



E1STM012C

(Token- required)

STEM Course (Level I)

HealthTech Innovators - Fun with Wearable Health Tech

Dr CHAN, Mau Hing



Application Deadline

29 Jan 2024 12:00 noon

Result Release

9 Feb 2024

Intended Learning Outcomes

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

1. apply their knowledge to correctly use and handle commercial wearable/portable devices for healthy lifestyle assessments;
2. critically analyze and evaluate different biometric parameters used for healthy lifestyle assessments;
3. design innovative strategies and interventions to encourage and promote healthy lifestyle living.

◆ Introduction

This course offers practical learning in healthy lifestyle parameters and the correct use of commercial wearable devices. Explore body mass index (BMI), step counters, pulse sensors, blood oxygen levels, blood pressure, and stress measurement. Gain a deeper understanding of your health while acquiring skills for future health-tech endeavors. Discover how to use wearable devices effectively and unleash your creativity to promote a healthy lifestyle. Join us on this innovative journey where technology meets well-being, and unlock a brighter, healthier future.

◆ Schedule

Session	Date	Time	Venue (TBC)
1	6 Apr	9:30 a.m. – 12:30 noon 1:30 p.m. – 4:30 p.m.	OEE901 Oen Hall Building Ho Sin Hang Campus 224 Waterloo Road Kowloon Tong (Remark: please enter HKBU campus at Kam Shing Road Entrance)
2			
3	13 Apr		
4			

◆ Target Participants

- P4 – P6 HKAGE student members in 2023/24 school year.
- Class size: 30
- Student members would be selected randomly by the computer system. The decision of HKAGE on the result of the selection should be final.

◆ Pre-requisite

No special prerequisites are needed

◆ Medium of Instruction

Cantonese with Chinese handouts

◆ Certificate

E-Certificate will be awarded to participants who have:

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