

Diploma Course in Gym Instructor
[On Campus Programme]
REGULATIONS AND SYLLABUS
2012-13 onwards

REGULATIONS

<i>Eligibility for Admission</i>	: +2 passed or equivalent
<i>Duration of the Course</i>	: One year [Academic - Non-Semester]
<i>Medium of Instruction</i>	: English
<i>Attendance</i>	: 80% is a must
<i>Examination</i>	: External for Practical

SCHEME OF EXAMINATION

Sl. no	Theory	Internal	External	Total	Passing Minimum Marks	Duration
1.	Fundamental of Fitness Training and Management & Gym	-	100	100	40	3
2.	Allied Fitness Sciences	-	100	100	40	3
	Practical					
3.	Teaching and Coaching Practice	40	60	100	40	3
	Total Marks			300		

PATTERN OF QUESTION PAPER

Part	Type of questions	No. of questions	Mark for each question	Total Marks
A	Short Answers	10	2	20
B	Paragraph (Any Five)	8	7	35
C	Essay(Any Three)	5	15	45
	Total			100

Classification:

60% and above but less than 75% - 1st class
50% and above but less than 60% - 2nd Class
40% and above but less than 50% - 3rd Class

Candidates who have obtained 75% and above of the marks in any subjects shall be deemed to have passed in the subjects with Distinction provided they pass the examinations at the first appearance.

Diploma Course in Gym Instructor
[On Campus Programme)
REGULATIONS AND SYLLABUS
2012-13 onwards

SYLLABUS

Course: 1. Fundamentals of Fitness Training and Gym Management

Module I

Meaning and definition of Training – Principles of Training – Basic physical fitness components – Health related physical fitness.

Module II

Meaning and definition of planning – Periodisation – Load and Recovery – Principles of overload – Strength – Types of Strength – Strength development training.

Module III

Meaning of Fitness – Factors influencing fitness – Age, Sex, Environment, Diet, Exercise, Rest, Sleep and Training – Types of Exercise – Aerobic, Anaerobic, Mobility, Strength and Agility.

Module IV

Communication skills and appearance – Facility management – Introduction to Exercise Equipment - Placement of Equipment – Handling and Utilization of Equipment.

Module V

Size and Measurements of Fitness centre – Equipments – Barbells, Weight Plates – Tread Mill – Multistation – Exercise bike– Training programme for Children, Youth, Adult and Aged – Home based fitness programme.

Reference:-

1. English Communication, Technical Teachers, Training Institute Madras
2. Florio A, "Safety Education" New York, MC-Grow Hill Book Co.
3. Charles A. Bucker, "Foundation of Physical Education", St. Lows. The C.V. Mosby Co.1986
4. S.S. Roy, "Sports Management" New Delhi: Friends Publications,1995.

Diploma Course in Gym Instructor
[On Campus Programme)
REGULATIONS AND SYLLABUS
2012-13 onwards

Course: II Allied Science on Fitness

Module I

Anatomy – Meaning and definition – Skeletal system – Joint – Classification of Joint – Types of movement.

Module II

Kinesiology – Meaning and definition – origin, insertion and action of muscles – Biceps, Triceps, Deltoid, Pectorals major, Quadriceps group of muscles, Hamstring group of muscles – Gastronomies.

Module III

Classification of muscles – Types of Construction – Effect of Exercise on Muscular, Cardiac and Respiratory Systems – Injury – Safety in gym.

Module IV

Drug – Nutrients – Micro and macro nutrient – Supplementation – Obesity – Over weight – Body Composition -Weight Control.

Module V

Assessment of 1 RM – Harvard step test – AAHPER youth fitness test – New York State posture rating test – Coopers 12 minutes Run/ Walk test.

Reference:-

1. Donald K. Mathews, “ Measurement in physical Education” London W.B. Saunders company.1978.
2. Jack H.Wilmore and David L. Costill, “Physiology of sports and Exercise” USA: Human kinetics 1994.
3. John W. Bunn, “Scientific Principles of coaching “New Jersey: Prentice Hall Inc.1985.

