

Subject Title : **EXERCISE PLANNING & MANAGEMENT OF PHYSICAL ACTIVITY**
Subject Code : **FIT4201-E**
Credit Points : **3.0 (Theory: 2.0 and Practical: 1.0)**
Teaching Hours : **2800 Minutes/46.7 Hours**
(Theory: 1400 Minutes and Practical: 1400 Minutes)
Subject Type : **Elective**
Semester : **4 & 5**

Subject Description:

This course gives the students' knowledge about making exercise plans in varied client situations. Topics will focus on optimizing the physical activity in order to provide good health and quality of life. It should also provide insight into the health and lifestyle issues relevant to physical activities.

Objective:

The objective of this subject is that students will be able to plan and organize training programs for customers with different backgrounds. It should also make the students understand the impotency of adjusting the physical activity regarding to the clients health and lifestyle situation.

Subject Content:

1. Exercise principles
 - Principles of training
 - Adaption of strength and endurance training
 - Alternative training methods
2. Exercise planning. Focusing on:
 - Monitoring Exercise Intensity
 - Warm up & Cool down
 - Progression
 - Collecting and analyzing information (Screening)
 - Designing of Individual Fitness Program
3. Exercise related to varied client situations, especially focusing on women`s pregnancy, age (older people) and people with high blood pressure.:
 - endurance, strength and stabilization training
 - correct lifting and moving techniques
 - intensity