



<b>Course Category</b>	Health			
<b>Course Title</b>	Physical Fitness and Weight Control			
<b>Course Code</b>	BH048			
<b>Medium of Instruction</b>	Cantonese			
<b>Duration</b>	42.0 hour(s)			
<b>Certificate</b>	Students who have obtained an overall passing grade of the course and met the attendance requirement will be issued a course certificate by UTM. The passing grade of the course is 50.			
	Course Code	Sub Code	Course Start Date	Course End Date
	BH048	2004	2020/11/18	2020/12/07
<b>Objective</b>	Upon completion of the course, students will be able to <ul style="list-style-type: none"><li>• Know the importance of physical fitness in a healthy lifestyle</li><li>• Establish a solid foundation with the correct concepts in diets and sports</li><li>• Manage body weights in a healthy way.</li></ul>			
<b>Outline</b>	<ul style="list-style-type: none"><li>• What is physical fitness?</li><li>• How to evaluate physical fitness?</li><li>• What is obesity?</li><li>• Measuring body fat</li><li>• Basic nutrition</li><li>• Designing sports prescription</li><li>• Combining diets and exercise</li><li>• Physical fitness training</li></ul>			