SHIVAJI UNIVERSITY, KOLHAPUR

CENTER FOR COMMUNITY DEVELOPMENT

CERTIFICATE COURSE IN PERSONAL FITNESS TRAINING

AIMS:

- To equip students with fundamental and advanced fitness training knowledge.
- To develop practical skills for personal training, group fitness instruction, and wellness coaching.
- To promote understanding of health, safety, and ethical practices in the fitness industry.

OBJECTIVES:

- Demonstrate knowledge of human anatomy and physiology in relation to physical activity.
- Create and implement effective fitness programs tailored to individual needs.
- Apply principles of exercise science to enhance performance and prevent Injuries
- Understand nutrition principles and their role in fitness.
- Utilize fitness assessment tools to track and measure client progress.

COURSE CODE : CC-PFT

DURATION: 5 MONTHS

ELIGIBILITY: 10th PASS

MEDIUM OF INSTRUCTION: English/Marathi

MAXIMUM STRENGTH: 30 students

FEES: Per Student Rs . 4000/- for 5 months course + 150 Evaluation charges

COURSE STRUCTURE :

Contact hours- 90

Credits- 4

No.	Particulars	Hours
1	Theory	30
2	Practical	60

A] Space - Lecture hall - 200 sq. Feet
- Practical hall - 400 sq. Feet

B] Equipment's-

Well equipped gym for practical with machines like

1) Treadmill
2) Spin bikes
3) Lat pully machine
4) Leg press machine
5) Smith machine
6) Peck-dec fly machine
7) Seated row machine
8) Bench - Flat/Incine/Decline
9) Dumbbells
10) Barbell
11) Resistance bands
12) Many more professinal exercise instruments as necessary

C] SCOPE:

- Personal Trainer
- Group Fitness Instructor
- Strength and Conditioning Coach
- Fitness Consultant
- Rehabilitation Trainer
- Corporate Fitness Coach
- Fitness Entrepreneur

D] STAFF QUALIFICATION:

1. M.B.B.S./B.A.M.S./B.H.M.S.
2. M.P.Ed.
3. Certifiied personal trainer with minimum 2 years of experience.

E] COURSE TIME TABLE

3 days per week / 1 hour per day or 3 hours weekend batches

F] COURSE EVALUATION :

External evaluation - 50 marks (**Practical and Oral examination)**
Internal evaluation - 50 marks (Attendance, Project, Class performance Visits)

Assignments-

-Pre participation form
-Fitness assessment form
-Beginner/Intermediate/Established level exercise plans according to level of client

SYLLABUS :

1] Human anatomy and exercise physiology - 12 Hours.

-Cardiovascular system

-Respiratory system

-Skeletal system

-Muscular system

-Nervous system

2] Kinesiology and Biomechanics - 10 Hours.

-Meaning, scope and importance of kinesiology in fitness training

-Movement analysis

-Importance of Newton's laws of motion in exercise

-Classification of levers

3] Behavior changes and exercise adherence - 9 Hours.

-Theories for behavior modification

-Counselling for exercise adherance

-Coachinng techniques

-Initial client consultation

4] Preparticipation Physical activity screening and counselling - 6 Hours.

-PAR Q+ form

-Preparticipation physical activity screening algorithm

-Cardiovascular risk factor analysis

-Medical examination/clearance

5] Fitness Assessment - 11 Hours.

-Introduction of fitness

-Introduction of fitness components

- Health related fitness components

-Skill related fitness components

-Fitness assessment related to fitness components

6] Exercise program design - 26 Hours.

-Components of exercise training session-Warm up, Conditioning,Cool down, Flexibility

-FITT-VP principles of exercise program design - Frequency, Intensity, Time, Type, Volume and Progression.

-Exercise prescription for Cardiorespiratory fitness.

-Exercise prescription for Muscular fitness according to body area and muscles. E.g.- Resistance training exercises for Chest, Back, Shoulders, Arms, Low back, Abdominal muscles, Hip and Legs etc.

-Exercise prescription for Flexibility- Dynamic and Static stretching for different body parts.

-Exercise prescription for neuromotor fitness- Neuromotor training for categories like Agility, Push, Pull, Stationary and Dyanamic balance.

-Exercise prescription for skill related fitness components

-Introduction of Exercise in special population

-Safety and Injury prevention during exercise

7] Fundamentals of Yogic technique - 8 Hours.

-Explanation of Yoga,History and Types of Yoga.

-Introduction of Ashtang Yoga.

-Asana- Definition, Meaning, Benefits, Classification.

-Pranayama- Definition, Meaning, Benefits, Types.

-Mudras- Definition, Meaning, Benefits, Types.

-Bandha- Definition, Meaning, Benefits, Types.

-Shatkarma- Definition, Meaning, Benefits, Types.

8] Exercise and Nutrition - 4 Hours.

9] Business basics and Planning of fitness center - 2 Hours.

10] Legal issues and responsibilities in fitness training - 2 Hours.

REFERANCE BOOKS :

1. Complete guide to fitness and health, second edition, American College of Sports Medicine.
2. Resources for the personal Trainer, 6TH edition, American College of Sports Medicine.
3. Essentials of Personal Training, Second edition, National strength and conditioning Association
4. The complete guide to Personal Training, Morc Coulson, Second edition.
5. Asana Pranayama Mudra Bandha, Swami Satyanand Saraswati, Yog Publication Trust.
6. Light on Yoga, B.K.S. Iyengar, Harper Collins Publications, New Delhi.
7. Teaching methods of Yogic practices, M.L.Gharote, Kaivalyadhama Ashram, Lonavala.
8. Asana Why and How ?, O.P.Tiwari, Kaivalyadhama, Lonavla.