



Course Category	Health			
Course Title	Health Management for Office Workers			
Course Code	BH066			
Medium of Instruction	Cantonese			
Duration	21.0 hour(s)			
Pre-requisites	Physically capable of performing fitness training			
Course Fee	Macao Resident: MOP1,500 Non-Macao Resident: MOP1,500			
Certificate	Students who have obtained a passing grade of the course and attended no less than 70% of the class sessions 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
	BH066	2303	2023/10/10	2023/10/31
Objective	Upon completion of the course, students will be able to <ul style="list-style-type: none"><li>• explain the causes of stress and its effects on the body and mind</li><li>• increase the ability to self-awareness</li><li>• use a variety of physical and mental trainings to better manage stress</li><li>• explain the importance of healthy diets to health management</li></ul>			
Outline	<p>Part 1</p> <ul style="list-style-type: none"><li>• Be the master of emotions</li><li>- What is emotion</li><li>- Be aware of your emotions</li><li>- Expressing your emotions in an appropriate way</li><li>• Thriving on stress</li><li>- Stress self-test</li><li>- What is stress</li><li>- Sources of stress</li><li>- 3-stage response to stress</li><li>• Eating in a healthy way</li><li>- Basic nutrition</li><li>- Weight control</li></ul> <p>Part 2</p> <ul style="list-style-type: none"><li>• Mind relaxation</li><li>- NLP stress relief training (anchoring, dissociation, relaxation through mental imagery)</li><li>- Mindfulness training (breathing space training, body scan training)</li><li>- Muscle relaxation exercise</li><li>- One minute of void training</li><li>• Exercise for relaxation</li><li>- Aerobic exercise</li><li>- Weight training</li><li>- Stretching exercise</li></ul>			
Teacher	Please refer to the schedule			