

SREE NARAYANA COLLEGE

KOLLAM - 691001

**DEPT. OF PHYSICAL EDUCATION**

**REGULATION, SCHEME AND SYLLABUS FOR**

# CERTIFICATE COURSE IN FITNESS MANAGEMENT 2020-21

**Regulation, Scheme of Examination and Syllabus for Certificate Course in Fitness Management**

1. **NAME OF THE COURSE :** Certificate Course in Fitness Management

## AIMS AND OBJECTIVES OF THE COURSE

* 1. To understand the basic concept of Fitness Training and their effect on the body.
  2. To produce well trained Fitness Trainers.
  3. To study the principles of training related to exercise.
  4. To study the kinesiology aspects of Exercise.
  5. To study the posture related deformities and corrective exercises.
  6. To study the anthropometry and fitness related tests.
  7. To study the basics of Nutrition, weight management and safety measures.
  8. To learn the duties and responsibilities as Gym Instructor
  9. To enable the student to prepare the Fitness programme for different age groups.

1. **NATURE OF THE COURSE:** The course shall be full time regular and co- educational.
2. **DURATION OF THE COURSE:** The duration of the course shall be three months with 30 Hours.

## ELIGIBILITY FOR ADMISSION

1. Candidates for admission to the Certificate Course in Fitness Management shall have passed HSC/+2/VHSC/10+3 Diploma or any other higher examinations recognized by the University of Kerala.
2. Should be below 40 years as on the date of notification of the course. Age relaxation as per University Rules in the case of deserving candidates be given for maximum 5 years.
3. Should be physically and mentally fit to undergo Fitness Training.
4. Candidates should be produce Physical Fitness certificate for admission time.

## RESERVATION OF SEATS

Reservation of seats shall be as per rules framed by the Government/University from time to time.

## MEDIUM OF INSTRUCTION AND EXAMINATION

The medium of Instruction and Examination of the course shall be English.

## COURSE CONTENT AND SCHEME OF EXAMINATION

|  |  |  |  |
| --- | --- | --- | --- |
| **Course**  **Code** | **Course Content** | **Total Marks** | **Total Teaching Hour** |
| CCFM101 | Principles and Methods of Fitness  Training | 100 | 10 |
| CCFM102 | Fitness Training Practical | 100 | 20 |
| CCFM103 | Project Writing | 100 | - |
|  | **Total** | **300** | **30** |

1. **ATTENDANCE**

The minimum attendance for both theory and practical required for each paper shall be 85% of the total number of classes conducted for the course. Those who secure the minimum attendance alone will be allowed to register for the examination.

## SCHEME OF EVALUATION

The evaluation of a course consists of one part: Internal Evaluation (IE). The total marks allotted for the theory papers and Practical shall be 300.

1. **PRACTICAL EXAMINATION**

|  |  |
| --- | --- |
| **Details of Fitness Training practical** | **Marks** |
| Demonstration | 40 |
| Instructions, Skills, Communications, etc. | 30 |
| Viva Voce | 30 |
| **Total** | **100** |

1. **Project Work/Report Writing**

Project writing/ Report writing related topics with Fitness Management.

## THEORY EXAMINATION

The examinations in theory and practical shall be conducted by the College after the completion of the required theory and practical classes of the course. The duration of Examination for each theory paper shall be for 3 hours.

Examination of Practicals shall be conducted by the college with two examiners. There shall be no provision for revaluation. There shall be no supplementary examinations.

## PROMOTION AND PASS

Students who secure not less than 50% marks in each of the theory papers and in practical shall be declared to have passed the certificate course in Fitness Management Examination.

## FACULTY

This Course comes under the faculty of Dept. of Physical Education.

## SYLLABUS

**CCFM 101 : PRINCIPLES AND METHODS OF FITNESS TRAINING**

## UNIT-1- INTRODUCTION TO FITNESS AND TRAINING PRINCIPLES

Meaning and definition of physical activity, exercise and physical fitness- Dimensions of Fitness: Health related Fitness and Performance related Fitness- Components of Health related Fitness -Components of Performance related fitness- Misconceptions about fitness - Basic Principles of training -The FITT principles -Periodization- Meaning – Definition – periodization in Training and conditioning- Principles of conditioning - Importance of training - training load- Factors of load**,** Load & adaptation **,** Over load**,** Recovery.

## UNIT II- METHODS FOR DEVELOPING HEALTH RELATED PHYSICAL FITNESS.

Methods of developing Cardio respiratory fitness : Aerobics, Continuous method- Slow- Fast- Variable – Fart lek Method -Repetition Method - Interval Method - Means and methods of developing Muscular strength- Dynamic Concentric Method ,Dynamic Eccentric Method , Iso- Kinetic Method, Static Method - Means and methods of developing Muscular Endurance :Extensive interval Method, Intensive Interval Method, Circuit Training -Means and methods of developing Flexibility :Dynamic stretching, Ballistic stretching, Static Active stretching, Static Passive stretching, Isometric stretching and PNF stretching -

## UNIT -III FIRST AID

First Aid– First Aid Kit - Responsibility of the First Aider -The RICE principles of first aid **-**The ABC and steps involved in Cardiopulmonary Resuscitation (CPR) - First aid for sprain and Strain, Fracture.

