

Subject Title : **MANAGEMENT OF SPORT & WELLNESS**
Subject Code : **FIT5205-E**
Credit Points : **2.0 (Theory: 1.0 and Practical: 1.0)**
Teaching Hours : **2100 Minutes/35 Hours**
(Theory: 700 Minutes and Practical: 1400 Minutes)
Subject Type : **Elective**
Semester : **4 & 5**

Subject Description:

The module should provide knowledge and understanding of educational methods in terms of communication and guidance in different physical activities. It should also provide insight into the health and lifestyle issues relevant to physical activities.

Objective:

The purpose of this course is to give students knowledge about principles of motivate customers to exercise, ensure positive health habits and proper diet. The students should also acquire concepts of evaluation of sports and sports injuries and to learn concepts of sports training for prevention and rehabilitation.

Subject Content:

1. Pre-exercise evaluation
2. Measurement of fitness components and sports skills
 - Measurement of muscular strength
 - Measurement of muscular endurance
 - Measurement of flexibility
 - Determination exercise endurance
3. Physiological effects of exercise on body systems
 - Muscular system
 - Endocrine system
 - Cardio-respiratory system
 - Nervous system
4. Sports injuries, specially;
 - Spine
 - Hip
 - Knee