

CERTIFICATE COURSE IN FITNESS TRAINER
COURSE CODE: CHFM-1381

Nature of Course: Theory & Practical

Number of Weeks: 6

Marks: 50

Theory: 20 Marks

Practical: 30 Marks

Credits: 2

Number of Hours: 45

Theory: 15 Hours

Practical: 30 Hours

INSTRUCTIONS: There will 'be a Theory Exam (Multiple Choice Questions) and Practical Exam at the end of the course.

Eligibility: 10+2 in any discipline.

SECTION-A

- Overview of Fitness Industry & Importance of Male and Female fitness trainers for business and customer acquisition
- Roles and responsibilities of all individuals/teams involved in Physical Exercise and Fitness
- Rules and guidelines for guest for usage of exercise facility/gym and maintaining the privacy of clients & Maintenance and upkeep of Equipment and Gym

SECTION- B

- Understanding the Male and Female Human Anatomy and Physiology
- Identification of Muscles responsible for various movements and biomechanics of joints
- Understanding the Effect of Various Exercises

SECTION- C

- Physical examination of a candidate and keep in track about body changes in Males and Females
- Capturing current medical state of candidates and keep a note about female related concerns
- Nutritional Elements: Nature and Sources of Nutritional Elements
- Carbohydrates Loading & Appropriate Diet Before, During and After Competition

SECTION- D

- Explaining the Exercise Schedule, Sessions and their Frequency and Discuss Issues
- Imparting the right techniques to do each exercise and common issues
- Periodically assess the fitness and health of trainees
- Motivational Strategies and Methods and Meaning of Sports Injuries, Common Sports Injuries

SUGGESTED READINGS

1. Hardayal Singh (1993). Science of Sports Training. New Delhi: D.V.S. Publications.
2. H. Harrison Clarke. (1971). Physical Fitness Research Digest", (Washington D.C.: President's Council on Physical Education and Sports, 1 27.
3. Frank I. Katch Victor L. Katch. (2009). Exercise Physiology: Nutrition, Energy and Human Performance by William D. McArdle.
4. Dan Benardot. (2011). Advanced Sports Nutrition. Human Kinetics; 2nd edition