Diploma Course in Gym Instructor
[On Campus Programme)
REGULATIONS AND SYLLABUS
2012-13 onwards

Course: III PRACTICAL

Module I

Customer Relationship Management – Phone Handling - Language – Guest Satisfaction - Maintenance of records.

Module II

Class Room Management – Preparation for the Class – Grouping of Participants – Time schedule.

Module II

Set up and placement of equipment, List of equipment to be introduced – Mechanical functioning of the equipment, Wear, Tear and Maintenance of facilitates in Gym.

Module IV

Warm-up and Warm-down - Teaching fitness activity – Free weights – Machines.

Module V

Systematic Lesson plans for fitness activities/ Strength training – Aerobic training – Aerobic Dance – Physical Testing – Physiological Testing and Anthropometric measurements.

P.G. Diploma Course in Gym Instructor
[On Campus Programme]
REGULATIONS AND SYLLABUS
2012-13 onwards

REGULATIONS

<i>Eligibility for Admission</i>	: Bachelor Degree or Equivalent degree
<i>Duration of the Course</i>	: One year [Academic - Non-Semester]
<i>Medium of Instruction</i>	: English
<i>Attendance</i>	: 80% is a must
<i>Examination</i>	: External for Practical

SCHEME OF EXAMINATION

Sl. no	Theory	Internal	External	Total	Passing Minimum Marks	Duration
1.	Science of Training	-	100	100	50	3
2.	Allied Sciences on Training	-	100	100	50	3
3.	Fitness, Exercise & Gym Management	-	100	100	50	3
	Practical					
4.	Teaching and Coaching Practice	40	60	100	50	3
Total Marks				400		

PATTERN OF QUESTION PAPER

Part	Type of questions	No. of questions	Mark for each question	Total Marks
A	Short Answers	10	2	20
B	Paragraph (Any Five)	8	7	35
C	Essay(Any Three)	5	15	45
Total				100

Classification:

60% and above but less than 75% - 1st class
50% and above but less than 60% - 2nd Class

Candidates who have obtained 75% and above of the marks in any subjects shall be deemed to have passed in the subjects with Distinction provided they pass the examinations at the first appearance.

P.G. Diploma Course in Gym Instructor
[On Campus Programme)
REGULATIONS AND SYLLABUS
2012-13 onwards

P.G. Diploma Course in Gym Instructor

Course : I Science of Training

Module I

Fundamentals of Training – Definition and Meaning of Training – Dimension of Training- Characteristics of Training – Principles of Training, Specificity, Overload, Reversibility – Basic Physical Fitness Components.

Module II

Definition and Meaning of Load – Load and Adaptation – Factors of Load – Overload- Total Load and Recovery – Total Sets and Repetition – Total Exercise – Principles of Overload.

Module III

Need and Importance of Planning – Periodisation – Preparatory Period – Completion Period – Transitional Period – Types of Periodisation – Duration of the Periods – Principles of Planning – Types of Training Plan - Micro Cycle – Meso Cycle- Macro Cycle

Module IV

Meaning of Circuit Training – Station Training – Plyometric Training – Strength Training – Isometric, Isotonic and Isokinetic – Factors determining strength.

Module V

Basic Physical Fitness components – Types of Strength – Strength Development Training – General Exercise, Special Exercise, Competition Specific Exercise – Assessment of 1 RM – Training for development of maximum strength, Elastic Strength, Strength Endurance.

Reference:-

1. Frank W. Dick, "Sports Training Principles", London, Lepus Book Co. 1980
2. Hardayal Singh, "Science of sports Training" D.V.S. Publication, New Delhi. 1995.
3. Dietrich Harre, "Principles of Sports Training" Berlin Sportverlog, 1982.

P.G. Diploma Course in Gym Instructor
[On Campus Programme]
REGULATIONS AND SYLLABUS
2012-13 onwards

Course : II Allied Science on Training

Module I

The arrangement of the skeleton – Function of the skeleton – Ribs, Vertebral column and Extremities – Sex difference in Skeleton – Joint – General classification of Joint – Types of Movements.

