



CURRICULUM
POST GRADUATE DIPLOMA IN FITNESS MANAGEMENT
(ONE YEAR: TWO SEMESTER COURSE)
W.E.F. 2022

DIBRUGARH UNIVERSITY

RULES AND REGULATIONS

Preamble: Fitness management is an interdisciplinary field that intermingle Anatomy, Physiology, Kinesiology & Biomechanics, exercise science, diet and nutrition fitness studies and etc. with practical knowledge and efficiency. People are becoming aware day by day for maintaining their health and fitness aiming to living comfortable and attractive life longer than ever before. **PG Diploma in Fitness Management (PGDFM) one year (Two Semester)** designed meant for preparing fitness management expert providing the individuals blended knowledge and capability of fitness education and practical skills in order to effectively counsel and motivate clients. They will be considered as qualified Certified Fitness Trainer for fitness centre, games and sports team or Personal Trainer.

The programme comprises of compulsory theory as well as practical courses and internship.

1. Introduction:

Short Title, Definition and Commencement:

- (a) These Regulations shall be called the Dibrugarh University Regulations for **PG Diploma in Fitness Management**, hereinafter referred to as the PGDFM programme.
- (b) Department: The term 'Department' is used to mean a department of Dibrugarh University or a Centre established for the purpose or that of a College affiliated to the Dibrugarh University with reference to the subject approved by Dibrugarh University.

- (c) These Regulations shall be effective from the academic session 2022-23.
- (d) Extent of Application: The Regulations shall be applicable to the students enrolled for the **PGDFM programme** of Dibrugarh University.
- (e) The PGDFM programme shall be of duration of one year of 2 semesters comprising **six academic months**. However, the students shall be permitted to complete the programme requirements within a maximum of two years from the date of admission to the programme.
- (f) There shall be at least 90 working days in each academic session exclusive of period of examination and admission etc.
- (g) There shall be minimum 35 (thirty five) working hours in a week (five days/week).
- (h) The programme will run as per the University Academic Calendar.
- (i) Any change in the Academic Calendar/Schedule may be made by the Academic Planning Committee whenever necessary.

2. Intake: There shall be intake capacity of 20 (twenty) students.

3. Eligibility for admission:

Graduate with in any discipline from recognized university with a minimum of 50% mark in aggregate. Preference shall be given to the candidate who studied physical education as compulsory/elective subject and having participation at least in minimum Inter- District/School Competitions in Yoga/Sports and Games as recognized by the AIU/IOA/SGFI/Govt. of India.

Relaxation in the percents of marks in the qualifying examination and in the reservation of the seats for SC/ST/OBC and other categories shall be as per the rules of the Central Govt. /State Govt. whichever is applicable

4. Admission Procedure:

- a) Newspaper/Website notice inviting application for admission into the **PGDFM programme** shall be issued by the Registrar or by any person authorized for the purpose at least one month in advance from the date of admission. Each applicant

shall have to submit within the prescribed date his/her application with requisite documents as indicated.

- b) The admission shall be made on merit on the basis of marks in the qualifying examination or in the Entrance Examination (written test, physical fitness test and marks obtained in the qualifying examinations) or any other selection process as per the policy of the University/State Govt.
- c) The candidates seeking admission are expected to be free from any physical disability /defects, possess sound health and are medically fit. Qualified candidates will have to submit medically fitness certificate issued by recognized doctor.
- d) Age for admission to the **PGDFM programme** shall not be more than 35 years on 1st July of the admission years.
- e) Relaxation of 3 years in case of higher limit of age may be granted for outstanding sportsperson, coaches and applicants duly deputed by the institutions/ organizations recognized by the University.
- f) Married woman is also eligible for admission. In case, a woman candidate conceives during the course, she will have to discontinue her studies. She can join back in the next academic session.

6. Course of Programme:

- a. The medium of instruction and examination shall be English
- b. **The Credit System:** All programmes shall run on Credit System (CS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.
- c. **Course:** The term course usually referred to, as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ tutorials/laboratory work/ field work/ outreach activities/ project work/ vocational training/viva/ seminars/ term papers/assignments/ presentations/ self-study etc. or a combination of some of these.

- d. Courses of Programme:** The PGDFM Programme shall consist of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the PGDFM Programme.

