

LEAD CITY UNIVERSITY, IBADAN
FACULTY OF EDUCATION
DEPARTMENT OF KINESIOLOGY, SPORTS SCIENCE AND HEALTH EDUCATION
2nd Semester 2017/2018 Session
Course Title: ADULT FITNESS PROGRAMME
Course Code: PHE 417
Lecturer in Charge: Mr. Victor Femi Awoseyi
B.Sc. (Hons PGDE (PHE)), M.Ed. (PHE)

SEACTION A

COURSE OBJECTIVES:-At the end of the course, students should be able to

- Develop activities for
 - (i) Strength building
 - (ii) Improving balance, coordination
- Identify how strength training can reduce
 - (i) Arthritis
 - (ii) Diabetes
 - (iii) back pain etc
- Define important terms associated with adult fitness programme.

COURSE DESCRIPTION:-Developing an adult fitness programme.

TEACHING PLAN

- WK I (a) Introduction to the course
 (b) Various strength-developing exercises.
 (c) Importance of strength training to an adult
- WK II (a) Making change -5 stages
- WK III (a) Reasons why people choose to exercise
 (b) How to eliminate obstacles of exercising
- WK IV-V Six steps to take in programme preparations
- WK VI Getting stronger-3 phases of strength-training [programmer
- WK VII (i) The Squats
 ii Wall-Push-ups
 iii Toe Strands
 iv TEST I
- WK VIII i Finger Marching
 ii. Biceps Curl
- WK IX(i) Step-ups
 ii. Overhead Press
 iii. Side Hip Raise
- WK X i. Knee Extension
 ii. Knee Curl
- WK XI Cool Down Exercises
- WK XII (a) Important terms associated with fitness programme.
 (b) Revision

(c) TEST II.

SECTION B

TUTORIAL QUESTIONS

1. Discuss fully the power of strength training with regards to signs and symptoms of diseases and chronic conditions
2. Making a change in one's major lifestyle involves 5 stages
 - (a) List the 5 stages
 - (b) Describe in details any 3 of the stages
3. State and describe fully why people choose to exercise
4. A number of obstacles can disturb the realization of goals.
 - (a) Identify these obstacles
 - (b) How can these obstacles be surmounted.
5. Define the term "Visualization"
 - (b) What is the importance of this process?
6. Prepare "A TABLE" to determine if strength training is safe for you.
7. Strength training requires little special equipment. Describe fully any 5 of such equipment.
8. Discuss fully "SCHEDULING OF EXERCISE"
9. Advise a client who is about to embark on the exercise programme for greater strength, balance and coordination.
10. Describe the "Squats exercise"
 - (b) What are the importance of this exercise.
11. Some adults often suffer from "Hamstrings"
 - (a) What do you understand by this term.
 - (b) Describe an exercise to correct this anomaly.
12. It is important to progress to experience the many benefits of strength training.
 - (a) How does one progress?
 - (b) When does one progress?
 - (c) When not to progress.
13. Write short notes on the following associated with fitness programme.
 - (i) Arthritis
 - (ii) Cool down syndrome
 - (iii) Duration of exercise
 - (iv) Frequency of exercise
 - (v) Inflammation
 - (vi) Intensity
 - (vii) Osteoporosis
 - (viii) Repetition
 - (ix) Warm up
 - (x) Set

SECTION C

MARKING GUIDE

1. Any 5 signs x 4 marks - - - - - 20 marks

