

Subject Title : **MANAGEMENT OF ENDURANCE TRAINING**
Subject Code : **FIT4204-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 the physiological response of the human body towards exercise and endurance training, and how a health and fitness instructor could use this knowledge in practical sessions with customers. Not only the physical aspects, but also considering psychological and environmental aspects of a customer. It will be given special emphasis on teaching methods in terms of leading different kinds of endurance sessions. This includes motivating customers before, during and after exercise, in order to maximize the physiological effect of the session. Testing, analysis, intensity and progression is also important subjects in this course.

Objectives:

The objective of this course is that students will acquire detailed knowledge about the physiological effects different methods of endurance training provides. Students will be able to organize and lead endurance training session in order to improve physical capacity based on customers goals, and with consideration of their background, family, leisure activity, and environmental factor.

Subject Content:

- Leading practical endurance sessions indoor and outdoor
- Selection of appropriate training methods for customers related to interests, goals, time available and other conditions
- Adaption of endurance training for customers with different types of background and goals
- Implement testing and analysis as an important tool in endurance sessions
- Adjust intensity and progression in training work
- Coach, guide and motivate clients in different endurance sessions
- Leading endurance sessions with various methods and equipment