

Subject Title : **MANAGEMENT OF ALTERNATIVE TRAINING AND CORRECTIVE EXERCISES**

Subject Code : **FIT4203-E**

Credit Points : **4.0 (Practical)**

Teaching Hours : **4200 Minutes/70 Hours**

Subject Type : **Elective**

Semester : **3 & 4**

Subject Description:

The subject is focusing on alternative training such as training without machines, use of Redcord, TRX, kettle bells, training with free weights and other functional equipment. The course will focus on how alternative exercise can be used to strengthen core muscles, as well as other important parts of the body. Corrective exercises will be focusing on muscular instability and imbalance, which is recognized worldwide as crucial for injury prevention (especially back injury), as well as rehabilitation and treatment of these.

Objectives:

The objective of this course is that students will acquire detailed knowledge about how alternative training methods and corrective exercises can be implemented in a holistic fitness program for customers. Students should also be able to use different corrective exercises to improve any imbalances and weaknesses of body movements.

Subject Content:

- General knowledge of alternative training methods
- Knowledge of how alternative training methods can be used to create a full-fledged training and learning
- Implement a holistic fitness program without the use of classic strength machines
- Use of Redcord, TRX, and how this can be implemented in alternative exercise programs in a safe and academically relevant way
- Identify and detect different human muscular imbalances and weaknesses through testing
- The relationship between motion analysis and measures that improve any imbalances and weaknesses of body movements
- Understanding of adaptations to appropriate training for people with different needs and physical conditions
- Correcting of muscular imbalances and weaknesses, different exercises
- Progression in alternative and correcting exercises
- Coach, guide and motivate clients in different alternative and correcting sessions
- Leading alternative and correcting sessions with various methods and equipment