

## STEM Applied Learning Programme

### Lesson Outline

<b>STEM Theme</b>	Applied Health Sciences
<b>Module</b>	5 (Sports Science: Advance)
<b>Total Hours</b>	12

No.	Topic
1	VO <sub>2</sub> Max measurement
2	Knowing your % body fat
3	Target Heart rate and fitness monitor
4	Tennis Sensor
5	Self myofascial release
6	EMS
7	Introduction to Arduino
8	Breadboard & Resistor
9	Input & Output Signal ( Buzzer, LED, Potentiometer)
10	Touch Sensors (push button, pressure capacitive sensor)
11	Light, Sound & Heat sensor (Infrared, Ultrasonic, Temperature sensor)
12	Project: Muscle Sensor ( EMG controlled prosthetic hand)

