

6/3/2023 - 15/5/2023

EVERY MONDAY

6.00 PM – 7.30 PM

15 HOURS

(1.5 HOURS X 10 LESSONS)

VENUE

**TAR UMT MAIN CAMPUS
SC Block, Level 1- Gym**

FEES (6% SST)

RM230

(TAR UC STAFF, STUDENTS, ALUMNI)

RM250

(PUBLIC)



Summary

- Equip participants with knowledge about the importance and benefits of exercise.
- Demonstrate the right ways and techniques of using gym equipment.
- Develop muscular strength, muscle endurance and flexibility and stamina through training.

Course Contents

- Proper techniques of Warm up and Stretching
- Introduction of Gym Equipment and Techniques
- Introduction to Functional Workout
- Introduction to Core Stability and Mobility Exercises
- Weight Loss Training
- Muscle Development Training
- Self-Myofascial Release

Body Fit Programme

Instructor: Ms Chia Geik Huei

Ms Chia Geik Huei holds a Master of Education in Sports Science from UPSI and a Bachelor (Hons) in Sport Science, Universiti Malaya.

She is a certified Level 1 Coach and a Certified Fitness Instructor.

She is currently attached to the Student Affairs Department of TAR University of Management and Technology.



Enquiry & Registration

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Scan to register

