Applied Learning (Senior Secondary Level)

2021-23 Cohort

Learning and Teaching

Subject Title : Exercise Science and Health Fitness
Area of Studies : Applied Science
Course Provider : School of Continuing Education, Hong Kong Baptist University

In Exercise Science and Health Fitness, student-centred learning and teaching activities are designed to enable students to understand fundamental theories and concepts, develop their generic skills, and address their career aspirations in exercise science and fitness field.

Different modes of activities are employed to provide students with a systematic understanding about the context (e.g. lectures, video shows, role plays, group discussion and presentation enable students to acquire foundation knowledge such as exercise psychology, coaching and team building) and eye-opening opportunities to experience the complexity of the context (e.g. students enhance their understanding of the sports development in Hong Kong, management of fitness and recreation fitness, through field visits).

Students acquire an understanding of the requirements, fundamental knowledge and skills essential for further learning within the area through learning-by-practising opportunities in an authentic or near-authentic environment (e.g. in the module ‘Physical Training and Fitness Assessment’, students conduct fitness tests, analyse test results and design fitness training activities for their classmates. Students also acquire knowledge and skills in coaching and team motivation, through role plays and simulation exercises).

Students are also encouraged to develop and apply conceptual, practical and reflective skills to demonstrate entrepreneurship and innovation (e.g. students learn to handle sports injuries through simulation exercises, suggest ways to prevent sports injuries in different case studies and reflect on the importance of adopting safety measures in sports training. When planning for a fitness program, students have to identify the needs of participants,

design suitable programmes, as well as work on the budget and promotion plan). Students are given opportunities to integrate the knowledge and skills acquired and consolidate their learning (e.g. in the module ‘Coaching Techniques and Group Exercise Practicum’, students are given the opportunity to lead group exercises and apply their knowledge and skills in coaching. When working on projects related to ‘Design of Elite Sports Training’ or ‘Health Care Consultancy Report’ in the Elective module, students have to collect and analyse the related information, discuss with their classmates and present their work).

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Curriculum Pillars of Applied Learning in Context – Exercise Science and Health Fitness

Upon completion of the subject, students should be able to:

- describe the basic concepts of exercise science and health fitness;
- design and conduct simple and appropriate physical wellness activities according to the needs of individuals and groups;
- demonstrate a positive attitude towards the benefits of physical activities and an awareness of the importance of promoting health fitness in modern society;
- apply the principles of exercise science and health fitness to enhance their own and others' exercise performance;
- demonstrate basic coaching and communication skills required in exercise instruction;
- demonstrate confidence and self-motivation in learning and the ability to work individually and collaboratively; and
- develop self-understanding for further studies and career development in the related field.

Through the specific contexts related to the subject, students have different learning opportunities, for example:

1. <u>Career-related Competencies</u>

- develop and apply knowledge and skills of exercise science and fitness training;
- identify the roles and functions of different body systems in exercises;
- recognise the profile and features of the fitness industry and the role of fitness instructor; and
- plan, organise and lead physical activities for people with different needs.

2. <u>Foundation Skills</u>

- develop communication and presentation skills through presenting ideas in different formats and tools such as computer software, video and internet application;
- employ proper health and fitness language in physical wellness activities;
- improve fitness components using proper training methods;
- plan and lead fitness activities to a group of participants; and
- provide professional instruction for sports training programmes.

3. <u>Thinking Skills</u>

- apply problem solving skills, decision making skills and creative thinking skills to design, plan and lead exercise science / fitness activities;
- apply analytical skills to design exercise programmes for individuals with specific purpose of training; and
- provide solutions to solve personal fitness problems based on the fitness assessment results.

4. <u>People Skills</u>

- employ effective communication skills for providing consultation to different customers;
- develop interpersonal, team work skills through interactions with teachers and classmates in group discussion, group presentation and micro teaching exercise;
- provide consultation to clients with different fitness status; and
- develop management skills in planning and leading fitness activities.

5. <u>Values and Attitudes</u>

- recognise the principles of the code of conduct related to the health and fitness industry;
- develop positive attitudes and willingness towards participating in health and fitness activities; and
- understand the professional ethics and apply them to different sports related situations.