Theory Courses: Part A

Practicum and Practice Teaching: (Part B)

7. Course Structure

Scheme of Teaching and Examination

Semester – I

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
PGDFMT101	Fitness & Wellness I	4	4	40	60	100
PGDFMT102	Anatomy and Physiology	4	4	40	60	100
PGDFMT103	Fitness Management I	4	4	40	60	100
PGDFMT104	Yoga Therapy & Massage	4	4	40	60	100
Part-B Practical Course						
PGDFMP101	Fitness Training and conditioning	8	4	40	60	100
Total		24	20	200	300	500

Semester – II

Part-A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
PGDFMT201	Fitness and Wellness II	4	4	40	60	100
PGDFMT202	Sports Medicine & Injury Management	4	4	40	60	100

PGDFMT203	Fitness Management II	4	4	40	60	100
Part–B Practical Course						
PGDFMP201	Training and conditioning	8	4	40	60	100
PGDFMP202	Project/Field Study and Practice Teaching	8	4	40	60	100
Total		28	20	200	300	500

8. Attendance:

Student must have 85% of attendance in each course for appearing the examination.

9. Examinations:

- i. There shall be examinations at the end of each semester, for first semester in the month of December: for second semester in the month of June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent regular examinations.
- ii. A candidate should get enrolled /registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

10. Pattern of Question Papers:

Question Papers shall have five questions (with option for each) corresponding to four units of each theory course.

PGDFM.: Format of Question Paper for 4 Units.

Each question paper shall have 6 questions. The pattern will be as follows:

Question No.	Description	Unit	Marks
1	Answer in detail (Long Question) with option	From Unit 1	10
2	Answer in detail (Long Question) with option	From Unit 2	10
3	Answer in detail (Long Question) with option	From Unit 3	10
4	Answer in detail (Long Question) with option	From Unit 4	10
5	Short Answer Type (Short notes)	From all unit	10
6	M.C.Q. Type Questions (10 out of 10 Que.)	From all unit	10
Total			60

11. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One Test	15 Marks
Seminar / Quiz	10 Marks
Assignments	10 Marks
Attendance	5 Marks
Total	40 Marks

Attendance shall be taken as a component of continuous assessment, even though the students should have minimum 85% attendance in each course.

The fractions of the marks allotted for the attendance shall be:

% of attendance	Allotted marks
85	0 marks
86-88	1 marks
89-91	2 marks
92-94	3 marks
95-97	4 marks
98-100	5 marks

In addition to continuous evaluation component, the end semester examination, which will be written type examination of **at least 3 hours duration**, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 40:60. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

12. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 50%, i.e. 16 marks out of 40 marks and 24 marks out of 60 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be 50%, i.e. 20 marks out of 40 and 30 marks out of 60 marks for the practical courses.

13. Grading:

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks, thus obtained for each of the courses will then be graded as per details provided in **SI. No. 16** from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

$$CGPA = \frac{\sum_{j=1}^N SGPA_j}{N}$$

Where C_i is the Credit earned for the course is in any semester; G_i is the Grade point obtained by the student for the course i and n number of courses obtained in that semester; $SGPA_j$ is SGPA of semester j and N number of semester. Thus CGPA is

average of SGPA of all the semesters starting from the first semester to the current semester.

14. Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the PGDFM in the First class / Second class / Pass class or First class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

15. Award of the PGDFM Diploma:

A candidate shall be eligible for the award of the degree of the PGDFM only if he/she has earned the minimum required credit.

16. Letter Grades and Grade Points:

- i. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.
- ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade Point	Letter Grade	Description	Classification of final result
85 & above	8.5-10.0	O	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A+	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B+	Good	Higher Second Class
50-54.99	5.0-5.49	B	Above Average	Second Class

40-49.99	4.0-4.99	C	Average	Pass Class
Below 40	0.0	F	Fail/ Dropped	Dropped
	0	AB	Absent	

17. Grade Point Calculation

Calculation of **Semester Grade Point Average (SGPA)** and **Credit Grade Point (CGP)** and declaration of class for PGDYED Programme.

