

C & M A Sun Kei Secondary School  
Fitness Programme

Target: Students who are defined as overweight and obesity

No. of students: 20

No. of sessions: 8 sessions

Duration: 1 hour 30 minutes

Objectives:

1. To arouse students' awareness on physical activity as an essential part of a healthy lifestyle.
2. To improve physical fitness of students.
3. To enhance students' knowledge of training theory.

Session	Topic	Contents
1	Weight management	<p>Part A: Theory (20-30 minutes)</p> <ol style="list-style-type: none"> <li>1. Why should we need to manage our weight?</li> <li>2. How to define overweight / obesity?</li> <li>3. Health effect of overweight and obesity</li> <li>4. How to avoid being overweight?</li> <li>5. Physical activity and energy expenditure</li> <li>6. To lead an active and a healthy lifestyle</li> <li>7. Setting goals</li> </ol> <p>Part B: Workout (1 hour)</p>
2	Health related fitness	<p>Part A: Theory (20-30 minutes)</p> <ol style="list-style-type: none"> <li>1. Cardiorespiratory endurance</li> <li>2. Muscular Endurance</li> <li>3. Flexibility</li> <li>4. Muscular Strength</li> <li>5. Body Composition</li> </ol> <p>Part B: Workout (1 hour)</p>
3	FITT Principles	<p>Part A: Theory (20-30 minutes)</p> <p>FITT Principles</p> <p>Part B: Workout (1 hour)</p>
4	Flexibility	<p>Part A: Theory (20-30 minutes)</p> <ol style="list-style-type: none"> <li>1. Static</li> <li>2. Ballistic</li> <li>3. PNF</li> <li>4. Dynamic</li> </ol> <p>Part B: Workout (1 hour)</p>
5	Aerobic training	<p>Part A: Theory (20-30 minutes)</p> <ol style="list-style-type: none"> <li>1. How to calculate your maximum heart rate?</li> </ol>

		<ol style="list-style-type: none"> <li>2. Why should you calculate your maximum heart rate?</li> <li>3. How to estimate your maximum heart rate?</li> <li>4. Five Heart Rate Zones</li> <li>5. How to use Heart Rate Zones for Exercise?</li> <li>6. 5 Factors that influence your heart rate while running</li> <li>7. Training methods: Continuous/ Fartlek/ Long interval/ Circuit</li> </ol> <p>Part B: Workout (1 hour)</p>
6	Anaerobic training	<p>Part A: Theory (20-30 minutes)</p> <ol style="list-style-type: none"> <li>1. Short interval training</li> <li>2. HIIT</li> <li>3. Plyometric</li> </ol> <p>Part B: Workout (1 hour)</p>
7	Muscular Strength I	<p>Part A: Theory (20-30 minutes)</p> <p>Methods: Resistance training/ Circuit/ HIIT</p> <ol style="list-style-type: none"> <li>1. Body Weight exercises</li> <li>2. Stability exercises</li> <li>3. Free weight exercises <ul style="list-style-type: none"> <li>Dumbbells</li> <li>Kettlebells</li> </ul> </li> </ol> <p>Part B: Workout (1 hour)</p>
8	Muscular Strength II	<p>Part A: Theory (20-30 minutes)</p> <p>Methods: Resistance training/ Circuit/ HIIT</p> <ol style="list-style-type: none"> <li>1. Free weight exercises <ul style="list-style-type: none"> <li>Barbells</li> </ul> </li> <li>2. Medicine ball</li> <li>3. Resistance Bands</li> </ol> <p>Part B: Workout (1 hour)</p>