Subject	Physical exercise, personal training and rehabilitation		
Type	Type	Semester	ECTS
	MANDATORY (M)	V	5
Lecturer	Dr.Sc. Sami Sermaxhaj		
Aims and Objectives	This course will provide students with a comprehensive theoretical and practical understanding of the science of personal training and rehabilitation. Additionally, students will be introduced to the fundamentals of designing, evaluating, analyzing and implementation of effective exercise programs and other methods for correctional and rehabilitation purposes.		
Learning Outcomes	Upon completion of this course, students will: ✓ Demonstrate knowledge regarding the role of personal training. ✓ Be familiarized with personal training principles, characteristics and adaptations. ✓ Develop skills in designing safe and effective exercise programs for individuals with different fitness levels, goals, and health conditions. ✓ Conduct thorough assessments of clients' fitness levels, health history, and goals to inform personalized exercise program ✓ Understand rehabilitation principles and techniques for designing exercise programs that aid in the recovery from injuries or medical conditions. ✓ Demonstrate the ability to adapt exercise programs for special populations, including older adults, pregnant women, and individuals with chronic health conditions or disabilities.		
Content	**Week**	**Topics**	
	1	Introduction - The importance and the role of the personal trainer	
	2	Principles and characteristics of personal training	
	3	Training adaptations, exercise planning and programming;	
	4	Health and fitness assessment	
	5	Psychological aspects of personal training (Role of psychology in personal training, goals and goal setting)	
	6	Examination of injuries related to sports and exercise	
	7	**Mid-term exam – 1**	
	8	Sports traumatology and injuries related to overtraining;	
	9	Rehabilitation of individuals with sports and exercise related injuries	
	10	The importance of recovery for physical and mental achievement	
	11	Reconditioning: strength, flexibility, normal movement patterns, endurance, power, co-ordination, proprioception, speed and skills	
	12	Cryotherapy, Ultrasound, Electrical muscle Stimulation, Combination of Ultrasound and Electrical muscle stimulation	
	13	Heating agents, massage	
	14	Sports traumatology and injuries related to overtraining;	
	15	**Mid-term exam – 2**	
Teaching/Learning Methods	Activity		Weight (%)
	Lectures		40%
	Lab		40%
	Research		10%
	Independent learning		10%
	Methods of assessment:		%
	Participation		10%
	a) Mid-term exam -1		20%

Assessment Methods	b) Mid-term exam - 2		20%
	Seminars		10%
	Individual and group work		10%
	Final exam		30%
Resources	**Resources**		**Number**
	Lectures		1
	Presantations		1
	Web of science		1
	PubMed		1
	Scopus		1
ECTS Workload	**Activity**	**Weekly hours**	**Workload**
	Lectures	2	24
	Lab	1	12
	Independent learning	n/a	64
	Examination preparation	n/a	25
Literature	• Rieger, T., Jones, B., & Jiménez, A. (Eds.). (2015). EuropeActive's Essentials for Personal Trainers. Human Kinetics. • Clark, M. A., Lucett, S., & Corn, R. J. (2008). NASM essentials of personal fitness training. Lippincott Williams & Wilkins. • France, R. C. (2010). Introduction to sports medicine and athletic training. Cengage Learning. Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the moodle platform.		
Ethical standards	This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.		
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