



Course Category	Health
Course Title	IPTFA Applied Nutrition and Health Management Vocational Qualification Recognition Examination
Course Code	BH076
Medium of Instruction	Chinese
Duration	3.0 hour(s)
Pre-requisites	Successfully completed "IPTFA Applied Nutrition and Health Management Certificate Course"
Course Fee	Macao Resident: MOP2,290 Non-Macao Resident: MOP2,290
Certificate	Students who have passed both the written and practical examinations will be awarded the "IPTFA Applied Nutrition and Health Management Course" certificate and a course certificate by UTM. The passing grade of each examination is 70.
Outline	<p>Assessment Format:</p> <ul style="list-style-type: none">• Written examination duration: 1 hour• Written examination format<ul style="list-style-type: none">- Multiple choice questions- Case study- Questions• Practical examination duration: 2 hours• Practical examination format<ul style="list-style-type: none">- Demonstration- Students are required to explain and demonstrate the workout exercises to maintain health- Students are required to design 4 to 5 minutes of "Free Weight Workout" exercises <p>Assessment Criteria:</p> <ul style="list-style-type: none">• Smooth movements: Smooth and fluent techniques and performance should be demonstrated when performing movements• Knowledge of anatomy: Have a clear understanding of the position and function of the relevant muscle groups involved in each movement• Correction: Should be able to observe and identify common mistakes made by students during the demonstration and provide corrective suggestions• Assistance guidance: Correct assistance guidance should be provided to ensure that students receive appropriate support and guidance during the execution of the movements• Safety guidelines: Sufficient safety guidelines should be provided throughout the entire process, from the beginning to the completion of the demonstration
Teacher	Please refer to the schedule