

**SHIVAJI UNIVERSITY, KOLHAPUR
CENTRE FOR COMMUNITY DEVELOPMENT**

CERTIFICATE COURSE IN FITNESS TRAINING

Duration: 3 months (3 days/week, 1 and ½ hrs per day)

Student Eligibility: 10th pass and pre experienced

Number of Students/batch: Maximum – 30

Course Fees: Rs.4000/- + Rs.150 Evaluation Fee

A) Space – Existing center is having adequate space approximately 1200 sq. feet with changing room males & females.

B) Equipments –

Well equipped gym for practical with machines like

1. Trade mill
2. spin bikes
3. Lat pulley
4. Hack squat with leg press
5. cable cross over weight
6. smith machine
7. peck-fly
8. preacher curl
9. weights
10. many more professional machines

C) Staff – 1. Diploma in health management & physiotherapist,

2. dietitian

3. Trained physical trainer

D) Exam Pattern

Theory – 100 marks

Practical – 100 marks

SYLLABUS

- 1. Introduction & imp of exercise**
- 2. Evaluation of case history taking**
- 3. General anatomy of human body**
- 4. Actual work out pattern**
 - 1) Stretching (warm up & cool down)**
 - 2) Exercise pattern**
 - a) Cardio**
 - b) Aerobic**
 - c) Muscle strength (body building)**
 - d) Muscle endurance (push up, pull up sit up)**
 - e) Exercise to reduce measurement**
 - I. Chin & neck (extra fats)**
 - II. Around shoulder, arm, forearm**
 - III. Chest/breast measurement & back of chest (pad of fat)**
 - IV. Abdominal fat (abs) mainly in ladies**
 - V. Buttocks**
 - VI. Thighs**
 - VII. Calf muscles**
 - VIII. Overall body**
- 5. Preparation of card/record keeping & measurement, Obesity BMI waist/hip ratio, height, weight**
 - a) Special programme like wt. loss & wt. Gain**
 - b) Yoga tips; some imp yoga sane which can be taught in order to increase flexibility of body. To piece of mind-shavasan, Omkar prnayam, kanpalbhati, dhyan.**
 - c) Machine exercise; Introduction of machine, it's name parts action use, how it is maintained properly**
 - d) How to handle gym emergencies from point of view of physiotherapy**
 - e) Diet guidance:**
 - I. Imp food constituents**
 - II. Diet pyramid**
 - III. Normal daily requirement of some imp constituent**
 - IV. Obesity**
 - V. Wt. loss diet planning imp guide**
 - VI. Wt. gain diet planning imp guide**
 - VII. Normal diet plan maintain 800 cal/1000cal/1200cal/diet menu**
 - VIII. Adolescent . pregnancy, menopause**
 - IX. Daily good intake calorie conscious**
 - X. Gym management & budgeting (basic /advance)**
 - XI. Communication skill**
 - XII. Stress management**
 - XIII. Massage tips**