<table>
<tr><td>Subject</td><td colspan="3">Physical Activity and Lifestyle for Fitness, Health and Prevention in Adults</td></tr>
<tr><td rowspan="2">Type</td><td>Type</td><td>Semester</td><td>ECTS</td></tr>
<tr><td>MANDATORY (M)</td><td>III</td><td>4</td></tr>
<tr><td>Lecturer</td><td colspan="3">Dr. Sc. Sami Sermaxhaj</td></tr>
<tr><td>Aims and Objectives</td><td colspan="3">The aim of this course is to provide students with research-based knowledge and insight on the field of physical activity and lifestyle for health, fitness and prevention in adults. The course will help students to develop knowledge, critical understanding and skills related to the development, implementation and evaluation of interventions and activity programs aimed at maintaining and improving health and fitness and to prevent health problems in adults.</td></tr>
<tr><td>Learning Outcomes</td><td colspan="3">By the end of this course, students will be able to:
Understand the relationship between physical activity, lifestyle choices, and health outcomes in adults.
Evaluate current research and literature related to fitness, health promotion, and disease prevention.
Develop and implement evidence-based physical activity programs tailored to different populations.
Identify barriers to physical activity and lifestyle changes and propose solutions.
Critically analyze policies and community programs designed to promote physical activity.</td></tr>
<tr><td>Content</td><td colspan="3"><table>
<tr><th>Week</th><th>Topics</th></tr>
<tr><td>1</td><td>Sylabi presentation</td></tr>
<tr><td>2</td><td>Introduction to Physical Activity and Health
Definitions and concepts of physical activity and lifestyle.</td></tr>
<tr><td>3</td><td>The Science of Physical Activity
Physiological responses to exercise.
Different types of physical activity and their health implications</td></tr>
<tr><td>4</td><td>Health Outcomes Related to Physical Activity
Chronic diseases influenced by physical activity (obesity, diabetes, cardiovascular diseases).
Public health guidelines and recommendations.</td></tr>
<tr><td>5</td><td>The Role of Nutrition
Nutritional considerations for physical fitness.
Interactions between diet, health, and exercise.</td></tr>
<tr><td>6</td><td>Psychological Aspects of Physical Activity
The impact of exercise on mental health.
Motivation and behavior change theories.</td></tr>
<tr><td>7</td><td>Mid-term exam – 1</td></tr>
<tr><td>8</td><td>Sociocultural Factors in Physical Activity
Influence of culture, socio-economic status, and environment.
Community and family support systems.</td></tr>
<tr><td>9</td><td>Designing Physical Activity Programs
Components of effective fitness programs.
Individual vs. group programming.</td></tr>
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	10	**Barriers to Physical Activity** Identifying personal and environmental barriers. Strategies for overcoming obstacles.
	11	**Case Studies in Health Promotion** Review of successful programs and interventions. Group discussions on evaluating case studies.
	12	**Technology in Physical Activity** Role of technology and social media in promoting fitness. Apps and wearable technology: benefits and limitations.
	13	**Policy and Advocacy in Physical Activity** Analyzing existing policies related to health and fitness. Advocacy strategies for promoting active living.
	14	**Final Project Presentations** Student presentations on health promotion proposals/action plans. Peer review and feedback.
	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%
	Research essay	30%

ECTS Workload	**Activity**	**Weekly hours**	**Workload**
	Lectures	2	24
	Lab	n/a	12
	Independent learning	n/a	44
	Examination preparation	n/a	20

Literature	1. Bushman, B., & American College of Sports Medicine. (2017). ACSM's Complete Guide to Fitness & Health, 2E. Human Kinetics. 2. Bouchard, C., Blair, S. N., & Haskell, W. L. (2012). Physical activity and health. Human Kinetics. 3. Gibson, A. L., Wagner, D., & Heyward, V. (2018). Advanced Fitness Assessment and Exercise Prescription, 8E. Human kinetics. 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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