

DISCLAIMER: The course outline below serves as a general informational guide for students. Course content and assessment modes may vary for different lecturers. Actual course outlines will be made known to students on GeNIEus by the individual lecturers. DO NOT purchase textbooks based on the information contained in this document.

IPE3116 FITNESS & HEALTH

COURSE DESCRIPTION

This course is designed to help student teachers acquire knowledge and skills in health, wellness and fitness so as to promote and develop a lifelong physically active and healthy lifestyle in their pupils.

Student teachers will be introduced to developmentally appropriate activities to develop various components of fitness and design safe and effective exercise programmes for their pupils.

COURSE OBJECTIVES

At the completion of this course, student teachers will be able to:

1. Understand the concepts of health, wellness and fitness
2. Apply the knowledge of health, wellness and fitness to design safe and effective exercise programs
3. Assess health and performance related components of fitness using appropriate tools

COURSE CONTENT

1. Definition of health, wellness and fitness
2. Health & performance related components of fitness
3. Designing exercise and training programmes
4. Developing fitness – Aerobic, Anaerobic, Strength, Flexibility
5. Developing speed, agility & balance
6. Plyometrics training
7. Nutrition & hydration
8. Fun fitness activities for schools

COURSE ASSESSMENT

	Component weightage	Due Dates
Practical Assessment		
a. Performance	30 %	dd-mm-yr
Training Plans	30 %	dd-mm-yr
Written Test	30 %	dd-mm-yr
Professional Qualities	10 %	

Participation in all classes are compulsory.

COURSE REFERENCES

Required/Recommended Text(s)

1. American College of Sports Medicine. (2009). *ACSM's Guidelines for Exercise Testing and Prescription* (8th ed.). Lippincott Williams & Wilkins.
2. American College of Sports Medicine. (2009). *ACSM's resource manual for Guidelines for Exercise Testing and Prescription* (6th ed.). Wolters Kluwer Health/Lippincott Williams & Wilkins.
3. American College of Sports Medicine. (2010). *ACSM's health-related physical fitness assessment manual* (3rd ed.). Wolters Kluwer Health/Lippincott Williams & Wilkins Health.
4. Baechle, T. R., Earle, R. W., & National Strength & Conditioning Association (U.S.). (2008). *Essentials of strength training and conditioning* (3rd ed.). Human Kinetics (contact HK representative; details will be provided).
5. Heyward, V. H. (2010). *Advanced fitness assessment and exercise prescription* (6th ed.). Human Kinetics.
6. Quek S. C. H., Kunalan C., Ch'ng A. T. H., Mohammed Azhar (2008). *Physical Education For Upper Secondary*. Pearson.
7. Maud, P. J., & Foster, C. (2006). *Physiological assessment of human fitness* (2nd ed.). Champaign, IL: Human Kinetics.
8. Nieman, D. C. (2011). *Exercise testing and prescription: a health-related approach* (7th ed.). Boston: McGraw-Hill.