

Subject Title : **EXERCISE PLANNING AND ENDURANCE TRAINING**
Subject Code : **FIT6203-E**
Credit Points : **4.0 (Theory: 2.0 and Practical: 2.0)**
Teaching Hours : **4200 Minutes/70 Hours**
(Theory: 1400 Minutes and Practical: 2800 Minutes)
Subject Type : **Elective**
Semester : **4 & 5**

Subject Description:

This course gives the students' knowledge about making exercise plans that will optimize the physical activity in order to improve a customer's endurance in varied client situations. Topics will focus on testing and analysis as an important tool in endurance training, together with intensity, progression and adaption in various fitness programs. It should also provide insight into the health and lifestyle issues relevant to endurance training.

Objective:

The objective of this subject is that students will be able to plan and organize training programs for clients with different backgrounds. It should also make the students understand the impotency of adjusting the physical activity, in relation to the client's goal, background, physical condition, progression, and health and lifestyle situation.

Subject Content:

1. Exercise principles
 - Principles of endurance training
 - Adaption of endurance training
 - Alternative training methods
2. Endurance exercise planning. Focusing on:
 - Monitoring exercise intensity
 - Warm up & Cool down
 - Progression
 - Collecting and analyzing information (Screening)
 - Designing of individual fitness program in endurance training
 - Use testing and analysis as an important tool in endurance training
3. Exercise related to varied situations, specially focusing on clients with different physical level, lifestyle situation, environment and varied sports:
 - Intensity and physical level
 - Exercise and lifestyle situation
 - Endurance training in different environment, both outdoor and indoor
 - Endurance exercise techniques in varied sports