



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

2019-2020

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	A-1 : Indian Students	Rs. 5,155/- (Rupees Five Thousand One hundred Fifty Five only)
		A-2 : International Students	Rs. 15,155/- (Rupees Fifteen thousand One hundred Fifty Five only) *International Students should apply through International Centre, SPPU.
B	Others (Indian Nationals : Not included in above A-1 & A-2 Category)	B : Others (i.e. Only Indian Nationals)	Rs. 10,155/- (Rupees Ten Thousand One Hundred Fifty Five 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	Subject Code	Subject Name	Hours	Internal Marks	External Marks	Total Marks
I Theory	GIM 1	Anatomy, Physiology and Nutrition	30	20	80	100
	GIM 2	Fitness Assessment	30	20	80	100
	GIM 3	Exercise Prescription	30	20	80	100
	GIM 4	Management of Health Club	30	20	80	100
	Total Part-I			120	80	320
II Practical	GIM 5	Course related practical Two (02) Lessons	60	100	100	200
	Total Part-II			60	100	100
Total Course :-			180 (hour) Three months.	180	420	600

○ **GIM - 1 ANATOMY, PHYSIOLOGY & NURTITION**

○ The Musculo Skeleton System :-

- Bones: Structure, classification & functions.
- Joints: Types of Joints, Movement around the Joints (Plane & Axis)
- Muscles: Structure, Types & Functions, Effect of exercise on the muscular system
- Fatigue, Delayed Onset Muscle Soreness (DOMS), Overtraining Syndrome, Muscle Cramp.

○ The Cardiovascular System :-

- Anatomy, Physiology and function of cardiovascular system
- Effect of exercise on circulatory system.

○ The Respiratory System :-

- Anatomy, Physiology and functions of Respiratory System
- Effect of Exercise on Respiratory system

- Energy Metabolism:-
 - Anaerobic & Aerobic energy metabolism
- Nutrition For Fitness :-
 - Concept & introduction to various Macro & Micro nutrients
 - Determining daily Caloric Requirements (BMR, RDA, Caloric value of food Items)
 - Diet plan for weight loss & Weight gain
 - Role & Importance of water
 - Dietary supplements: Protein (Whey, Albumin, Soya, Casein), Multi Vitamins, Anti Oxidants & Calcium.
- **GIM – 2 FITNESS ASSESSMENT**
 - Concept of Health related physical fitness & Components of fitness Health related physical fitness
 - Concept of Test, Measurement & evaluation, need & importance.
 - Pre activity screening: PAR-Q, Risk Stratification, Informed Concern
 - Resting & Exercise Heart Rate (MHR, RHR, THR)
 - Body Composition assessment (Height, Weight, BMI, WHR, Circumference, Skin fold, BIA)
 - Cardio respiratory Endurance (12 minute Run & Walk Test, Step test, Treadmill test, cycle ergo meter test)
 - Muscular Strength (Hand grip test, 1RM tests)
 - Muscular Endurance (Push ups, Sit ups, Pull ups)
 - Flexibility (Sit & Reach test, Bridge up, Finger touch test)
 - Fitness Test Battery (AAHPERD, ACSM)
- **GIM – 3 EXERCISE PRESCRIPTION**
 - Meaning, Definition and Principles of training.
 - General principles of exercise principles (Goal, Warm up & Cooling down)
 - Cardio respiratory endurance: Forms, Training Methods, Prescription Guidelines.
 - Muscular Strength: Forms, Training Methods, Prescription Guidelines.
 - Flexibility: Forms, Training Methods, Prescription Guidelines.
 - Training Plan and Periodization.
 - Designing Exercise program for Endurance, Strength, and Flexibility.
 - Weight management
- **GIM – 4 MANAGEMENT OF HEALTH CLUB:-**
 - Human Resource Management:
 - Organizational design of health club.
 - Staff recruitment, development and retention.

- Member management:
 - Marketing and sales
 - Customer Service
 - Operations and Program Management
- Facility Management:
 - Selection, Purchase and maintenance of Fitness and support equipments.
- Financial Management:
 - Accounting process, Budget planning,
 - Income & Expense management.
- Addressing Health & Safety Concerns
- Legal and insurance Issues.

Course Related Practical

- **FITNESS & CONDITIONING :-**
 - Warm up routines & cooling down routines
 - Weight training exercise (Own body weight, Dumbbell, Barbell, Machine)
 - Resistance band exercises
 - Suspended belt exercises
 - Kettle bell exercises
 - Swiss ball exercises
 - Circuit training for strength, endurance, strength endurance.
 - Interval training – strength, endurance
 - Flexibility training – static training , PNF stretching
 - Endurance training – continuous, repetition, fartlek method.

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, (12th Edn.)*. New
Yark: 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