

# **Summer School for Physical Education Teacher 2002**

## **Teaching of Physical Fitness in Primary and Secondary Schools**

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### **Objectives**

- To provide understanding of basic fitness concepts & fitness tests;
- To provide comprehension of aerobics and strength training principles & methods;
- To provide hands-on experience in fitness testing; and
- To provide practical experiences in group fitness and strength training programs.

### **Outline**

#### **1. Theory**

- Fitness concepts
- Stretching
- Orienteering game
- Fitness tests: sit-ups, push-up, sit & reach, 20m shuttle run
- Resistance training
- Upper body: machine & free weight
- Lower body: machine & free weight
- Group fitness
- Group fitness: aerobic dance & step aerobic
- Children weight training
- Hydro-aerobics
- Pilates

#### **2. Practical**

- Stretching
- Orienteering game
- Fitness tests: sit-ups, push-up, sit & reach, 20m shuttle run
- Resistance training
- Upper body: machine & free weight
- Lower body: machine & free weight

- Group fitness: aerobic dance & step aerobic
- Hydro-aerobics
- Kickboxing/ hip hop & fitball
- Relaxation techniques
- Pilates
- Circuit training & muscle toning
- Games playing (for primary school teachers)
- Interval training (for secondary school teachers)
- Body composition: skinfolds & BIA
- Aerobic submax test: bike

### **References Recommended by Course Tutor**

1. Baechle, T.R. & Earle, R.W. (Eds.) (2000). *Essentials of Strength Training and Conditioning (2nd ed.)*. Champaign, IL: Human Kinetics.
2. Fleck, S.J. & Kraemer, W.J. (1997). *Designing Resistance Training Programs (2nd ed.)*. Champaign, IL: Human Kinetics.
3. Heyward, V. H. (1998). *Advanced Fitness Assessment Exercise Prescription (3rd ed.)*. Champaign, IL: Human Kinetics.
4. 沈劍威, 阮伯仁 (1998)。 <體適能基礎理論>。香港體適能總會出版。
5. 阮伯仁 (1999)。 <體適能活動及體育常識單元教師手冊>。香港教育署課程發展處編印。