

<b>Course</b>	<b>Lifelong Fitness</b>
<b>Code</b>	<b>Sport 012-11325</b>
<b>ECTS credits</b>	<b>3</b>
<b>Caterogy</b>	<b>Elective Course</b>
<b>Teaching Methods</b>	<b>Lectures / Laboratory courses / Practical Application</b>
<b>Lecturer</b>	<b>Orestis Antoniadis, MSc.</b>
<b>Student Consultation Hours:</b>	<b>Monday &amp; Thursday - 10:30 - 11:00</b>
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## 1. DESCRIPTION OF THE COURSE

The Elective course "Lifelong Fitness" offers targeted knowledge and develops various skills regarding lifelong exercise and physical activity through theoretical lectures, laboratory and practical application courses in numerous sports activities using different methods of exercise. More specifically, courses focus on the relationship between lifelong exercise and physical activity to health and well-being. "Lifelong Fitness" course is designed to provide recent approaches and prescribing either individualized or group exercise programs and presented the guidelines recommended by international scientific medical organizations for proper training of individuals of all ages. Furthermore, the goal of the course is to apply different test batteries of physical fitness related to health and through laboratory courses students learn to calculate the energy costs of various activities and determine their body composition (percentage of body fat, fat mass, lean mass) in order to manage their body weight. Moreover, students have been taught alternative forms of exercise, either indoor or outdoor training areas, and change attitudes and behaviour by adopting an active lifestyle, in order to promote the "Lifelong Fitness" for health and improve the quality of their life.

## 2. OBJECTIVES OF THE COURSE

This course is designed to provide students to:

- understand the "Exercise-Health-Wellness" model, recognizing the relationship and the importance of lifelong physical fitness as a significant health indicator

- know the recent approaches and prescribing either individualized or group exercise programs
- inform for specific guidelines recommended by international scientific medical institutions for proper training of individuals of all ages
- participate in alternative forms of exercise, either indoor or outdoor activities to promote the "Lifelong Fitness"
- participate, through laboratory courses, in different evaluation batteries of physical fitness related to health and their physical performance

### 3. COURSE CONTENTS

a/a	Contents
1	<b>Theory:</b> Exercise - Health - Wellness: Established and recently cardiovascular risk factors - The role of exercise to improve the cardiovascular function and health promotion
2	<b>Workshop:</b> How exercise helps to reduce my body weight? <b>Practical Application:</b> Body composition methods
3	<b>Workshop:</b> How much physical activity is enough? Guidelines for safe participation in exercise programs <b>Practical Application:</b> Identification of exercise intensity
4	<b>Theory:</b> Circuit training <b>Practical application:</b> Circuit training using body weight
6	<b>Practical Application:</b> Individual exercise (Fitball-I)
7	<b>Practical Application:</b> Improve physical fitness using outdoors activities
8	<b>Theory:</b> Stretching <b>Practical Application:</b> Using stretching either to warm up or cool down

9	<b>Practical Application:</b> Water Exercise I – Individual exercise
10	<b>Theory:</b> Health related fitness tests <b>Practical Application:</b> Fitness for Health – The ALPHA-FIT Test Battery for Adults
11	<b>Practical Application:</b> Measurements of physical fitness
12	<b>Practical Application:</b> Measurements of motor performance
13	<b>Practical Application:</b> Outdoor individual exercise
14	<b>Practical Application:</b> Improve physical fitness using outdoors group activities
15	<b>Theory:</b> Movements and muscles involved in exercises <b>Practice:</b> What to know during the execution of exercises in order to avoid injuries
16	<b>Theory:</b> Warm Up - Isotonic and isometric exercises <b>Practical Application:</b> Individual warm up and recovery program
17	<b>Practical application:</b> Improve strength using body weight – Part I
18	<b>Practical application:</b> Improve strength using apparatus – Part II
19	<b>Practical application:</b> Circuit training using portable apparatus (dumb-bells, medicine ball, fitball, tires, chairs, etc.)
20	<b>Theory:</b> Which principles should characterize an exercise program to improve the ‘Lifelong Fitness’ and health promotion? <b>Practical application:</b> Cycling and determine the exercise intensity
21	<b>Practical Application:</b> Individual exercise (Fitball-II)
22	<b>Practical Application:</b> Water Exercise II– Group exercise
23	<b>Practical Application:</b> Group exercise programs

24	<b>Theory:</b> Principles of Planning and Guidance of Exercise Training <b>Practical Application:</b> How can I use technology in my daily exercise? Calculation of energy cost activities
25	Projects Presentation

#### 4. TEACHING METHODS

Lectures, laboratory courses and practical applications.

#### 5. LEARNING OUTCOMES

Upon the completion of this course the students will be able to:

- understand the importance of exercise in health promotion through the various types of exercise
- planning and guiding the training of both individuals and group exercise programs
- design and implement a safe individual exercise program in order to maintain a lifelong physical fitness
- evaluate their physical performance using different health-related physical fitness batteries
- participate in different alternative forms of individual or group exercise programs either indoor or outdoor physical activities

#### 6. ASSESSMENT METHODS

- Active participation in exercise programs (60%)
- Written assignments (10%)
- Final written examination (30%)

\*Note: Students are required to attend all courses.

## 7. REQUIRED TEXTBOOKS / READING:

- American College of Sports Medicine (2013). *ACSM's Guidelines for Exercise Testing and Prescription*, Lippincott Williams & Wilkins.
- Antoniades O. (2015). *'Lifelong Fitness' Lectures*, University of Cyprus, Nicosia.
- Bushman B. (2011). *American College of Sports Medicine: Complete Guide to Fitness Health*, Human Kinetics: Champaign, IL.
- Bouchard C, Blair S.N. & Haskell W.L. (2007). *Physical Activity and Health*, Human Kinetics: Champaign, IL.
- Corbin C.B. & Lindsey R. (2007). *Fitness for Life*, 5<sup>th</sup> Edition, Human Kinetics: Champaign, IL.
- Tanner R.K. & Gore C.J. (2013). *Physiological test for elite athletes*, 2<sup>nd</sup> edition, Human Kinetics: Champaign, IL.