

CERTIFIED STUDENT EXERCISE TRAINEE

Objective

This course equips participants with contemporary knowledge regarding the applied aspects of fitness training instruction, whilst also providing the scientific principles that guide this practice. The content of this program has been designed to present foundational knowledge, skills and abilities in areas of exercise science, initial consultation, exercise technique, program design, clients with unique needs, and safety. Upon successful completion, participants will be invited to gain practical experience through the delivery of individual and group exercise sessions to HKU students, and other members of the community whose physical and/or mental wellbeing has been impacted by COVID-19. There will be further opportunities to gain paid work within the HKU Active Health Clinic.

Course Schedule and Content

		18:00-19:20	Break	19:40-21:00
Week 1	Wednesday 31 August 2022	Warm Ups and Flexibility (Practical & Theory) - Understand the importance of warming up before participating in exercise. - Supervise a flexibility training program using dynamic and static stretching.		Bodyweight, Bands and Stability Ball Exercise Techniques (Practical) - Supervise exercises using bodyweight, bands and stability balls.
	Thursday 1 September 2022	Resistance Training Program Design (Theory) - Understand how to apply specificity, overload, variation, progression and sequencing. - Determine loading through the appropriate use of 1-rep maximum, bodyweight, or rep maximum testing.		Exercise Technique for Free Weights (Practical) - Understand fundamental techniques for performing and instructing proper form for resistance training exercises. - Provide recommendations for spotting free weight exercises.
Week 2	Wednesday 7 September 2022	Exercise Technique for Machine Training (Practical) - Understand the techniques involved in properly performing machine-based exercises.		Program Design and Technique for Plyometric Training (Theory & Practical) - Identify the components of a plyometric training program. - Teach correct execution of upper and lower body plyometric exercises.
	Thursday 8 September 2022	Aerobic Endurance Training Program Design (Theory) - Discuss the factors related to aerobic endurance performance. - Set aerobic endurance training frequency. - Assign aerobic endurance training duration and its relationship with intensity.		Cardiovascular Training Methods (Practical) - Provide advice on proper exercise techniques on treadmills, stationary bicycles, rowing ergometers and elliptical machines.
Week 3	Wednesday 14 September 2022	Program Design and Technique for Speed and Agility Training (Theory & Practical) - Apply methods for developing speed, change of direction and agility. - Design and implement training programs to improve athletic performance.		Exercise Psychology and Habit Change (Theory) - Understand the psychological benefits of exercise. - Work with a client to set effective exercise goals. - Implement methods to motivate clients.
	Thursday 15 September 2022	Training Special Populations Part I (Theory) - Discuss the characteristics of special populations in regards to exercise training and testing. - Know when it's appropriate to refer a client to a medical professional.		Training Special Populations Part II (Practical) - Explain the health benefits of senior exercise and outline the health benefits for older adults. - Discuss exercise recommendations and precautions for pregnant women.
Week 4	Wednesday 21 September 2022	Exercise Testing Protocols Part I (Theory) - Understand the protocols for selected fitness tests. - Correctly administer the selected fitness tests.		Exercise Testing Protocols Part II (Practical) - Compare your client's results with normative data. - Attain valid and reliable measurements of your client's fitness levels.
	Thursday 22 September 2022	Practical Assessment		Practical Assessment

Successful Course Completion

Course attendance above 85%.

Score above 80% on the multiple-choice theory assessments at the start of each session.

Pass the practical assessment.