

**21/11 -21/12/2022**

**MONDAY & WEDNESDAY**

**6.00PM - 7.30PM**

**15 HOURS**

**(1.5 HOURS X 10 LESSONS)**

**VENUE**

**TARC UC KL  
(EAST CAMPUS)**

**SC BLOCK, LEVEL 1 - GYM**

**FEES (6% SST)**

**RM210**

**(TAR UC STAFF, STUDENTS, ALUMNI)**

**RM230**

**(PUBLIC)**



# Body Fit Programme

Instructor: Ms Chia Geik Huei

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

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

She is currently attached to the Student Affairs Department of TAR University College

## 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 Equipments and Techniques
- Introduction to Functional Workout
- Introduction to Core Stability and Mobility Exercises
- Weight Loss Training
- Muscle Development Training
- Self-Myofascial Release

## ENQUIRY & REGISTRATION:

Tunku Abdul Rahman University College  
Centre for Continuing and Professional Education  
Tel No: 03-4145 0123 ext: 3587 (Mr Vicky) | ext: 3517 (Ms Tarring)  
Email: [cpe@tarc.edu.my](mailto:cpe@tarc.edu.my)  
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SCAN TO REGISTER

