

1. Title	Understand the relationship between physical fitness and slimming
2. Code	BEZZBO301A
3. Range	Understand the effects of physical fitness on body shape and slimming at beauty salons or workplaces engaged in body treatments, and recommend appropriate home exercises to customers so as to tie in with slimming treatments according to their physical conditions and needs.
4. Level	3
5. Credit	3 (for reference only)
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Understand the structure of human body shape and the basic concept of physical fitness</p> <ul style="list-style-type: none"> ◆ Understand the system of human skeleton, including: <ul style="list-style-type: none"> • Types, functions, names and positions of bones • Types and functions of joints ◆ Understand the muscular system, including: <ul style="list-style-type: none"> • Types, functions, names and positions of muscles • Point of origin, point of insertion • Muscle contraction and stretch ◆ Understand the concept of posture correction, such as: <ul style="list-style-type: none"> • Correction of tilting head • Correction of round shoulders • Correction of malformed pelvis ◆ Understand the general classification of exercises, such as: <ul style="list-style-type: none"> • Resistance exercises • Aerobic exercises • Stretching exercises ◆ Understand the merits of various types of exercises ◆ Understand the relationship and importance of physical fitness and slimming <p>6.2 Apply the knowledge of physical fitness</p> <ul style="list-style-type: none"> ◆ Master the knowledge of physical fitness and its role and essence in slimming treatments ◆ Recommend appropriate exercise plans to customers so as to obtain better results by tying in with slimming treatments according to their physical conditions and treatment needs ◆ Modify the exercise plans according to needs
7. Assessment Criteria	<p>The integrated outcome requirements of this unit of competency are:</p> <p>(i) Capable to master the relationship between physical fitness and slimming treatments; and</p> <p>(ii) Capable to assess the physical conditions and treatment needs of customers and properly apply the knowledge of physical fitness and recommend to them the exercises for slimming and correcting postures.</p>
8. Remarks	