



# **Savitribai Phule Pune University**

(formerly University of Pune)

## **Department of Physical Education**

under the

## **Faculty of Inter-disciplinary Studies**



## **Certificate Course in Gym Instructor**

## **& Gym Management**

**2017-2018**

## CERTIFICATE COURSE IN GYM INSTRUCTOR AND GYM MANAGEMENT

### \* OBJECTIVES :

- ✧ To enable student to understand the need and importance of fitness center.
- ✧ To acquaint the student with the fitness programme.
- ✧ To impart knowledge regarding importance of Fitness and exercise for physical, psychological, social and spiritual fitness of an individual.
- ✧ To enable the students develop entrepreneurial abilities in the field of fitness.

### \* SALIENT FEATURES:

This program is designed as per the scientific principles of fitness. This program will be providing the knowledge about methodology and management of fitness training in six months. This program will help to develop the trained man power in the field of fitness training.

### \* DURATION :-

The duration of the course shall be three months. (180 contact Hours.)

Each working day shall consist of one hours of practical work and two hour theory.

### \* COURSE FEE :-

Category		Sub - Category	Fees to be paid
A	Students who have been admitted in Savitribai Phule Pune University or Its affiliated Colleges	<b>A-1 : Indian Students</b>	Rs. 5,000/- (Rupees Five Thousand only)
		<b>A-2 : International Students</b>	Rs. 25,000/- (Rupees Twenty Five thousand only) *International Students should apply through International Centre, SPPU.
B	Others (Indian Nationals : Not included in above A-1 & A-2 Category)	<b>B : Others (i.e. Only Indian Nationals)</b>	Rs. 10,000/- (Rupees Ten Thousand Only)

### \* MEDIUM OF INSTRUCTION AND EXAMINATION :-

Medium of instruction at the certificate course in gym instructor & gym management course will be Marathi and/ or English and question papers shall be set in Marathi and English.

### \* ELIGIBILITY OF ADMISSION :-

Any candidate who has passed XII std. or any other equivalent examination will be eligible for the admission to the certificate course in Gym Instructor & gym management.

### \* STANDARD OF PASSING :-

- ✧ A student has to obtain minimum 40% of marks in each theory paper & 50% of marks in aggregate i.e. Part-I examination.
- ✧ A student has to obtain 50% of marks in practical examination separately in external assessment & internal assessment i.e. Part-II examination.
- ✧ A student has to obtain 50% aggregate marks together in Part -I, and Part -II.

※ **AWARD OF CLASS :-**

Class will be awarded to the students at the end of the course on the basis of aggregate marks obtained by him/her in each part separately.

Sr. No.	Class	Part- I	Part - II
1	First Class with Distinction	70% & above	70% & above
2	First Class	60% & above but less than 70%	60% & above but less than 70%
3	Higher Second Class	55% & above but less than 60%	55% & above but less than 60%
4	Second Class	50% & above but less than 55%	50% & above but less than 55%
5	Pass Class	45% & above but less than 50%	45% & above but less than 50%

※ **STRUCTURE OF THE COURSE :-**

This course is consists of three part. Description of these parts is as follows:

Part	Head	Content	Hours	Marks
I Theory	1	Anatomy & physiology	30	100
	2	Science of fitness training	30	100
	3	Fitness Assessment	30	100
	4	Management of fitness & health club	30	100
	<b>Total Part-I</b>			120
II Practical	1	Course related practical Two (02) Lessons	60	200
	<b>Total Part-II</b>			60
<b>Total Course :-</b>			<b>180 (hour)</b> <b>Three months.</b>	<b>600</b>

※ **ANATOMY & PHYSIOLOGY :-**

✧ **THE MUSCULAR SYSTEM :-**

- Structure of the muscles, Types of muscles, Functions of the muscles
- Effect of exercise on the muscular system and Fatigue, Staleness, Muscle Cramp, Muscle Pull.

✧ **THE CIRCULATORY SYSTEM :-**

- General arrangement of circulatory system, Functions of the circulatory system, Pulse. Effect of exercise on circulatory system.

✧ **THE RESPIRATORY SYSTEM :-**

- Anatomy of respiratory system, Mechanics of respiration, vital capacity, role of oxygen in exercise on the respiratory system.

