



| <b>Course Category</b>       | Wellness  |          |                   |                 |
|------------------------------|---|----------|-------------------|-----------------|
| <b>Course Title</b>          | Power Up Your Workouts - Muscle-strengthening Training  |          |                   |                 |
| <b>Course Code</b>           | BW007   |          |                   |                 |
| <b>Medium of Instruction</b> | Chinese   |          |                   |                 |
| <b>Duration</b>              | 9.0 hour(s)   |          |                   |                 |
| <b>Course Fee</b>            | Macao Resident: MOP630<br>Non-Macao Resident: MOP630  |          |                   |                 |
| <b>Certificate</b>           | 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 |
|                              | BW007   | 2401     | 2024/03/05        | 2024/03/12      |
| <b>Outline</b>               | Strength training can help to burn calories, promote mobility, boost self-esteem, strengthen bones, promote a better quality of life and so forth. This thematic training focuses on muscle-strengthening training with fitness equipment, body weight and dumbbells. |          |                   |                 |
| <b>Teacher</b>               | Please refer to the schedule  |          |                   |                 |