

Subject	Fitness and Personal Training		
Type	Type	Semester	ECTS
	ELECTIVE (E)	2	3
Lecturer	Dr. Sc. Masar Gjaka		
Aims and Objectives	<p>The aim of this course is to provide students with an opportunity to gain information in both practical and theoretical aspects of fitness and personal training. The knowledge gained should enable students to develop an understanding of effective and safe (e.g. correct technique) fitness exercises and their positive impact on health and performance. The information covered by this course will help students learn how to plan, deliver and manage fitness programs in safe manner.</p>		
Learning Outcomes	<p>Upon successful completion of this course, the student should:</p> <ul style="list-style-type: none"> • Know the components and the principles of fitness. • Be able to critically apply, the scientific principles of fitness program planning, delivering and managing • Have complete picture of the knowledge, instructional techniques and professional responsibilities personal trainers need, in order to provide safe and effective exercise instruction to their clients 		
Content	Week	Topics	
	1	Sylabi presentation	
	2	Introduction to fitness and personal training	
	3	Components of fitness	
	4	Principles of training	
	5	Screening for Exercise and Safety Issues	
	6	Behavioural Change and Goal Setting	
	7	Mid-term exam – 1	
	8	Components and Induction of an Exercise Session	
	9	Exercise program planning and design	
	10	Delivery of exercise program	
	11	Exercise programs management	
	12	Monitoring Exercise Intensity	
	13	Nutrition and exercise	
	14	Exercise program design for specific purpose	
15	Mid-term exam – 2		
Teaching/Learning Methods	Activity		Weight (%)
	Lectures		40%
	Lab		40%
	Research		10%
	Independent learning		10%
Assessment Methods	Methods of assessment:		%
	Participation		10%
	a) Mid-term exam -1		30%
	b) Mid-term exam - 2		30%
	Training program		30%
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	2	24
	Lab	n/a	12
	Independent learning	n/a	29
	Examination preparation	n/a	10
Literature	<ol style="list-style-type: none"> 1. Vivian H. Heyward & Ann L. Gibson (2014). Advanced Fitness Assessment Exercise Prescription 		

	<ol style="list-style-type: none"> 2. Haff, G. G., & Triplett, N. T. (Eds.). (2015). Essentials of strength training and conditioning 4th edition. Human kinetics. 3. American Council on Exercise (2010). ACE Personal Trainer Manual, 4th ed. Bryant, CX & Green, DJ (Eds). San Diego, CA: American Council on Exercise. 4. American Council on Exercise (2010). ACE's Essentials of Exercise Science for Fitness Professionals. Bryant, CX & Green, DJ (Eds). San Diego, CA: American Council on Exercise.
Ethical standards	<p>This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.</p>
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