

# FOUNDATION COURSE IN EXERCISE AND FITNESS

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Duration	42 hours
Dates	6 – 11 July 2009 daily
Time	0830 - 1600
Venue	Room 212 Institute for PE & Sport, University Sports Complex, Tal- Qroqq
Course Fee	€ 200
Registration Deadline	17 <sup>th</sup> June 2009

## **Course Outline**

1. Functional Anatomy
2. Exercise Physiology: Muscles in action, Mechanics of movement
3. Pre-exercise Screening
4. Fitness Assessment
5. General Principles of Exercise Programming
6. Introduction to Circuit Training
7. Introduction to Resistance Training
8. Flexibility Training
9. Introduction to Nutrition
10. Injury Prevention and Back Care
11. Factors Influencing Performance
12. Preparation of the Fitness Leader

## **Target Audience**

For those who wish to begin a career in Exercise and Fitness, those working in the health and fitness clubs who want to obtain certification and anyone interested in the latest knowledge in this field.

### **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 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 – 11<sup>th</sup> July, 1300-1700 hours. Assessment will be on a pass or fail basis.
- A written test will be held the week after the last day of the course – Friday, 17<sup>th</sup> 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.