The credit grade points are to be calculated on the following basis:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

Example – I

Marks obtained by Student in course CC101 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A

Grade Point = 6.0 + 5 (0.99/9.99)

$$= 6.0 + 5 \times 0.1$$

$$= 6.0 + 0.5$$

$$= 6.5$$

The Course Credits = 04

Credits Grade Point (CGP) = 6.5 × 04 = 26

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all five courses of the semester) / total credit of the semester as per example given below:

SEMESTER-1

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
PGDFMT101	4	65	A	6.5	26
PGDFMT102	4	60	A	6	24
PGDFMT103	4	62	A	6.2	24.8
PGDFMT104	4	57	B+	5.7	22.8
PGDFMP101	4	55	B+	5.5	22
	20				119.6

Examples: Conversion of marks into grade points

PGDFMT101 $65 = 60 + 5 = 6.0 + 5 \times (0.99 / 9.99) = 6.0 + 5 \times 0.1 = 6.0 + 0.5 = 6.5$

PGDFMT102 $60 = 6.0$

PGDFMT103 $62 = 60 + 2 = 6.0 + 2 \times (0.99/9.99) = 6.0 + 2 \times 0.1 = 6.0 + 0.2 = 6.2$

PGDFMT104 $57 = 55 + 2 = 5.5 + 2 \times (0.49 / 4.99) = 5.5 + 2 \times 0.1 = 5.5 + 0.2 = 5.7$

PGDFMP101 $55 = 5.5$

SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade Points = $119.6/20 = 5.98$

SGPA Sem. I = 5.98

At the end of Semester-1

Total SGPA = 5.98

Cumulative Grade Point Average (CGPA) = $5.98/1 = 5.98$

CGPA = 5.98, Grade = B+, Class = Higher Second Class

SEMESTER-2

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
PGDFMT201	4	83	A+	8.3	33.2
PGDFMT201	4	76	A+	7.6	30.4
PGDFMT203	4	59	B+	5.9	23.6
PGDFMP201	4	81	A+	8.1	32.4
PGDFMP202	4	78	A+	7.8	31.2
	20				150.8

SGPA Sem. II = 7.54

At the end of Semester-2

Total SGPA for all the two semesters = 13.52

Cumulative Grade Point Average (CGPA) = $13.52/2 = 6.76$

CGPA = 6.76, Grade = A, Class = First Class

Note:

(1) SGPA is calculated only if the candidate passes in all the courses, i.e. gets minimum C grade in all the courses.

(2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.

(3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.

(4) For the award of the class, CGPA shall be calculated on the basis of:

- (a) Marks of each Semester End Assessment And
- (b) Marks of each Semester Continuous Internal Assessment for each course.

The final class for PGDFM Degree shall be awarded on the basis of last CGPA (grade) from all the semester examinations.

18. Grievance Redressal Committee:

The department/centre shall form a Grievance Redressal Committee for each course in each department/centre with the course teacher / Director/ HOD of the faculty and Dean of School as the members. This Committee shall solve all grievances of the students.

19. Revision of Syllabi:

- a. Syllabi of every course should be revised if necessary.
- b. Revised Syllabi of each semester should be implemented in a sequential way.
- c. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
- d. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
- e. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
- f. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

PGDFM Detail Syllabus			
SEMESTER –I			
Theory Courses			
PGDFMT101: FITNESS & WELLNESS- I			
Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks			
Learning Objectives:			
<ul style="list-style-type: none"> • To understand basic concept of fitness and wellness. • Student will understand different factors affecting fitness management and sports training. • To understand concept and different phases of systematic periodized training. • To understand basic concept of Nutrition and balanced diet. They will able to know how to determine ideal body weight of an individual according to their health status and professional requirement. 			
Learning Outcomes:			
<ul style="list-style-type: none"> • Student will able understand the modern concept of Fitness and Wellness. • Student will employ the knowledge concept of holistic health through fitness and wellness. • It will orient students towards positive healthy lifestyle. • Students will realize and apply the Fitness and wellness management technique. • Student will able to prepare Periodized training programme. 			
Unit	Topic	Contact Hours	Marks
I	Introduction to Fitness & Wellness <ul style="list-style-type: none"> ○ Meaning, definition & Importance of Fitness & Wellness ○ Components of Physical Fitness & Wellness ○ Principles of Fitness & Wellness ○ Factors affecting Fitness & Wellness 	14	15
II	Introduction of Sports Training <ul style="list-style-type: none"> ○ Definition , Aim, Objective &Principles of Sports Training ○ Warming up and Cooling down (Meaning, 	14	15

