



<b>Course Category</b>	Health			
<b>Course Title</b>	Health and Physical Fitness 2			
<b>Course Code</b>	BH063			
<b>Medium of Instruction</b>	Cantonese			
<b>Duration</b>	36.0 hour(s)			
<b>Pre-requisites</b>	Completion of "Health and Physical Fitness 1"			
<b>Course Fee</b>	Macao Resident: MOP2,580 Non-Macao Resident: MOP2,580			
<b>Certificate</b>	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.			
	<b>Course Code</b>	<b>Sub Code</b>	<b>Course Start Date</b>	<b>Course End Date</b>
	BH063	2301	2023/05/30	2023/07/27
<b>Objective</b>	Upon completion of the course, students will be able to <ul style="list-style-type: none"><li>• Carry out trainings safely and correctly with different fitness equipment</li><li>• Make use of appropriate training approaches to design training plans for different people</li><li>• Discuss the importance of nutrition to health management</li><li>• Explain common concepts and latest trends on healthy diet</li></ul>			
<b>Outline</b>	<ul style="list-style-type: none"><li>• How to increase physical activity</li><li>• Using fitness training equipment</li><li>• Sports prescriptions</li><li>• Fitness exercise</li><li>• Dietary recommendations</li><li>• Building healthy eating habits</li></ul>			
<b>Teacher</b>	Please refer to the schedule			