



Course Category	Health			
Course Title	Health and Physical Fitness 1			
Course Code	BH074			
Medium of Instruction	Chinese			
Duration	18.0 hour(s)			
Course Fee	Macao Resident: MOP1,750 Non-Macao Resident: MOP1,750			
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
	BH074	2401	2024/06/18	2024/08/06
	Course Code	Sub Code	Registration Period	Quota
	BH074	2401	2024/05/06 - 2024/06/14	25
Outline	<ul style="list-style-type: none">• Elements of physical fitness• Physical fitness assessment: techniques and essential indicators• Methods of measuring body fat• Physical fitness training			
Teacher	Please refer to the schedule			