



澳門大學
UNIVERSIDADE DE MACAU
UNIVERSITY OF MACAU

澳門大學體育事務部 - 健身室使用者簡介課程內容(1.5 小時)

OSA of UM - Fitness Room Users Introductory Course Content (1.5 hours)

- 介紹免責聲明書(身體狀況)
- Introduce the Undertaking form (Know well the self-condition)
- 介紹健身室使用守則(食物, 儲物櫃)
- Explain the regulation of the fitness room (Wear, foods, lockers)
- 介紹健身室分區 – 帶氧器械區, 阻力器械區, 自由體重區, 熱身區
- Area of fitness room – CV, Machine, Dumbbell, stretch
- 熱身的重要性
- Importance of “Warm-up”

阻力訓練器械 Resistant Equipment	
1	器械名稱 Names of the equipment
2	安全進入/離開器械 Safety in/out
3	活動肌肉部位 Working muscle(s)
4	如何使用器械 How to use
5	選擇合適重量 Weight selection (safety use SELECTOR PIN)
6	最大重複次數原則 RM, Principle 1 - 3 reps /4 - 6 reps /8 - 12 reps /12 -15 reps/15 reps
7	呼吸 Breathing
8	衛生-培養良好習慣 Hygiene - good habit
9	Q&A
自由體重介紹 Free Weight (Dumbbell, Bar) Introduction	
1	握噴鈴或啞鈴 Carrying a dumbbell or a Bar
2	扶持者的作用 Spotter
3	如何使用可調教椅子 How to use (Adjust a bench)
帶氧器械 Cardio Vascular Equipment (treadmill, Crosstrainer, Cycle bike)	
1	器械名稱 Names of the equipment
2	安全進入/離開器械 Safety in/out
3	觀察跑步帶及顯示屏 Observe belt and display
4	如何使用器械 How to use
5	顯示屏選項 Monitor Manual (Speed, Incline, Program, HR, etc...)
6	目標心率計算 Target HR Formula $(220 - \text{age}) \times 55 \sim 85\%$ / THR $[(220 - \text{age} - \text{RHR}) \times 55 \sim 85\%] + \text{RHR}$
7	衛生-培養良好習慣 Hygiene - good habit
8	Q&A
分組體驗 Trial use in groups	

請勿使用貼有“不能使用”的器械 Do **NOT** use the equipment which shows “OUT OF ORDER”. Thank you.