#  SYLLABUS

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| **NAME OF THE SUBJECT (in Estonian)**  | Jõusaalitreeningud |
| **NAME OF THE SUBJECT (in English)**  | Fitness Training |
| **VOLUME (ECTS)** | 2,024 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.
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| Demonstrates the strength exercises for major muscle groups. | Demonstration of strength exercises. | * At least 2 exercises for each major muscle group are demonstrated/described.
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| Acquires knowledge of Fitness Training | 1. Oral or written test.
 | * Over 50% correct answers.
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|  | 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.
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| Passes required physical abilities tests | Physical tests. | * At least 80% of tests have been completed.
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| Physical abilities tests

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| 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 |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |  |  |

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| **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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