Welcome to The Craft of Exercise!

This course is an exercise program in which we will be focusing on making UNSW fit by covering the correct ways of doing exercise as well as muscle function. You will get to uncover the most important forms of exercises for the human body including:

- Chest
- Back
- Shoulders
- Arms
- Core
- Legs

The course content will provide you an understanding of:

- the importance of exercise for each part of the body
- different exercises based on body part
- extra comments for further detail and
- which muscle is working with the different exercises

While the course will equip course participants with a sound understanding of different exercises, their description and how they work, students will appreciate the importance of exercise in the everyday life. As students, exercise is an

essential component that young adults do not give a great level of attention. However, some of the benefits associated with exercise is that it:
- controls weight
- combats health conditions as well as disease
- improves mood
- improves sleep
- elevates energy levels
- promote social activity through the day if conducted in groups

By getting the basic knowledge of exercise and it's effects on the different parts of the human body, you will be benefitted from you're day to day life with knowledge of muscle function related to each exercise.

How will I benefit from this course?
- Gain a better understanding of exercise and it's importance for the human body.
- Learn simple exercises that will benefit you in every day life.
- Have a simple pocket trainer handy.

⚠️**Warning:** This course content is to be studied for knowledge in exercise and the exercises must only be conducted under an accredited physician's supervision or consultation.

References:

[1] UNSW Logo | UNSW Sydney – Australia's Global University | UNSW Sydney | Available online at: https://www.unsw.edu.au | Accessed on: 18 March 2020

[2] Jogging logo | Freepik | Jogging running man logo vector icon illustration | Premium Vector | Available online at: https://www.freepik.com/premium-vector/run-jogging-running-man-logo-vector-icon-illustration_2987274.htm | Accessed on: 19 March 2020

[3] Warning Logo | LogoDix | Available online at: https://logodix.com/warning | Accessed on: 21 March 2020