



Course Category	Health			
Course Title	Health and Physical Fitness 1			
Course Code	BH062			
Medium of Instruction	Cantonese			
Duration	36.0 hour(s)			
Pre-requisites	Physically capable of performing fitness training			
Course Fee	Macao Resident: MOP2,580 Non-Macao Resident: MOP2,580			
Certificate	Students who have obtained a 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
	BH062	2303	2023/08/30	2023/09/26
Objective	Upon completion of the course, students will be able to <ul style="list-style-type: none">• Evaluate if a person is physically fit• Identify the health benefits of exercise• Explain how common nutrients work to affect health• Improve fitness level based on the major elements of physical fitness			
Outline	<ul style="list-style-type: none">• Elements of physical fitness• Evaluating physical fitness• Measuring body fat• Basic nutrition knowledge• Combining sports and diets• Physical fitness training			
Teacher	Please refer to the schedule			