

# WORK-STUDY DIPLOMA IN FITNESS MANAGEMENT

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## MODULE OBJECTIVES

### **Anatomy & Physiology for Fitness Design**

On completion of the module, trainees should be able to develop an understanding of the skeletal, muscular, circulatory, respiratory systems, and physiology, which influence movement and performance in physical activities.

### **Fitness Appraisal & Management**

On completion of the module, trainees should be able to administer Pre and Post fitness assessments and tests and develop appropriate fitness programme for individual and group of clients. They will also be able to design suitable activities and exercises for groups of people with different body structures.

The American Council of Exercise (ACE) certification and teaching content will be infused in this module.

### **Fitness Club Management**

On completion of the module, trainees should be able to develop communicational skills, analytical skills and organizational and problem-solving skills pertaining to the operation and management of a fitness gym and sport facilities.

The CPR/AED provider certification and teaching content will be infused in this module.

### **Strength, Conditioning & Rehabilitation**

On completion of the module, trainees should be able to work with individuals or teams to develop sport conditioning exercises. The participants will also learn to apply the performance outcomes, knowledge and skills to conduct drills, exercises and activities to instruct strength and conditioning techniques to the specific needs of the athletes or clients.

The Australian Strength & Conditioning Association (ASCA) certification and teaching content will be infused in this module.

### **Group & Aerobic Fitness Exercise**

On completion of the module, trainees should be able to choreograph fitness routines with music tempo for individual and fitness groups. The development of different types of group and aerobic programmes will be covered in the module to expose trainees to industry practices.

### **Exercise & Wellness for Active Aging**

On completion of the module, trainees should be able to understand the aging process, psychological aspects and maintaining an independent lifestyle. Participants will also learn how to identify the various stressor in the aging process and as well as how these stress factor would affect the different structures of the body relating to individual health. They will also learn practical, scientific methods using a stress management plan thru the various exercises and healthy lifestyles.

### **Nutrition & Weight Management**

On completion of the module, trainees should be able to gain an understanding of nutrition concepts relevant to general well-being and weight management. Participants will cover applied nutrition, diet and sports nutrition to aid weight management.

### **Sport Analytics & Technology**

On completion of the module, trainees should be able to leverage on appropriate data analytics tool(s), software and wearable devices to generate relevant dashboard to provide client/s insights for decision-making and strategy implementation, and report for review and evaluation.

### **Integrated Assessment I**

### **Integrated Assessment II**

### **Company Project**

On completion of the module, trainees should have applied their acquired competencies in an authentic project that would value-add to the company.