

SHIVAJI UNIVERSITY, KOLHAPUR
CENTER FOR COMMUNITY DEVELOPMENT

CERTIFICATE COURSE IN SPECIAL POPULATION EXERCISE

OBJECTIVES :

- Understand the unique physiological and psychological needs of special populations.
- Apply exercise science principles to design safe and effective training plans.
- Modify exercises according to individual abilities and health conditions.
- Utilize appropriate assessment tools and techniques.
- Ensure compliance with health and safety regulations.

COURSE CODE : CC-SPE

DURATION: 5 MONTHS

ELIGIBILITY: 10TH PASS

MEDIUM OF MEDIUM OF INSRUTCTION :

English/Marathi

MAXIMUM STRENGTH: 30 students

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

COURSE STRUCTURE :

Contact hours- 75

Credits- 4

No.		Hours
1	Theory	45
2	Practical	30

A] SCOPE:

- Special Population Fitness Trainer
- Rehabilitation Exercise Specialist
- Senior Fitness Instructor
- Wellness Coach for Chronic Conditions

B] STAFF QUALIFICATION:

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

C] INFRASTRUCTURE & OTHER REQUIREMENTS :

1. Lecture hall
2. Gym with all essential equipment

D] 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 perform., Visits)

F] SYLLABUS :

1) Physical activity and Health- 3 Hours.

Physical Activity Recommendations for normal persons, Benefits of Physical Activity and Chronic Disease, The Health Consequences of Physical Inactivity and Sedentary Behavior

2) Preparticipation Screening, Fitness Assessment, and Interpretation- 8 Hour

American College of Sports Medicine Preparticipation Screening Algorithm Method, Cardiorespiratory Fitness Assessment, Muscle Strength Assessment, Body Composition Assessment , Flexibility and Functional Movement Assessments .

3) Exercise Prescription- 10 Hours.

General Principles of Exercise Prescription , Current FITT-VP Recommendations from the American College of Sports Medicine ,

4) Special Considerations across the Lifespan: 4 Hours.

Pregnancy, Children and Youth, and Older Adults

5) Special Considerations for Cardiovascular Diseases - 4 Hours.

- 6) Special Considerations for Type 1 and Type 2 Diabetes Mellitus - 4 Hours.**
- 7) Special Considerations for Metabolic Syndrome, Hypertension, 4 Hours.**
Dyslipidemia-
- 8) Special Considerations for Chronic Obstructive Pulmonary Disease ,Asthma- 4 Hours.**
- 9) Special Considerations for Weight Management - 4 Hours.**
- 10) Special Considerations for Chronic Pain- 4 Hours.**
-low back pain, fibromyalgia, rheumatoid arthritis
- 11) Special Considerations for Cancer - 4 Hours.**
- 12) Special Considerations for Psychological Health- Anxiety , Depression - 4 Hours.**
- 13) Special Considerations for Physical and Intellectual Disabilities-**
Spinal cord injury, Cognitive impairments - **4 Hours.**
- 14) Special Yogic management across the life span -**
Pregnancy, Children and Youth, and Older Adults. - **5 Hours.**
- 15) Yogic management of different diseases - 9 Hours.**

REFERENCE BOOKS :

1. Complete guide to fitness and health, second edition, American College of Sports Medicine.
2. Exercise Testing and Prescription, first edition, American College of Sports Medicine
3. Resources for the personal Trainer, sixth edition, American College of Sports Medicine.
4. Essentials of training special population, First edition, National strength and conditioning Association
5. The complete guide to teaching exercise to special populations, Morc Coulson, First edition.
6. Asana Pranayama Mudra Bandha, Swami Satyanand Saraswati, Yog Publication Trust.
7. Yogic management of common diseases, First edition, Dr. Swami Karmananda, Yog Publication trust.
8. Light on Yoga, B.K.S. Iyengar, Harper Collins Publications, New Delhi.
9. Teaching methods of Yogic practices, M.L.Gharote, Kaivalyadhama Ashram, Lonvala
- 10 Asana Why and How ?, O.P.Tiwari, Kaivalyadhama, Lonavla.