## UNIT-IV FITNESS FACILITY MANAGEMENT

Introduction to Fitness facility Management : Infrastructure facilities for fitness centre- Weight training equipments , cardiovascular equipments , weight plates, Dumbbells - Barbells , Audio- visual facilities -Reception room- Dressing room- Lockers, showers , toilet.- Hygienic facilities & Fitness centre daily cleaning check list - Operation and Management of Fitness Facilities - Set-up and placement and maintenance of Gym equipment -Exercise Prescription for different ages: Older adults, children , Adolescents, Youth, Adult and Middle aged, women .

## UNIT- V -NUTRITION

Basics of Nutrition :Macro Nutrient, Micro Nutrient- Sources and functions of Nutrients- Balance diet- Factors affecting diet - Calories & diet- Exercise & Diet- Role of diet and exercise in management of overweight and obesity- Designing diet plan and exercise schedule for weight gain and loss - Malnutrition, definition, causes of malnutrition, Diseases due to deficiency of vitamins and minerals, prevention of malnutrition.

## References:

1. Uppal . A.K. (2004) Physical Fitness and Wellness Friends publications India.
2. Jeanette winter son(1986) fit for the future. British Library cataloguing in
3. publication.
4. Edward T. Howley B. Dov Franks(1986) Health and Fitness instructor’s Handbook second edition.
5. Anita Bean (1998) Food for Fitness.
6. Corbin, Charles B. et.al: Concepts of Fitness and Welness, Boston: McGraw Hill 2000
7. Gibney, et.al, Public Health Nutrition, Oxford, Blackwell Publishing, 2005
8. Dick, Frank W. (1980) sports Training Principles. London Lepus Books
9. Clark N (1997) Nancy Clark’s Sports Nutrition Guidebook. Second Edition. Human Kinetics, Champaign Illinois.
10. Sharad Chand Mishra. Dr. (2005) Concepts & issues in sports Nutrition
11. Hardman Adrianne E. and Stensel, DavidJ. Physical Activity and health, London: Routledge 2004
12. Practical guide to First Aid Dr. PippaKeechMBchB MRCGP ,published by Lorens Books, 2003
13. ‘First Aid the Vital Link’ The Canadian Red Cross Society , Mosby Lifeline 1994
14. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson
15. Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.

## CCFM 102 -FITNESS TRAINING PRACTICAL

**UNIT: - I**

General Warm up Exercises Limbering down Exercises Calisthenics / Free Exercises

**UNIT II**

Various types of Stretching Exercises.

## UNIT III

Barbell Exercises Dumbbell Exercises

‘Swiss ball Exercises

## UNIT:IV WEIGHT MACHINES

1. Lat pull down
2. Low pulley
3. Peck deck
4. Lateral raise
5. Bench press
6. Shoulder press
7. Chest press
8. Leg curl
9. Leg extension
10. Leg press
11. Abdominal crunch
12. Hyper extension
13. Hip adductor
14. Hip abductor
15. Hack squat
16. Half squat
17. Roman bench
18. Abdominal conditioner
19. Dipping
20. Chinning
21. Leg raise

## UNIT V AEROBIC TRAINING

1. Treadmill
2. Elliptical crossbar
3. Bicycle ergo meter
4. Exercise cycle

## References:

* 1. Batman P. and Van Capelle M.(1995) The Exercise Guide to Resistance training

.FITAU publications. Australia.

* 1. Fleck S.J.and Kraemer W.J. (1997) Designing Resistance Training Programs. Second Edition. Human Kinetics.
  2. Havley E. T. and Franks B . D. (1997) Health Fitness instructions handbook. Third edition . Human kinetics Champaign Illinois .
  3. Heyward V.H. Adanced Fitness Assessment Exercise Prescription. SecondEdition

. Human Kinetics, Champaign Illinois1997

* 1. Brown M.C. & Sommer B.K. – Movement Education- Its Evaluation and Modern Approach, Adchison, wesely publication, London, 1978.
  2. ACSM. (1990). The Recommended Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory and Muscular Fitness in Healthy Adults. Medicine and Science in Sports and Exercise. 22, 2, 265-274.
  3. American College of Sports Medicine (1995). ACSM's Guidelines for Exercise Testing and Prescription. 5th ed. Media, PA: Williams & Wilkins.
  4. American Council on Exercise. (1991). Personal Trainer Manual. San Diego: American Council on Exercise.