



Savitribai Phule Pune University
(Formerly University of Pune)

Department of Physical Education
under the
Faculty of Inter-disciplinary Studies

Syllabus for
Certificate Course in Gym Instructor and Gym
Management
(C. C. G. I. & G. M.)

Credit System
(Academic Year 2021-2022)

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.

DURATION :-

- The duration of the course shall be three months. (180 hours.)
- Each working day shall consist of three hours.

ELIGIBILITY OF ADMISSION :-

- Minimum XII Std. or equivalent examination passed from Govt. Board
- **Age Limit :-** 18 to 60 Years (Both inclusive)
- **Intake Capacity :-** 50 Students
- **Fitness Eligibility:-** Average fitness with no limitations for physical activities and exercises.
- **Medical Test:-** Candidates should be medically fit and sound provided other conditions of admissions are fulfilled.

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 will be Marathi and/ or English and question papers shall be set in Marathi and English.

ELIGIBILITY FOR APPEARING AT CERTIFICATE COURSE IN GYM INSTRUCTOR AND GYM MANAGEMENT EXAMINATION:-

Student should have at least 75% Attendance during the Course. He / She should complete all the practical and other related work expected in all parts of the syllabus. A student who misses more than 25% of the scheduled classes will not be allowed to appear for the exam.

GENERAL INSTRUCTIONS:-

- The **certificate course in Gym Instructor and Gym Management (C. C. G. I. & G. M.)** consists of **12 credits**.
- One credit will be equivalent to 15 clock hours of student-teacher contact.
- Details of the theoretical and practical components are given in the structure of the program.
- Internal evaluation will follow Continuous Comprehensive Evaluation procedures. Internal evaluation should be done on every credit of each course or minimum two per course as decided by the teacher concerned.

RULES & REGULATIONS:-

The **certificate course in Gym Instructor and Gym Management (C. C. G. I. & G. M.)** will be awarded to a student who completes a total of 12 credits.

Each course will have

- 50 % of marks for Final Examination
- 50 % marks for Internal Assessment

Each core unit will have an Internal (continues) assessment of 50 % of marks and a teacher may select a minimum of two of the following procedures:

- Written Test
- Lecture / Library Notes
- Seminar Presentation
- Short Quizzes
- Assignments
- Field Work

- To pass a student shall have to get minimum aggregate 30% marks in each head of passing (i.e. internal assessment and final examination) and minimum aggregate 40% marks in each course.
- Internal assessment answer book may be shown to the students concerned but not the final examination answer scripts.
- While marks will be given for all examinations, they will be converted into grades. The final grade sheets and transcripts will have only grades and grade-points average.
- To pass a student shall have to get minimum aggregate 40% marks (E and above on grade point scale) in each course.
- The system of evaluation will be as follows: Each assignment/ test will be evaluated in terms of marks. The marks for separate assignment and the final examination will be added together and converted into a grade and later grade point average. Results will be declared after the final examination which will give grades, grade point average and the Final Grade.

EVALUATION SCALE FOR INDIVIDUAL SUBJECT:-

<u>Percent</u>	<u>Grade</u>	<u>Grade Points</u>
80 to 100	O : Outstanding	10
70 to 79	A + : Excellent	09
60 to 69	A : Very Good	08
55 to 59	B+ : Good	07
50 to 54	B : Above Average	06
45 to 49	C : Average	05
40 to 44	P : Pass	04
00 to 39	F : Fail	00
--	Ab : Absent	00

The formula for conversion of Grade point average (GPA) into the final grade

09.00	-	10.00	-	O
08.50	-	08.99	-	A+
07.50	-	08.49	-	A
06.50	-	07.49	-	B+
05.50	-	06.49	-	B
04.25	-	05.49	-	C
04.00	-	04.24	-	P
00.00	-	03..99	-	F

$$\text{CGPA} = \frac{\sum (\text{Grade Points} \times \text{Credits})}{\sum (\text{Earned Credits})}$$

STRUCTURE OF THE COURSE:-

Part	Subject Code	Subject Name	Hours	Credits
I Theory	GIM-1	Anatomy, Physiology and Nutrition	30	02
	GIM- 2	Fitness Assessment	30	02
	GIM- 3	Exercise Prescription	30	02
	GIM- 4	Management of Health Club	30	02
	Total Part-I		120	08
II Practical	GIM- 5	Fitness Training (Practical)	60	04
	Total Part-II		60	04
Total Course			180	12

SYLLABUS

GIM – 1 ANATOMY, PHYSIOLOGY & NURTITION

CREDIT 1

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

CREDIT 2

- Energy Metabolism:- Anaerobic & Aerobic energy metabolism
- 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

CREDIT 1

- 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)

CREDIT 2

- 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 (Pushups, Sit ups, Pull ups)
- Flexibility (Sit & Reach test, Bridge up, Finger touch test)
- Fitness Test Battery (AAHPERD, ACSM)

GIM – 3 EXERCISE PRESCRIPTION

CREDIT 1

- 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.

CREDIT 2

- Training Plan and Periodization.
- Designing Exercise program for Endurance, Strength, and Flexibility.
- Weight management

GIM – 4 MANAGEMENT OF HEALTH CLUB: -

CREDIT 1

- Organizational design of health club.
- Staff recruitment, development and retention.
- Marketing and sales
- Customer Service
- Operations and Program Management
- Facility Management: Selection, Purchase and maintenance of Fitness and support equipment.

CREDIT 2

- Financial Management: Accounting process, Budget planning, Income & Expense management.
- Addressing Health & Safety Concerns
- Legal and insurance Issues.

GIM 05 FITNESS TRAINING (PRACTICAL)

CREDIT 1

- 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

CREDIT 2

- Circuit training for strength, endurance, strength endurance.
- Interval training – strength, endurance
- Flexibility training – static training, PNF stretching
- Endurance training – continuous, repetition, fartlek method.

BOOKS FOR REFERENCE :-

- ACSM (1998) ACSM's resource manual for guidelines for exercise testing & Prescription (3rd Ed.). Lippincott, Williams & Wilkins
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- Uppal. A. K. (2001). *Principles of sports training*. New Delhi: Friends publication