Module II

Objectives need and importance of kinesiology knowledge of kinesiology for Gym Instructor – Origin, Insertion and Action of Muscles with special reference to the following. Pectoralis Major – Pectoralis Minor – Glutius maximums – Rectus Abdominis – Latissimus Dorsi – Deltoid – Biceps – Triceps – Gastronomies – Sartorius – Qudriceps group – Hamstring group of muscles.

Module III

Effect of Exercise on Muscular System – Circulatory – System – Endocrine System – Obesity – Sports injury – Safety in sports – Muscle injury – Rehabilitation.

Module IV

Ergogenic Aids – Drug doses – Nutrients – Carbohydrates, Fats, Proteins, Vitamins – Minerals and Water – Diet supplementation – Diet Modification in weight Control – Body Composition - Risk associated with over fatness and low body fatness.

Module V

Need and importance of Test, Measurement and Evaluation – Tuttle Pulse Ratio Test Harvard Step Test – Cooper's 12 minutes Run / Walk Test – AAHPER Youth Fitness Test – New York state posture rating test.

Reference:-

1. Donald K. Mathews, “ Measurement in physical Education” London W.B. Saunders company.1978.
2. Jack H.Wilmore and David L. Costill, “Physiology of sports and Exercise” USA: Human kinetics 1994.
3. John W. Bunn, “Scientific Principles of coaching “New Jersey: Prentice Hall Inc.1985.

P.G. Diploma Course in Gym Instructor
[On Campus Programme)
REGULATIONS AND SYLLABUS
2012-13 onwards

Course : III Fitness, Exercise and Gym management

Module I

Definition and Meaning of Fitness – Dimensions of Fitness – Physical, Mental – Benefits of Health and Fitness – Role of Fitness among various population, Age and Sex.

Module II

Factors influencing Fitness – Age, Sex, Environment, Diet, Exercise, Rest, Sleep and Training – Types of Exercise: Aerobic, Anaerobic, Mobility, Strength, Balancing and Agility.

Module III

Cardiovascular Endurance – Development of Cardio Vascular Endurance through Weight Training - Circuit Training and Aerobic Circuit- Methods of developing CRE: - Aerobic and Anaerobic Metabolism.

Module IV

Communication Skills, appearance – Public Relation – Supervision and Administration – Facility Management – Introduction to Exercise Equipments – Types of Exercise Equipment – Placement of Equipment - Handling and Utilization of equipment.

Module V

Fitness Centre – Size, Measurement and Other Facilities – Equipments – Weight Plates – Barbells – Exercise Bikes – Treadmill – Multi gym – Vibrating Pads – Therobands - Personal Physical Fitness Programme – Training Programme for Children, Youth, Adult and Aged – Home based Fitness Programme.

Reference:

1. English Communication, Technical Teachers, Training Institute Madras
2. Florio A, "Safety Education" New York, MC-Grow Hill Book Co.
3. Charles A. Buckner, "Foundation of Physical Education", St. Lows. The C.V. Mosby Co.1986
4. S.S. Roy, "Sports Management" New Delhi: Friends Publications,1995.

P.G. Diploma Course in Gym Instructor
[On Campus Programme]
REGULATIONS AND SYLLABUS
2012-13 onwards

Course : IV PRACTICAL

Module I

Warm - Up and Warm - Down - Exercise: General, Stretching, Specific and Conditioning.

Module II

Physical Activity Attitude Assessment - Assessment of health, nutrition, Analysis of Diet - Medical Assessment.

Module III

Evaluation of Muscle Strength IRM - Preparation of training programme - Assessment of Body composition.

Module IV

Teaching Fitness Activity - Free Weight, Machines, Calisthenics - Aerobic Exercise - Aerobic Dance - Teaching practice three lessons in the class teacher under proper supervision.

Module V

Systematic lesson plans for Fitness Activities / Resistance Exercise. Actual Conduct of three coaching lessons in fitness centers under proper supervision - Communication - Leadership Quality.