✧ **THE SKELETON SYSTEM :-**

- Structure of classification and functions of Bones
- Joints, Ligaments Movement around different types of Joints

**\* SCIENCE OF FITNESS TRAINING :-**

- ✧ Foundations of Exercise, Prescription & Weight Control, Meaning, forms and types of exercise, Mode of exercise.
- ✧ Concept of Training and fitness, Health related fitness, Components of fitness, Specificity of training effect, Retraining and Maintenance of training.
- ✧ The exercise prescription, quantity and quality of the exercise program, Warm up and limbering down.
- ✧ Concept of body composition, Somato type and physical activity, Body weight control, Obesity, Energy Balance and weight control, ACSM guidelines for weight loss.

**\* FITNESS ASSESSMENT :-**

- ✧ Concept of Test, Measurement & evaluation, need & importance.
- ✧ Criteria of test selection – Scientific Authenticity (Validity, Reliability, Objectivity, Norms, relevance), Administrative feasibility.
- ✧ Test batteries- AAHPERD youth fitness test, JCR, FITNESSGRAM, ACSM Fitness test. Test items for measuring- Cardio respiratory Endurance, Muscular strength and Muscular endurance, Flexibility, Body composition, speed, Agility, Power, balance and coordination.
- ✧ Fitness Assessment of special needs population and older adults
  - Techniques for physical activity Assessment
  - Posture Assessment

**\* MANAGEMENT OF FITNESS & HEALTH CLUB :-**

- ✧ Health fitness Equipment considerations, Selecting health & fitness equipment, Purchasing health fitness equipment, Maintaining health fitness equipment, Fitness centre set up.
- ✧ Health club Operations, Marketing and sales, Member management.
- ✧ People/Human Resource Management
  - Staff selection & development, Staff recruitment & retention orienting new employees.
- ✧ Financial Management
  - Accounting process, Budget planning, Income management, Expense management.

**Course Related Practical**

**\* FITNESS & CONDITIONING :-**

- ✧ Warm up routines & cooling down routines
- ✧ Weight training exercise, Resistance training
- ✧ Resistance band exercises
- ✧ Core training- Swiss ball, Bosuball exercises
- ✧ Circuit training for strength, endurance, strength endurance improvement, & calorie burning
- ✧ Interval training – strength, endurance
- ✧ Flexibility training – static training , PNF stretching

- ✧ Endurance training – continuous, repetition, fartlek method
- ✧ Speed, Power, agility- Plyometric training.

**\* MEASUREMENT & EVALUATION**

- ✧ Anthropometric measurement
- ✧ Health related physical fitness test
  - C.V. Endurance: Beep test, run/walk test, step test.
  - Muscular strength & endurance: 1 RM, pull ups, push up, bent knee sit ups
  - Flexibility: sit & reach, shoulder flexibility.
  - Body composition: WHR, BMI, Digital Fat monitor.
- ✧ Physiological test: Heart rate, respiratory rate.
- ✧ Skill related physical fitness test
  - Speed : 30 m dash, flying test
  - Agility: shuttle run, semo agility run
  - Balance : stork test
  - Reaction time: hand reaction time, foot reaction time
  - Power: SBJ, Vertical jump, medicine ball throw.
  - Co-ordination : wall catch test.

**BOOK FOR REFERENCE :**

- ACSM (1998) ACSM's resource manual for guidelines for exercise testing & Prescription (3rd Ed.). Lippincott, Williams & Wilkins
- Bompa, T. O., Haff, G. G. (2009). *Periodization: Theory and Methodology of Training (5th Ed.)*. Champaign IL: Human Kinetics
- Bucher, C. A.& Krotee, M. L. (2002). *Management of Physical Education of Sports, (12<sup>th</sup> Edn.)*. New York: McGraw Hill.
- Fahey, Insel, Roth (2004). *Fit & well (6th Ed.)*. Boston: McGraw Hill co.
- Grantham,W., Patton,R., York,T & Winick, M.( 1997).*Health Fitness Management*. USA: Human Kinetics.
- Greenberg, Dintiman, Oakes. (2004). *Physical fitness & wellness (3rd Ed.)*. IL: Human Kinetics
- Howley& Franks (1997). *Health fitness instructor's Handbook (3rd Ed.)* IL: Human kinetics
- Kansal, D.K. (1996). *Test & Measurement in Sports & Physical Education*. New Delhi:.D.V.S.Publications
- Miller, David. K. (2002). *Measurement by the Physical Educator*. New York: McGraw Hill companies.
- Singh, H. (1991). *Science of sports training*. New Delhi: DVS publication
- Uppal. A. K. (2001). *Principles of sports training*. New Delhi: Friends publication