

## SYLLABUS

16.03.2022 nr 6.1-14/775-1

<b>SUBJECT CODE</b>		SPOC5208			
<b>NAME OF THE SUBJECT (in Estonian)</b>		Treeningud kehaliste võimete arendamiseks			
<b>NAME OF THE SUBJECT (in English)</b>		Fitness Training			
<b>VOLUME (ECTS)</b>		2 ETC			
<b>CURRICULUM</b>		Elective subject for ERASMUS students			
<b>RESPONSIBLE LECTURER</b>		Epp Jalakas, MA			
<b>PREREQUISITE MODULES AND SUBJECTS:</b>		-			
<b>VOLUME OF STUDIES (study group/form of study)</b>					
<b>LECTURE</b> (number of study hours)	<b>SEMINAR</b> (number of study hours)	<b>PRACTICAL WORK</b> (number of study hours)	<b>INDIVIDUAL WORK</b> (number of study hours)	<b>E-LEARNING</b> (number of study hours)	<b>TOTAL</b> (number of study hours)
2	4	18	28		52
<b>OBJECTIVE OF THE SUBJECT:</b> The aim of the subject is to give students knowledge and practical skills about the development of physical abilities using fitness training.					
<b>LEARNING OUTCOMES</b>		<b>ASSESSMENT METHODS</b>		<b>ASSESSMENT CRITERIA</b>	
<b>After completing the subject, the student:</b>					
Follows the rules of using the EASS sport centre		Conversation in groups		- Group members mention necessary rules which need to be followed in sport centre	
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 on fitness training	Oral or written test.	Over 50% correct answers.
	Presentation of a selected topic.	<ul style="list-style-type: none"> <li>- Preparation and presentation of a topic that is connected to fitness training;</li> <li>- Different sources, also peer-reviewed articles, if possible, are used in the presentation;</li> <li>- Sources are referenced.</li> </ul>
Passes required physical abilities tests	Physical tests.	<ul style="list-style-type: none"> <li>- At least 80% of tests have been completed. If it is not possible to pass the test because of medical reason, individual personal test or exercises will be offered instead.</li> <li>- Some tests with results of less than 3 points in the first attempt have been performed for the second time after practising.</li> </ul>

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 10000 m	18:30	19:00	20:00	21:00	22:00
	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 10000 m	17:00	17:30	18:30	19:30	20:30
	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 assessment:

Attendance in >50 % of lessons.

All the criteria in the table are met.

Assessment form: Subject is *non-differentiated assessment* (pass/fail).

Compiled by: Epp Jalakas

Date: 01.03.2022