	<p>Importance, types & Methods)</p> <ul style="list-style-type: none"> ○ Load & Principles of Load ○ Training Variables(Intensity, Volume, Load, Frequency & Density)Duties during testing – Duties after testing. 		
III	<p>Bio-motor Components and Periodization</p> <ul style="list-style-type: none"> ○ Types, Factors, Methods for Developing Strength, Speed, Endurance & Flexibility ○ Concept of Periodization & Formulation of Periodization Program ○ Phases of Periodization (Preparatory , Competition & Transition Phases) ○ Training Cycle & its Types (Micro, Meso, Macro Cycle) 	16	15
IV	<p>Sports Nutrition and Exercise Performance Management</p> <ul style="list-style-type: none"> ○ Basic concept of food, Essential Nutrition & Balanced Diet ○ Sports Nutrition : Concept & Pre Exercise/ Competition, during Exercise/Competition and post Exercise/ Competition meal ○ Concept of Obesity and Weight Management, Diet Plan, Concept of Weight Loss, Weight Gain and Fad Diet. ○ Calorie Calculation- BMI & Calculation of Dietary Requirements 	14	15

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- Kavitha Sangangouda. M. (2018). *Sports Nutrition. New Delhi: Khel Sahitya Kendra publishers and distributors*
- Sandeep M. Chawak (2018). *Sports Training. New Delhi: Khel Sahitya*

<i>Kendra publishers and distributors</i>			
PGDFMT102: HUMAN ANATOMY & PHYSIOLOGY			
Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks			
Learning Objectives:			
<ul style="list-style-type: none"> To enable the learner to understand the basic structure and function of human body. To acquire the knowledge organization of human body and its regulation. To understand support and movements system of human body. 			
Learning Outcomes:			
<ul style="list-style-type: none"> Student will come to know the various basic concept of basic anatomical structure of human body parts and organs. 			
Unit	Topic	Contact Hours	Marks
I	General Anatomy and Physiology <ul style="list-style-type: none"> Introduction – Scope of Anatomy & Physiology Cell (Microscope Structure and Function) Tissues and its types Brief Introduction of Systems of Human Body 	14	15
II	Brief Introduction of Muscle-Skeletal System <ul style="list-style-type: none"> Bones- Composition, Function, Classification Joints- Definition, Classification Muscles- Classification Origin & Insertion of Major Muscles. 	14	15
III	Cardio Vascular System <ul style="list-style-type: none"> Cardiovascular system: The structure and function of heart and lungs; cardiac cycle, cardiac output, lung capacity, Vo2Max Structure and function of nervous system Endocrine System 	14	15
IV	Digestive System & Endocrine System <ul style="list-style-type: none"> Structure and Function of Digestive System Brief Introduction of Endocrine System, Endocrine Glands,(pituitary, Thyroid, Adrenal) 	16	15
References:			
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PGDFMT103: Fitness Management- I

Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks

Learning Objectives:

- To understand basic concept of fitness management and role of a fitness manager.
- To understand techniques of applying First-aid and other safety protocol while training.
- To understand different fitness centre and layout management.
- To assess and test fitness of different fitness components affecting health and performance.

Learning Outcomes:

- Student will able to understand different function of fitness manager.
- Student will know managerial skills and responsibilities of Fitness instructor.
- Student will able to assess different parameters of training of bio-motor abilities.

Unit	Topic	Contact Hours	Marks
I	Introduction to Fitness Management <ul style="list-style-type: none"> ○ Meaning, Definition of Fitness Management ○ Aim & Objective of Fitness Management ○ Function of Management (planning, Organizing, Leading & Controlling) 	14	15

	<ul style="list-style-type: none"> ○ Role of Manager in Fitness Industry 		
II	<p>Manager Skills, Roles, Instructor Professional Responsibilities & Concerns</p> <ul style="list-style-type: none"> ○ Managerial Knowledge based Skills & Roles ○ Professional Responsibilities (Training & Certification, Medical Clearance & Pre-exercise testing 7 First Aid Training / Certification) ○ Instructor Etiquette, Issues & consideration, how to train female clients ○ Instructor Concerns (Exercise Danger Signs, Symptoms of Over Training) 	14	15
III	<p>Fitness & Gym Management</p> <ul style="list-style-type: none"> ○ Current issues/ Latest Trends in Fitness & Wellness (Cross fit, Pilates, Kettlebell) ○ Ideal Fitness Centre Setup(Size, Cost, types, zones Areas) ○ Various equipment and facilities of weight training, cardiac fitness and free hand exercise & Responsibility of Service Desk ○ Purchasing & Maintaining of Health Fitness Equipment 	16	15
IV	<p>Fitness Assessment and Testing</p> <ul style="list-style-type: none"> ○ Introduction and Benefits of Fitness Assessments ○ Fitness components ○ Fitness assessments (Resting Values, Body Composition, BMI, Skinfold, Fatfold, Muscular strength Endurance & Flexibility Assessments & prescribe Form) ○ Concept of body Image & Self Esteem 	14	15

