

Jockey Club Ti-I College
F.2-F.4 Admission
"Sport Skills Video" Submission Guidelines
(For PE Applicants Only)

General Information

Skill proficiency is decisive in determining the outcomes of many sports. For the purpose of talent identification, the skill performance of the athlete is usually assessed. Therefore, it is necessary for applicants to submit a video to demonstrate their sport skills.

The Video should demonstrate your:

- skill level, techniques and abilities;
- interests and capacities; and
- potential in sports.

Tips for the Video

It is important to assess the applicant's performance in a fair and unbiased manner, thus,

- the appearance of the applicant should be clearly seen in the video; and
- the video clips of applicant's sport-specific actions or game footage should demonstrate his/her talents, technical abilities and mastery of a key sport skill.

Content of the Video (1 minute)

Skill Performance

- The skill shown in the video should demonstrate the skill selected in the application form.
- The video should contain specific skill performance in training/ competition/ time trial in events like swimming (strokes) or athletics (track events etc.). Related records should be clearly seen (if any).

Format of the Video

- Filename: Your Full English Name_PE3.mp4
- File size: Maximum 300 MB
- Format: MP4
- Length: 1 minute