

1	Name of Syllabus	<b>C. C. In Fitness Trainers (404101)</b>																																								
2	Max.Nos of Student	25 Students																																								
3	Duration	6 Month																																								
4	Type	Part Time																																								
5	Nos Of Days/Week	6 Days																																								
6	Nos Of Hours /Days	4 Hrs																																								
7	Space Required	Class Room = 200 Sq feet + Sport Ground																																								
8	Entry Qualification	H.S.C.																																								
9	Objective Of Syllabus/ introduction	a. To enable students to understand the need & Importance of fitness. b. To acquaint students with hands on fitness training. c. To acquaint students with basic subject related to fitness training. d. To develop basic competencies in the students. e. To groom students into fitness field.																																								
10	Employment Opportunity	Having successfully qualified this course the subject will be eligible to a. Work as a Fitness Instructor/Trainer in gyms. b. Work as a Fitness Instructor/Trainer for school/college/societies. c. Work as a Fitness Instructor/Trainer for various games/sports d. Work as a Fitness Instructor/Trainer for various age levels. e. He/She will assess the fitness of the individual, group or team. f. He/She will update the fitness profile of the client. g. Consult on the individual and team performance. h. Design basic workout plans for all.																																								
11	Teacher’s Qualification	Degree & Diploma in concern field.																																								
12	Training System	<table><tr><th colspan="7">Training System Per Week</th></tr><tr><td colspan="2">Theory</td><td colspan="2">Practical</td><td colspan="3">Total</td></tr><tr><td colspan="2">6 Hours</td><td colspan="2">18 Hours</td><td colspan="3">24 Hours</td></tr></table>						Training System Per Week							Theory		Practical		Total			6 Hours		18 Hours		24 Hours																
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13	Exam. System	<table><tr><th>Sr.No.</th><th>Paper Code</th><th>Name of Subject</th><th>TH/PR</th><th>Hours</th><th>Max. Marks</th><th>Min. Marks</th></tr><tr><td>1</td><td>40410111</td><td>FITNESS OF BODY</td><td>TH - I</td><td>3 hrs</td><td>100</td><td>35</td></tr><tr><td>2</td><td>40410121</td><td>FITNESS &amp; EXERCISE</td><td>PR - I</td><td>6 hrs</td><td>200</td><td>100</td></tr><tr><td>3</td><td>40410122</td><td>TESTING &amp; EVALUATION</td><td>PR - II</td><td>3 hrs</td><td>100</td><td>50</td></tr><tr><td></td><td></td><td>Total</td><td></td><td></td><td>400</td><td>185</td></tr></table>						Sr.No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Min. Marks	1	40410111	FITNESS OF BODY	TH - I	3 hrs	100	35	2	40410121	FITNESS & EXERCISE	PR - I	6 hrs	200	100	3	40410122	TESTING & EVALUATION	PR - II	3 hrs	100	50			Total			400	185
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# **Fitness Trainer's**

## **Syllabus of Theory**

### **Theory - I :- Fitness of Body**

#### **Unit I Anatomy – Physiology & Sports Medicine**

- Systems of human body
- Deformities & Modalities
- First aids & Injury management
- Nutrition

#### **Unit II Biomechanics & Kinesiology**

- Application of biomechanics
- Laws of Motion & leaver
- Axis, Planes & fundamental Movements
- Muscular analysis

#### **Unit III Fitness & Exercise**

- Fitness its need, importance and scope
- Fitness components
- Principles of General & specific warm up
- Conditioning exercises for fitness

#### **Unit IV Training & Training Methods**

- Training principles for fitness
- Training methods & cycles
- Periodisation

#### **Unit V Test, Measurement & Evaluation**

- Physical Fitness test
- Anthropometric Measurements
- Norms & criterions for Fitness evaluation

### **Practical :- I - Fitness & Exercise**

#### **Unit I Warm up & cool down**

- General
- Specific
- Stretches for cool down

#### **Unit II Exercises**

- Exercises & basic competencies
- Free hand exercises
  - General exercises
  - Specific exercises
  - Conditioning exercises
- Free weight (resistance)& machine exercises

#### **Unit III Techniques of exercises**

- Repetitions, Sets, Sessions & recovery
- Prime Movers
- Agonist & Antagonist muscles

## **Practical II :- Testing & Evaluation**

### **Unit I Training Methods**

- Circuit training
- Weight training
- Plyometric training
- Slow/fast continues, varied pace training

### **Unit I Fitness Testing & Evaluation**

- Anthropometric measurements
- Body weight, height & BMI
- 9/12 Min. Run walk test or Rockport test
- Grip strength test
- 50 M. dash
- 4 x 10 M. agility run
- SBJ/Vertical Jump test
- 1 Min. skipping,
- 1 Min. sit ups/push ups
- Sit /Stand & reach test
- Different standards for evaluation

### **C. Project Work**

- I Individual Case
- II Group Case
- III Individual Fitness

### **List of equipments, teaching aids and other resources**

<b>S. N.</b>	<b>Equipment</b>
1	Skip rope
2	Marking cones
3	Wands
4	Frisbees
5	Big balls
6	Small balls
7	Medicine ball
8	Writing boards
9	Exercise mats
10	Climbing ropes
11	Wall bars
12	Stop watches
13	Measuring tapes
14	Water cans
15	Chalk powder
16	Dumbbells
17	Wt. bars
18	Wt. plates
19	Electronic walkers
20	Cycles
21	Machines

## Reference books

S. N.	Name of the Book	Author
1	Inside the body	Anita Ganeri
2	Science of sports training	Hardayal Singh
3	Sports training principle	Frank Dick
4	Concept of Athletic training	Pfeiffer Magnus
5	Nutrition in exercise & sports	Ira Wolinsky
6	Encyclopedia of body building	Arnold Swatzangar

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