# SYLLABUS

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| **NAME OF THE SUBJECT (in Estonian)** | Jõusaalitreeningud | | | |
| **NAME OF THE SUBJECT (in English)** | Fitness Training | | | |
| **VOLUME (ECTS)** | 2,0  24 hours – 2 lecture hours, practical training hours in gyms, 4 seminar hours | | | |
| **CURRICULUM** | All Erasmus students of EASS | | | |
| **RESPONSIBLE LECTURER** | Epp Jalakas | | | |
| **PREREQUISITE MODULES AND SUBJECTS:** | | - | | |
| **OBJECTIVE OF THE SUBJECT:** Students have knowledge and practical skills about the development of physical abilities using fitness training | | | | |
| **LEARNING OUTCOMES** | | | **ASSESSMENT METHODS** | **ASSESSMENT CRITERIA** |
| **After completing the subject the student:** | | |  |  |
| Selects and adjusts for himself a training plan and follows it. | | | Written training plan and analysis of the performance of the plan within the last month. | * The level of physical abilities and goals are described; * Plan complies with the basic principles of fitness training; * Evaluation for the fulfilment of the training plan or the need to change it has been described. |
| Demonstrates the strength exercises for major muscle groups. | | | Demonstration of strength exercises. | * At least 2 exercises for each major muscle group are demonstrated/described. |
| Acquires knowledge of Fitness Training | | | 1. Oral or written test. | * Over 50% correct answers. |
|  | | | 1. Presentation of a selected topic. | * Preparation and presentation of a topic that is connected to fitness training; * Different sources, also peer-reviewed articles, if possible, are used in presentation; * Sources are referenced. |
| Passes required physical abilities tests | | | Physical tests. | * At least 80% of tests have been completed. |
| Physical abilities tests   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | Female | Test | 5p | 4p | 3p | 2p | 1p | |  | Push-ups in 2 minutes | 40 | 30 | 25 | 15 | 5 | | Sit-ups in 2 minutes | 70 | 50 | 40 | 30 | 20 | | Rowing 6000 m | 27:00 | 28:00 | 29:00 | 31:00 | 32:00 | | Wattbike 1000 m | 1:25 | 1:30 | 1:35 | 1:40 | 1:45 | | Pull-down with 75% of own weight | 15 | 10 | 8 | 5 | 2 | | Bench press (30 kg) | 15 | 12 | 8 | 5 | 1 | | Leg press 150% of own bodyweight | 20 | 15 | 8 | 5 | 3 | |  | Personal test exercise |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | Male | Test | 5p | 4p | 3p | 2p | 1p | |  | Push-ups in 2 minutes | 70 | 60 | 50 | 35 | 20 | | Sit-ups in 2 minutes | 80 | 60 | 50 | 35 | 20 | | Rowing 6000 m | 24:00 | 26:00 | 27:00 | 29:00 | 30:00 | | Wattbike 1000 m | 1:12 | 1:16 | 1:20 | 1:25 | 1:30 | | Pull-ups | 15 | 12 | 10 | 8 | 5 | | Bench press (60 kg) | 15 | 10 | 8 | 5 | 2 | | Leg press 200% of own bodyweight | 25 | 20 | 15 | 10 | 5 | |  | Personal test exercise |  |  |  |  |  | | | | | |
| **Requirements for and the composition of the final grade / credit test**  The subject is assessed with pass/fail assessment.  Student writes or chooses the training plan and analysis its implementation after 1 month, makes a presentation, demonstrates exercises and participates in physical tests. | | | | |

Compiled by: Epp Jalakas

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