

Self Study Preparatory Kit

课前预习材料

Fitness Theories and Components 体适能理论和元素

- What is the hypokinetic disease?
甚么是缺乏运动病症?
- What is fitness and what are the categories?
甚么是体适能, 它分成那些种类?
- How to calculate target heart rate (THR)?
怎样计算目标心率?

Functional Anatomy 解剖学

- What are anatomical planes?
甚么是解剖面?
- Locate the common bony landmark: 'Acromion Process', 'Coracoid Process', 'Greater Tubercle' and 'Anterior Superior Iliac Spine (ASIS)'
确定常见骨骼位置: 肩突峰、喙突、大结节、髂前上棘

Exercise Physiology 生理学

- 'All the arteries contain more oxygen than carbon dioxide', right or wrong?
「所有动脉都是氧气含量比二氧化碳多」. 正确与否?
- What is energy system? What type of exercise should be performed in order to burn fat and why?
甚么是能量系统? 若要减肥, 应该做那一类型运动? 为什么?
- What are the effects of aerobic training?
甚么是有效有氧运动

Biomechanic and Analysis of Human Movement 生物力学

- What is torque and how can we apply the principle of torque in increasing the difficulty of performing crunch?
甚么是力矩? 怎样利用力矩原则增加卷腹难度?
- What is the meaning of 'flexion', 'extension', 'abduction', 'adduction', 'external and internal rotation'?
甚么是屈曲, 伸展, 外展, 内收, 外旋, 内收?
- What are isometric contraction, concentric contraction and eccentric contraction?
甚么是等长收缩, 向心收缩, 离心收缩?

- What are the 6 steps for teaching safe and effective resistance exercise?
甚么是阻力训练动作的六大步骤?

Exercise Nutrition 运动和营养

- List the examples of Single Sugar
列出一些属于单糖的例子
- What is 'bad cholesterol' we called?
什么是“坏胆固醇”?

Principles and Practice of Resistance Training 抗阻力训练原则及实践

- Which are the target muscles/muscle groups involved in Lat Pulldown ?
颈前下拉的目标肌肉有哪些?
- Which are the target muscles/muscle groups involved in Bench Press?
平板卧推举的目标肌肉有哪些?

Training Principles and Program Design 训练原则及方案设计

- List training tips and precautions for training beginner?
列出初学者的训练注意事项及措施?
- What is the training program for target of muscle growth?
增加肌肉的训练方案是什么?

Health and Fitness Assessment 健康和体适能评估

- What is Chester step test?
何谓 Chester 台阶测试?
- What is Body Mass Index?
甚么是体重指数?

Exercise Safety and Injury Prevention 锻练的安全性和损伤预防

- What is sprain and strain?
甚么是扭伤和拉伤?
- What is tennis elbow?
甚么是网球肘?