

## STEM Applied Learning Programme

### Lesson Outline

<b>STEM Theme</b>	Applied Health Sciences
<b>Module</b>	8 (Sports Training)
<b>Total Hours</b>	11

No.	Topic
1	Introduction to Sports Science
2	Knowing Your Percentage Body Fat
3	Breathing training measurement
4	VO2 max measurement
5	The heart in exercise
6	Knowing your exercise heart rate
7 to 8	Arduino lessons (Heart beat sensor, IR sensor, PIR sensor)
9	Projects for sports training I
10	Projects for sports training II

