



## UNIVERSITI TEKNOLOGI MARA

### SPS500: APPLIED PHYSICAL FITNESS AND WELLNESS

<b>Course Name (English)</b>	APPLIED PHYSICAL FITNESS AND WELLNESS <b>APPROVED</b>
<b>Course Code</b>	SPS500
<b>MQF Credit</b>	3
<b>Course Description</b>	This course discusses the development and maintenance of physical fitness, wellness and general health. Emphasis is placed on principles, theories and practices related to advance cardiovascular endurance training, resistance training, functional training, flexibility training, balance training and method of group exercise instruction practices. The student also will be exposed to design exercise prescription for a healthy and special population group.
<b>Transferable Skills</b>	Adaptable Independent and Critical Thinker Expert in Field
<b>Teaching Methodologies</b>	Lectures, Demonstrations
<b>CLO</b>	CLO1 Describe the concept and component of physical fitness and wellness, and fundamental principles of exercise prescription. CLO2 Practice skill in conducting advance fitness program through various training methods. CLO3 Design a safe exercise program for a healthy and special population group.
<b>Pre-Requisite Courses</b>	No course recommendations
<b>Topics</b>	
<b>1. The concept of physical fitness and wellness</b> 1.1) Definition of physical fitness and wellness 1.2) Component of physical fitness 1.3) Factors that influence fitness, wellness and health 1.4) Benefits and risks associated with physical activity and exercise	
<b>2. General principles of exercise prescription</b> 2.1) An introduction to the principles of exercise prescription 2.2) General considerations for exercise prescription 2.3) Components of the exercise training session 2.4) Pre-participation health screening	
<b>3. Cardiorespiratory endurance training</b> 3.1) Benefits of cardiorespiratory endurance training 3.2) Types of cardiorespiratory endurance training 3.3) Exercise prescription for developing cardiorespiratory endurance for healthy adult	
<b>4. Resistance training</b> 4.1) Benefits of resistance training 4.2) Types of resistance training 4.3) Exercise prescription for developing muscular strength, muscular endurance, hypertrophy and power for healthy adult	
<b>5. Functional resistance training</b> 5.1) Benefits of functional training 5.2) Types of functional training program 5.3) Designing a functional training program	
<b>6. Flexibility training</b> 6.1) Benefits of flexibility 6.2) Types of flexibility training 6.3) Exercise prescription for developing flexibility for healthy adult	

<b>7. Balance training</b> 7.1) Benefits of flexibility 7.2) Types of flexibility exercises 7.3) Exercise prescription for developing balance for healthy adult
<b>8. Group exercise instruction</b> 8.1) Pre-class organization 8.2) Class segments in group exercise 8.3) Communication skills: Adherence and motivation 8.4) Music and cuing in class design and delivery
<b>9. Exercise for special population (obese, children, elderly and pregnant women)</b> 9.1) Exercise prescription 9.2) Special considerations

Assessment Breakdown		%		
Continuous Assessment		100.00%		
Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Assignment	n/a	20%	CLO2
	Group Project	n/a	30%	CLO3
	Test	n/a	50%	CLO1
Reading List	Recommended Text	<ul style="list-style-type: none"> <li>American College of Sport Medicine (ACSM) 2014, <i>ACSM's Guidelines for Exercise Testing and Prescription</i>, 9th Ed., Lippincott Williams &amp; Wilkins Baltimore</li> </ul>		
	Reference Book Resources	<ul style="list-style-type: none"> <li>Boyle M. 2004, <i>Functional Training for Sports</i>, Human Kinetics Champaign IL</li> <li>Corbin, C, Welk G, Corbin W, and Welk K. 2016, <i>Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach</i>, 11th Ed., McGraw Hill New York</li> <li>DeSimone G. 2012, <i>ACSM's Resources for the Group Exercise Instructor</i>, Lippincott Williams &amp; Wilkins Baltimore</li> <li>Howley E. and Thompson D. 2017, <i>Fitness Professional's Handbook</i>, 7th Ed., Human Kinetics Champaign IL</li> </ul>		
Article/Paper List	This Course does not have any article/paper resources			
Other References	This Course does not have any other resources			