

SREE NARAYANA COLLEGE



KOLLAM- 691001



DEPT. OF PHYSICAL EDUCATION



ADMISSION

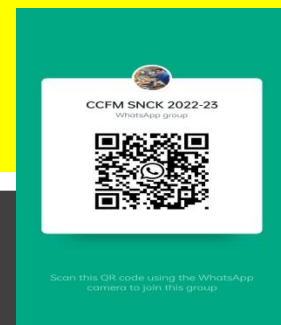
OPEN NOW

2022-23

CERTIFICATE COURSE IN FITNESS MANAGEMENT 2022-23

Registration Link: <https://forms.gle/jJJAYg4XjYmLDJ6U6>

Or Scan the QR Code:



Contacts:
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Duration: 3 Months
(January onwards)



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SYLLABUS

CERTIFICATE COURSE IN FITNESS MANAGEMENT 2022-23

SYLLABUS

CCFM 101 : PRINCIPLES AND METHODS OF FITNESS TRAINING

UNIT-1- INTRODUCTION TO FITNESS

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 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 CENTER 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.

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. Spin Bike

UNIT VI INTRODUCTION OF IRON GAMES

1. Weightlifting
2. Powerlifting
3. Best Physique