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| **Subject** | Fitness and Personal Training | | |
| **Type** | Type | Semester | ECTS |
| | ELECTIVE (E) | 2 | 3 |
| **Lecturer** | Dr. Sc. Milaim Berisha | | |
| **Aims and Objectives** | The aim of this course is to provide students with an opportunity to gain information in both practical and theoretical aspects of fitness and personal training. The knowledge gained should enable students to develop an understanding of effective and safe (e.g. correct technique) fitness exercises and their positive impact on health and performance. The information covered by this course will help students learn how to plan, deliver and manage fitness programs in safe manner. | | |
| **Learning Outcomes** | Upon successful completion of this course, the student should:<br>• Know the components and the principles of fitness.<br>• Be able to critically apply, the scientific principles of fitness program planning, delivering and managing<br>• Have complete picture of the knowledge, instructional techniques and professional responsibilities personal trainers need, in order to provide safe and effective exercise instruction to their clients | | |

| **Content** | **Week** | **Topics** |
|---|---|---|
| | 1 | Sylabi presentation |
| | 2 | Introduction to fitness and personal training |
| | 3 | Components of fitness |
| | 4 | Principles of training |
| | 5 | Screening for Exercise and Safety Issues |
| | 6 | Behavioural Change and Goal Setting |
| | 7 | **Mid-term exam – 1** |
| | 8 | Components and Induction of an Exercise Session |
| | 9 | Exercise program planning and design |
| | 10 | Delivery of exercise program |
| | 11 | Exercise programs management |
| | 12 | Monitoring Exercise Intensity |
| | 13 | Nutrition and exercise |
| | 14 | Exercise program design for specific purpose |
| | 15 | **Mid-term exam – 2** |

| **Teaching/Learning Methods** | Activity | Weight (%) |
|---|---|---|
| | Lectures | 40% |
| | Lab | 40% |
| | Research | 10% |
| | Independent learning | 10% |

| **Assessment Methods** | **Methods of assessment:** | % |
|---|---|---|
| | Participation | 10% |
| | a) Mid-term exam -1 | 30% |
| | b) Mid-term exam - 2 | 30% |
| | Training program | 30% |

| **ECTS Workload** | **Activity** | **Weekly hours** | **Workload** |
|---|---|---|---|
| | Lectures | 2 | 24 |
| | Lab | n/a | 12 |
| | Independent learning | n/a | 29 |
| | Examination preparation | n/a | 10 |

| **Literature** | 1. Vivian H. Heyward & Ann L. Gibson (2014). Advanced Fitness Assessment Exercise Prescription |
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| | 2. Haff, G. G., & Triplett, N. T. (Eds.). (2015). Essentials of strength training and conditioning 4th edition. Human kinetics.<br>3. American Council on Exercise (2010). ACE Personal Trainer Manual, 4th ed. Bryant, CX & Green, DJ (Eds). San Diego, CA: American Council on Exercise.<br>4. American Council on Exercise (2010). ACE's Essentials of Exercise Science for Fitness Professionals. Bryant, CX & Green, DJ (Eds). San Diego, CA: American Council on Exercise. |
| **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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