

The Chinese University of Hong Kong
Physical Education Unit
Physical Conditioning Course Content

Week	First Period	Second Period
1	<ol style="list-style-type: none"> 1. Course requirements 2. Briefing on the course contents and examination 3. Explain the definition of health-related physical fitness and its effect 	<ol style="list-style-type: none"> 1. Introduction and practice of warm-up exercises 2. Flexibility principles and methods of stretching 3. Introduction and practice of stretching exercises on major muscle groups 4. Pre-test of sit and reach 5. Introduction and practice of foam roller and massage ball
2	<ol style="list-style-type: none"> 1. Introduction and training methods of aerobic exercise 2. Exercise prescription of cardio-respiratory endurance 3. Introduction of brisk walking 4. One-mile walk/ run test 	<ol style="list-style-type: none"> 1. Warm-ups and stretching exercises 2. Introduction and practice of jogging 3. Breathing and rhythm control of jogging 4. Pre-test of 1600/ 2400 meters run 5. Introduction and practice of cool-down exercises
3	Pre-test of pull-up/ inclined pull-up and plank	<ol style="list-style-type: none"> 1. Introduction of safety, rules and regulations of using the fitness room 2. Introduction and practice of aerobic machines
4	Resistance training equipment: Introduction and practice of upper limbs muscle groups	Resistance training equipment: Introduction and practice of lower limbs muscle groups
5	<ol style="list-style-type: none"> 1. Resistance training equipment: Introduction and practice of abdominals and back muscle groups 2. Introduction and practice of core muscles 	<ol style="list-style-type: none"> 1. Dumbbell and barbell practice 2. Exercise prescription for muscular strength and endurance 3. Introduction of personal exercise log
6	Prevention and management of sports injury and recovery methods	<ol style="list-style-type: none"> 1. Concept of body composition 2. Introduction and practice of body fat percentage measurement 3. Exercises for weight control
7	<ol style="list-style-type: none"> 1. Concepts of weight control 2. Measurements of blood pressure and lung functions 3. Exercise for cardiorespiratory endurance 	Introduction and practice of interval training
8	Introduction and practice of circuit training	Introduction and practice of high-intensity interval training (HIIT)
9	Introduction and practice of sports-related physical fitness	<ol style="list-style-type: none"> 1. Introduce the concept of lifelong physical activity 2. Design a personal exercise prescription programme
10	*Ball games and fitness games	*Ball games and fitness games
11	Revision	Examination
12	Examination	Examination
13	Examination	Examination and course evaluation

* Recommendations of activities: soccer, rope skipping, fitness games, medicine ball, TRX, rope battling, Fit ball, ultimate frisbee, agility ladder, resistance band, Tai Chi, CrossFit...etc.