



Course Category	Wellness			
Course Title	Power Up Your Workouts - Aerobic Training			
Course Code	BW005			
Medium of Instruction	Chinese			
Duration	9.0 hour(s)			
Course Fee	Macao Resident: MOP630 Non-Macao Resident: MOP630			
Certificate	Students who have attended no less than 70% of the class sessions will be issued an attendance certificate by UTM.			
	Course Code	Sub Code	Course Start Date	Course End Date
	BW005	2402	2024/03/19	2024/03/26
Outline	Aerobic training can stimulate blood flow and strengthen big muscle groups. It may also improve cardiovascular health, lower blood pressure, help regular blood sugar, aid sleep, help with weight management, and boost sentiment. It, therefore, works well to tackle the sub-health issues for those who live in the hustle and bustle of city life. This thematic training will introduce three types of aerobic workouts that people may practice at home, at the workplace or any places they feel comfortable. These three types of aerobic workouts are aerobic exercises, stepping exercises and circuit training.			
Teacher	Please refer to the schedule			