

Title of course-	Health and Fitness Trainer
Nodal Department of HEI to run course	
Broad Area/Sector-	PHYSICAL EDUCATION AND SPORTS
Sub Sector-	Health and Fitness
Nature of course - Independent / Progressive =	Independent
Name of suggestive Sector Skill Council	SPEFL SECTOR
Aliened NSQF level	04
Expected fees of the course –Free/Paid	
Stipend to student expected from industry	
Number of Seats-.....	
Course Code-.....	Credits- 03 (1 Theory, 2 Practical)
Max Marks...100..... Minimum Marks.....	
Name of proposed skill Partner (Please specify, Name of industry, company etc for Practical /training/ internship/OJT	
Job prospects-Expected Fields of Occupation where student will be able to get job after completing this course in (Please specify name/type of industry, company etc.)	Health and fitness trainer • Personal trainer • Opening own gym • Health and fitness counselor • Fitness trainer in school and colleges • Coaching

Syllabus

Unit	Topics	General/ Skill component	Theory/ Practical/ OJT/ Internship/ Training	No of theory hours (Total-15 Hours=1 credit)	No of skill Hours (Total-60 Hours=2 credits)
I	Meaning and definition of training:- <ul style="list-style-type: none"> • Principles of training • Basic physical fitness components • Health related physical fitness Meaning of fitness:- <ul style="list-style-type: none"> • Factors effecting fitness.(age,sex,exercise,rest,sleep and training). Types of exercise:- <ul style="list-style-type: none"> • Aerobics,Anerobics,mobility,strength,coordinative abilities. • Maintenance of fitness centre equipments:- 	PHYSICAL FITNESS	THEORY	02	60(10HRS EACH) Warm up/Cooling down. <ul style="list-style-type: none"> • General exercises. • Specific exercises. • Stretching exercises. • Conditioning.
II	Anatomy:- Skeletal system, joints their movements and types. Kinesiology:- <ul style="list-style-type: none"> • Muscles classifications . • Origin and insertion. • Types. • Effects of exercise. 	PHYSIOLOGY		02	Evaluation of muscles strength. <ul style="list-style-type: none"> • Preparation of training programme. • Assessment of body composition .Physical

					activity attitude assessment
III	Drug /Nutrition:- • Micro nutrition. • Macro nutrition • Supplementation.	DIET		02	Assessment of health. Assessment of nutrition. Assessment of diet.
IV	• Obesity management.	HEALTH MANAGE MENT		02	Assessment of health.
V	• Body composition.	ANTHROP OMETRY		02	Medical assessment.
VI	•Maintenance of fitness centre equipments:- •Barbells, weight plates,treadmills, multistations and exercise biking.	GYM EQUIPME NTS		05	Teaching of fitness activity:- •Free weight exercises. •Calisthenic s. •Aerobics and aerobic dance. •Planks,pilat es and spinning.

Suggested Readings: • Donald K Mathews, "Measurements in physical Education" London W.B.Saunders Company.1978

• Jack.H. Wilmore and David L Costill,"Physiology of sports and Exercise."USA:Human Kinetics. 1994

• John W Bunn, "Scientific Principles of Coaching"New Jersey:Prentice Hall Inc.1985

Suggested Digital platforms/ web links for reading-

Suggested OJT/ Internship/ Training/ Skill partner AGRA COLLEGE AGRA AND VARIOUS GYMS

Suggested Continuous Evaluation Methods:

Course Pre-requisites:

- No pre-requisite required, open to all
- To study this course, a student must have the subject PHYSICAL EDUCATION in class/12th/ certificate/diploma
- If progressive, to study this course a student must have passed previous courses of this series.

Suggested equivalent online courses: BPed ,DIPLOMA IN FITNESS MANAGEMENT.

Any remarks/ suggestions: NO

Notes:

- Number of units in Theory/Practical may vary as per need
- Total credits/semester-3 (it can be more credits, but students will get only 3credit/ semester or 6credits/ year
- Credits for Theory =01 (Teaching Hours = 15)
- Credits for Internship/OJT/Training/Practical = 02 (Training Hours = 60)