



गाजीपुर (उ.प्र.) - 233001

SWAMI SAHJANAND PG COLLEGE,

Established
July 1972

Ghazipur (UP) - 233001

Affiliated to VBS Purvanchal University and Recognised by UGC under Sec. 2(F) & 12(B)

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Ref. SSPGC/ 3532 /2021-22;

दिनांक- 15.12.2021

सेवामें,
कुलसचिव (शैक्षणिक)
वीर बहादुर सिंह पू. वि. वि.
जौनपुर - 222003

विषय : कौशल विकास - रोजगार परक पाठ्यक्रम के अनुमोदन के संबंध में.

महोदय,

राष्ट्रीय शिक्षा नीति - 2020 के परिप्रेक्ष्य में वीर बहादुर सिंह पूर्वांचल विश्वविद्यालय प्रवेश एवं अध्यापन नियमावली - 2021 के अंतर्गत दिए गए दिशानिर्देशों के अनुरूप स्नातक प्रथम वर्ष - सेमेस्टर -1 के लिए कौशल विकास - रोजगार परक पाठ्यक्रम (Vocational Course) - (1)- योगा, तथा (2)- जिम एंड फिजिकल ट्रेनर, जिनका विवरण संलग्न है, का विश्वविद्यालय की अध्ययन समिति द्वारा अनुमोदन किया जाना है.

महाविद्यालय की नई शिक्षा नीति -2020 (NEP- 2020) क्रियान्वयन समिति ने इन पाठ्यक्रमों का अवलोकन कर महाविद्यालय में संचालन के लिए प्रस्ताव पारित कर संस्तुति की है. महाविद्यालय का शारिरिक शिक्षा विभाग, संबंधित प्रशिक्षण पाठ्यक्रमों के लिए स्किल पार्टनर की भूमिका का निर्वाह करेगा. इस आशय का सहमति पत्र (MOU) संलग्न है.

एतदर्थ आपसे अनुरोध है कि संलग्न कौशल विकास - रोजगार परक पाठ्यक्रमों (Vocational Courses) को विश्वविद्यालय की अध्ययन समिति के अनुमोदनार्थ आवश्यक कार्यवाही सुनिश्चित करने का कष्ट करें.

संलग्नक : यथोपरि

भाभार एवं धन्यवाद सहित,

सवदीय

प्रो. (डॉ.) वी के राय

प्राचार्य

PRINCIPAL
Swami Sahjanand P.G. College
Ghazipur (U.P.)-233001



Swami Sahjanand Snatkottar Mahavidyalaya Gahzipur 233001 UP

Affiliated to VBS Purvanchal University Jaunpur

National Education Policy-2020



Vocational /Skill Development Course Course Title: Physical Fitness and Gym Trainer

Name	Designation	Institute
Steering Committee		
Prof. (Dr.) Vijay Kumar Rai	Principal	Swami Sahjanand Snatkottar Mahavidyalay Ghazipur UP
Shri Ramdhari Ram	Assit. Profe., Dept. of Physical Education	Swami Sahjanand Snatkottar Mahavidyalay Ghazipur UP
Dr. Vilok Singh	Asso.Prof., Dept. of Sociology	Swami Sahjanand Snatkottar Mahavidyalay Ghazipur UP

Syllabus Developed by:

Name	Designation	Department	College/ University
Shri Ramdhari Ram	Assistant Professor	Physical education	Swami Sahjanand Snatkottar Mahavidyalay Ghazipur UP
Shri Sanjay Kumar Rai	Sports Coach	Physical education	Swami Sahjanand Snatkottar Mahavidyalay Ghazipur UP

Syllabus: Physical Fitness and Gym Trainer

Programme: Certificate/Diploma

Vocational /Skill Development Course

Course Title: Physical Fitness and Gym Trainer

Course outcomes:

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

Total Credits 3 Min.Credit
03(1+2)
As per VBS Guideline 2021
1 Credit = 15 hours(Theory),
1 Credit = 30 hours(Skill,
Trg.Internahip)

