

ADVANCED COURSE IN EXERCISE AND FITNESS



Duration	42 hours
Dates	29 th June – 4 th July 2009 daily
Time	0830 - 1600
Venue	Room 212, Institute for PE & Sport, University Sports Complex, Tal- Qroqq
Course Fee	€ 220
Registration Deadline	17 th June 2009

Course Outline

1. Advance Anatomy and Physiology
2. Professionalism, Code of Practice, Ethics, National Standards and Guidelines
3. Programme Planning
4. Conditioning
5. Injury Prevention and Rehabilitation
6. Psycho-social aspects
7. Nutrition and Ergogenic Aids
8. Evaluation Tests

Target Audience

This course is aimed for those persons who are already involved in the fitness industry and have already obtained the Foundation Certificate in Exercise and Fitness or any other equivalent certification.

Entry Requirements

- Students who apply for this course should have a SEC/Ordinary level standard of education and have obtained a grade C/ 5 or better in any five SEC/O level subjects, including English language.

- Mature students of 23 years of age and older who have an ordinary level standard of education can apply even if they do not possess the qualifications above. Mature applicants will be required to sit for an interview.
- A pass in the University of Malta Foundation Course in Exercise and Fitness or any equivalent certification.
- A minimum number of 15 applicants need to apply for the course to be held.
- The course will not exceed 25 participants. The first 25 eligible applicants will be accepted.

Assessment and Certification

- Students are required to attend all course modules to be eligible to sit for assessment.
- A practical performance assessment will be carried out at the gym on the last day of the course – 4th July, 1300-1700 hours. Assessment will be on a pass or fail basis.
- A practical placement of 10 hours in a fitness centre. A form will be filled in by the fitness centre manager confirming that the student has carried out 10 hours of gym instruction.
- A written test will be held the week after the last day of the course – Friday, 10th July 1700-1830 hours.

Recommended Textbook

Baechle, T. & Earle, R. W. (2006). *Steps to Success: Weight Training*. Champaign: IL, Human Kinetics. ISBN: 0736055339

Lecturers

This course is delivered by a team of lecturers from the University of Malta, medical doctors, physiotherapists, nutritionists and specialists in the field of exercise and fitness. This course is organised in collaboration with the Institute for PE and Sport and Kunsill Malti għall-iSport.

