



**PUNYASHLOK AHILLYADEVI HOLKAR
SOLAPUR UNIVERSITY, SOLAPUR**

**SKILL ORIENTED COURSE FOR
B.A. III Semester - V
PROGRAMME**

**TITLE OF THE COURSE
CERTIFICATE COURSE IN GYM INSTRUCTOR**

**INTRODUCED FROM
THE ACADEMIC
YEAR
2021-22**

**PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY,
SOLAPUR**

Skill Oriented Course w. e. f. 2021 - 22

Title of the Course: CERTIFICATE COURSE IN GYM INSTRUCTOR

- Eligibility of the course : B.A. III Semester - V
- Total credit of the course : 04 Credit
- Total marks of the course : 100 Marks
- Weightage to practical work (marks) : 80 Marks
- Weightage to Theory work (marks) : 20 Marks
- Duration of the course : 12 weeks (60 Hours)

Aim of the course: To develop the Techniques of Gym training.

Learning Outcomes: After successful completion of this course, the students will be able to:

1. To enable student to become competent and committed professionals willing to perform as gym instructor.
2. To make student to use competencies and skills needed for becoming an effective gym instructor
3. To enable student to understand principles of fitness training
4. To acquaint student with the practical knowledge of giving fitness instructions
5. To enable student to understand duties and responsibilities as gym instructor
6. To enable student to prepare the Fitness programme
7. To enable students to understand and explain the effect of Exercise on the body.
8. To enable students to understand human posture.

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- **Course Content:**
 - **Module 01: Anatomy physiology and sports medicine**
 - Muscular System.
 - Cardio respiratory systems
 - Injuries and their management.
 - First aid.
 - Rehabilitation and Therapeutic Modalities

Module 02: Nutrition and Biomechanics

- a) Nutrition
- b) Lever
- c) Motion
- d) Force
- e) Flexibility

Module 03: Physical fitness factors

- a) Cardio vascular endurance
- b) Muscular Strength
- c) Muscular endurance
- d) Exercise & diet
- e) Flexibility

Module 04: Training and training methods

- a) Definition of training and its Principles Load and Adaptation
- b) Scheduling (Short term & long term training.
- c) Training Methods
- d) Fitness testing

List of the Practical Tests: Following test are used by teacher educator for implementation of the skill oriented course.

Sr. No.	Verbal / Non verbal Tests	Performance Tests
01	Student choice war map Exercises	Technical and Wright positions
02	Examiner choice war map Exercises	
03	Student choice Upper Body	
04	Examiner choice Upper Body	
05	Student choice Lower body	
06	Examiner choice Lower body	
07	Student choice Specific Exarches	
08	Examiner choice Specific Exarches	

Teacher educator also may be uses different psychology tests as per availability. This list is just for reference.

Course Lay out

Week	Content	Place	Hours
Week 01	Muscular System ,Cardio respiratory systems ,Injuries and their management., First aid., Rehabilitation and Therapeutic Modalities	Classroom	05
Week 02	Nutrition , Lever ,Motion ,Force ,Flexibility	Classroom	05
Week 03	Warming up and cooling down: • General exercise • Stretching exercise • Specific exercises • Conditioning exercises	Gym Hall	05
Week 04	Exercises , Basic Concept,	Gym Hall	05
Week 05	Squat , Banch Press Incline Bench Press	Gym Hall	05
Week 06	Hammer Strength Machine , Various training methods for fitness	Gym Hall	05
Week 07	Training Programmer ,Dumbbells	Gym Hall	05
Week 08	Pull-up Bar Abdominal Bench / Sit –up Daily Analysis, Measurement and Record of athlete	Gym Hall	05
Week 09	Cardio vascular endurance, Muscular Strength, Muscular endurance, Exercise & diet , Flexibility	Classroom	05
Week 10	Definition of training and its Principles Load and Adaptation , Scheduling (Short term & long term training. Training Methods ,Fitness testing	Classroom	05

Week 11	<ul style="list-style-type: none"> Practice and revision of administration & assessment of tests under the supervision of educator. <ul style="list-style-type: none"> Evaluation Process includes: <ol style="list-style-type: none"> Practical Activity 	Classroom	05
Week 12	<ul style="list-style-type: none"> Evaluation Process includes: <ol style="list-style-type: none"> Practical Activity Viva Voce 	Educational Yoga Laboratory	05
	<ul style="list-style-type: none"> Theory Test or exam 	Classroom	

Evaluation system or process of the course:

Sr. No.	Course Nature	Particular	Marks
01	Theory course	MCQ test at the end of the course	20
02	Practical Activity evaluation	Verbal or Non-verbal Test Administration, Assessment (any Six test)	60
03	Practical Activity evaluation	Performance Test Administration, Assessment (any one test)	10
04	Viva Voce	Viva Voce related to Practical Activity	10
TOTAL MARKS			100

References:

- Basic Weight Training for Men and Women Thomas D. Fahey
- Concepts of Athletic Training Pfeiffier Mangus.
- Nutrition and Diet Therapy Lutz and Przytulshi
- Sport Training Principles Frank W. Dick .
- Strength Training and Conditioning R. A. Procto