Duration
Semester Wise,
06 months



1

1. Anatomy & Physiology and Sports Medicine

Skeleto-muscular System

- Introduction to Bone and Muscles
- Structure of bone and Muscles
- Functions of bone and Muscles
- Types of bone and Muscles
- Muscle contraction
- Types and Classification of Joints
- Anatomy of Joint
- Effect of exercise on skeleto- muscular system

Cardio respiratory systems

- Athletes Heart
- Supply of blood to the organs
- Carrying oxygen
- Blood pressure (systolic/ Diastolic)
- Respiration mechanism
- VO2 Max
- Tidal Volume
- Lung capacity
- Respiratory rate
- Effect of exercise on cardio-respiratory system

Injuries and their management

- Types of injuries (Visceral, soft tissue and musculo- skeletal injuries, body parts)
- Low back problems and management stretching and strengthening exercises for Back problems
- Common & Specific Sports Injuries
- Immediate and Later Management of Injuries

First aid

- Definition
- RICE therapy
- Other Methods, Prevention and Care of Injured Athlete
- Importance

Postural Deformities

- Types
- Causes
- Remedies & Prevention

Rehabilitation and Therapeutic Modalities

- Hydro-collateral pack (Hot and Cold)
- Hydrotherapy (Whirlpool)
- Diathermy
- Ultrasound
- Electrical muscle stimulation

- Basic principles
- Balance diet
- Calories & diet
- Exercise & diet
- Supplements

Practical work out

II 2. Biomechanics & Kinesiology

Introduction

- Definition
- Application of Bio-mechanics
- Analysis of Fundamental Movements and skills

Lever

- Types of lever
- Principles of Lever

Motion

- Types
- Laws of motion

Equilibrium

- Equilibrium and its principles

Force

- Force
- Friction
- Center of gravity

Kinesiology

- Meaning and definition
- Types of movement
- Plane & axial movement
- Muscular analysis
- Posture and Movement analysis
(Locomotor, non-locomotor and manipulative)

Practical work out

III

3- Physical fitness factors

• **Cardio vascular endurance**

How to develop C. V. endurance through wt. training (Circuit training)

Methods of developing Cardio vascular endurance

Aerobic & Anaerobic Capacity

• **Muscular Strength**

Type of Strength

Factors affecting Strength

Methods of Improving Strength

• **Muscular endurance**

Meaning of Muscular endurance

Different Muscles & Muscular endurance

Repetitions – Sets & Improvement

• **Flexibility**



Meaning of Flexibility
Importance of Flexibility
Development & Maintenance of Flexibility

- **Body composition (% Fat)**
- Body Mass Index (BMI)
- Controlling % Fat

Practical work out

IV

4- Training and training methods

Definition of training and its Principles

Load and Adaptation

- Factors of load
- Load & adaptation
- Over load
- Recovery

Scheduling (Short term & long term training)

- Micro Cycle
- Meso Cycle
- Macro Cycle
- Total Load & Recovery
- Total sets & Reps
- Total exercises

Training Methods:

- Circuit Training Method
- Station Training Method
- Plyometric Training Method

Training for different factors

i) **Cardio vascular endurance**

- How to develop C. V. endurance through wt. training (Circuit training)
- Methods of developing Cardio vascular endurance
- Aerobic & Anaerobic Capacity

ii) **Muscular Strength**

- Methods of Improving Strength

iii) **Muscular endurance**

- Methods of improving muscular endurance
- Repetitions - Sets & Improvement

iv) **Flexibility**

- Development & Maintenance of Flexibility

v) **Body composition (% Fat)**

- Body Mass Index (BMI)
- Controlling % Fat

OPT

Psychological training

Training in different environment and its effects

High Altitude, cold and hot etc

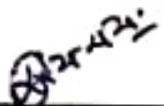
5- Management, Test, Measurement and Evaluation:
 Communication skills and appearance
 Public relation
 Supervision and administration
 Facility management
 • Introduction to exercise equipments
 • Types of exercise equipments
 • Placement of equipments
 • Handling and Utilization of equipments
 Counseling
 Test, Measurement and Evaluation
 Concepts of tests
 • Teacher made tests
 • Paper pencil tests
 Fitness testing
 • Physical testing
 • Physiological testing
 • Anthropometric measurements
 Practical work out


4 Lecture =
 04 hours

 Practical
 03 hours


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