

Subject Title : **HEALTH AND LIFESTYLE IN FITNESS TRAINING**
Subject Code : **FIT5206-E**
Credit Points : **3.0 (Theory)**
Teaching Hours : **2100 Minutes/35 Hours**
Subject Type : **Elective**
Semester : **3 & 4**

Subject Description:

Fitness industry receives an increasing proportion of customers who have lifestyle diseases such as cardiovascular disease, type 2 diabetes, hypertension, etc. The program is a health education that provides a social science and a biological perspective on physical activity and inactivity. The study focuses on the health effects of physical activity, as well as provide advice to clients who want to create a healthy lifestyle. The program will also focus on training for women and issues related to training around pregnancy and childbirth, as well as be able to facilitate appropriate training for the elderly.

Objective:

The objective of this subject is that students will gain knowledge about of how to guide customers to a healthy lifestyle. Based on social science and a biological perspective on physical activity and inactivity, students should be able to improve the health and lifestyle situation in varied client situations.

Subject Content:

- Relationship between health and lifestyle
- The most common lifestyle diseases
- Physical activity and inactivity in a social science and biological perspective
- Guidelines for customers to a healthy lifestyle
- Health promotion and preventive physical activity
- Exercise around pregnancy and childbirth
- Eating disorder
- Anti-doping work
- Communication around relationship between exercise, health and lifestyle
- Appropriate training for customers with lifestyle diseases.
- Facilitate appropriate training for seniors