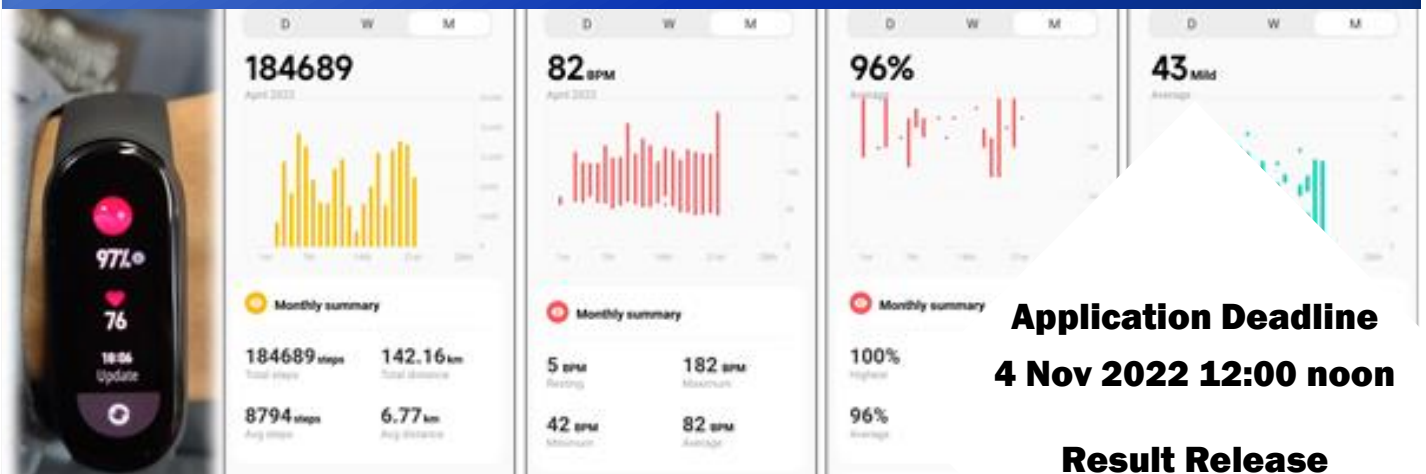
E2STM007C

(Token- required)

STEM Course (Level II)

# Wearable Smart IoT Sensors for Healthy Lifestyle

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**Application Deadline**  
**4 Nov 2022 12:00 noon**

**Result Release**  
**11 Nov 2022**

## Intended Learning Outcomes

Upon completion of the programme, participants should be able to:

1. describe the perspectives, working principles, and technologies of various devices and sensors for quantitative healthy lifestyle measurements and interpretations;
2. acquire practical experience in handling wearable and smart IoT devices for healthy lifestyle assessments;
3. develop the ability of quantifying the benefits of healthy and smart living with healthy lifestyle data;
4. develop self-learning and self-control in appropriate selection for healthy lifestyle living.



## ◆ Introduction

Have you ever experienced using a smart watch to measure your pulse rate, SpO2, blood pressure, and even stress level? Do you know the operation principles behind the measurements? What make these possible? Is it wearable and smart technology, or IoT? In fact, most of the biometric signals can be characterized under optical [e.g. PPG (Photoplethysmography)] or electrical [e.g. EMG (Electromyography)] methods. In non-technical language, the programme, including theoretical lectures with demonstrations and experimental workshops, will give you the answers!

## ◆ Schedule

### Group A

| Session | Date   | Time                   | Venue (Buddhist Kok Kwong Secondary School ) |
|---------|--------|------------------------|--|
| 1       | 3 Dec  | 9:00 a.m. – 12:00 noon | Rm 27, 2/F                                   |
| 2       |        | 1:00 p.m. – 4:00 p.m.  | Rm 28, 2/F                                   |
| 3       | 10 Dec | 9:00 a.m. – 12:00 noon | Rm 27, 2/F                                   |
| 4       |        | 1:00 p.m. – 4:00 p.m.  | Rm 28, 2/F                                   |

### Group B

| Session | Date   | Time                   | Venue      |
|---------|--------|------------------------|------------|
| 1       | 3 Dec  | 9:00 a.m. – 12:00 noon | Rm 27, 2/F |
| 2       |        | 1:00 p.m. – 4:00 p.m.  | Rm 28, 2/F |
| 3       | 17 Dec | 9:00 a.m. – 12:00 noon | Rm 27, 2/F |
| 4       |        | 1:00 p.m. – 4:00 p.m.  | Rm 28, 2/F |

\*Buddhist Kok Kwong Secondary School is scheduled premises under the Cap. 599F, all persons entering the base, except for exempted persons, are required to scan the “LeaveHomeSafe” QR code and comply with the requirement of the Vaccine Pass. For details, please refer to the latest Government announcement in a timely manner.



## ◆ Target Participants

- S1 to S3 HKAGE student members only in 2022/23 school year
- Class size: 30

## ◆ Pre-requisite

No special prerequisites are needed

## ◆ Medium of Instruction

Cantonese with English Handouts

## ◆ Screening

Please answer the screening question in the online application form.

\*The screening question is designed to help the applicant understand the course level and the course content. The question must be answered by the student applicant and it can only be attempted once. The answer cannot be changed once the application is submitted. Selection is based on students' performance in answering the question. Only students who can demonstrate motivation and the knowledge of STEM in the screening question can be enrolled in the programme

## ◆ Certificate

E-Certificate will be awarded to participants who have:

- attended at least 3 sessions; and
- completed all the assignments with satisfactory performance