

**Subject Title** : **MANAGEMENT OF PHYSICAL ACTIVITY, INSTRUCTION AND SPOTTING TECHNIQUES**

**Subject Code** : **FIT4202-E**

**Credit Points** : **4.0 (Practical)**

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

**Subject Type** : **Elective**

**Semester** : **4 & 5**

### **Subject Description:**

This subject intend to provide the student how to look after and follow up training programs with clients. Not only the physical aspects, but also considering psychological and environmental aspects of a client. Have general competence and skills in teaching methods in terms of learning movements and exercises. This includes motivating customers to exercise, ensure positive health habits and proper diet.

### **Objectives:**

The objective of this course is that students will be able to plan and organize a training program to improve functional activity for clients with consideration of background, family, leisure activity, and environmental factor.

### **Subject Content:**

1. Proper spotting techniques in varied forms of training
2. Delivering a fitness session from a exercise plan, specially focusing on:
  - Endurance, cardiovascular training
  - Strength training
  - Core training
  - Alternative training (e.g. Kettlebells, TRX, medicine balls, etc.)
  - Basic exercises, resistance machines and free weights
  - Flexibility, stretching and injuries
  - Ending a session, evaluation
3. Testing as an important tool in exercise with clients:
  - Analyze and apply testing in training
  - Before, during- and after exercise programs
  - Testing and motivation
  - Testing and goalsetting