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- Nutrition and dietetics with Indian case studies : Shubhangini A. Joshi, Mc-Grow Hill Publication

PGDFMT104: YOGA & NATURO- YOGIC THERAPY

Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks

Learning Objectives:

- To give an orientation to Yoga.
- To know different forms of Yoga.
- To discuss about various yogic practices.
- To impart the knowledge of Yoga in treatment of diseases.
- To give knowledge on natural therapies.

Learning Outcomes:

- They will know about the effects of asanas, pranayamas bandhas and mudras on human body.
- They will know about different cleansing processes (shatkarmas)
- They will be able to understand different yogic practices for stress management and hypo-kinetic diseases.
- Students will understand about naturo-yogic therapy.

Unit	Topic	Contact Hours	Marks
I	Yoga and Historical Background of Yoga <ul style="list-style-type: none"> ○ Introduction of Yoga & Historical Tradition of Yoga ○ Concept and Principles of Yoga Therapy ○ Meaning, Definition and Types of Yoga Therapy ○ Yogic Diet – Role of Yogic diet in Yoga Therapy ○ Meaning and Definition and Basic Principles of Naturopathy 	14	15

	<ul style="list-style-type: none"> ○ Introduction & types of Alternative Therapy ○ Philosophy of Nature Cure (Panch Maha Bhoota Theory) 		
II	<p>Asanas and Pranayamas</p> <ul style="list-style-type: none"> ○ Meaning and Definition of Asana. ○ Types and Classification of Asanas: Meditative asanas, Cultural Asanas, Relaxative Asanas ○ Concept of Pranayama, Panchaprana, Location & Function of Prana. ○ Types of Pranayama – Nadishodhana Pranayama, Suryabhedhi Pranayama, Chandrabhedhi Pranayama, Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama & Bhramri Pranayama. 	16	15
III	<p>Cleaning Process (shatkriya), Mudra and Bandha, Nadi and Chakras</p> <ul style="list-style-type: none"> ○ Concept of Shatkriya, Meaning, types and Principles of Cleaning Process ○ Meaning, Definition and Types of Mudra and Bandha ○ Concept, Definition and Types of Meditation ○ Meaning and Concept of Nadi and Chakras 	14	15
IV	<p>Yogic approach of treatment and Yogic Management</p> <ul style="list-style-type: none"> ○ Fasting – Definition, Introduction & Classification of Fasting ○ Therapeutic Benefits of Fasting ○ Stress and its Management through Yoga ○ Yogic Management of Diabetics and Obesity ○ Yogic Management of Asthma and Bronchitis ○ Yogic Management of Hyper tension and Coronary Artery Disease 	14	15

References :

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- Yogic therapy – Swami Sivananda Saraswati of Umchal Ashram
- Yogic Therapy- Swami Kunalayananda and Dr. S.L.Vinekar
- New Horizon of Modern Medicine-Dr.H.R.Nagendra
- Everybody's Guide to Nature Cure – Harry Benjamin
- Your diet in health and disease – Harry Benjamin

- Yogic therapy- Yogacharya Sundaram
- A Matter of Health – Dr. P.Krishna Raman
- Protective Diet in health and disease – K.L.Mjkhopadhyay
- A Complete Handbook of nature cure – Dr. h.K. Bakhru
- Yoga Mimamsa, a quarterly research Journal published by Kaivalyadham, Lonavla.

PGDFMP101: Practical

Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks

Unit	Contents	Contact hours	Marks
Unit I	<ul style="list-style-type: none"> • Current issues/Latest Trends in Fitness & Wellness • Responsibility of Service Desk • Various equipment and facilities of weight training, cardiac fitness and free hand exercise • Gym Equipment set up Ideal, Fitness Centre Setup (Size, Cost, types, zones Area); Introduction of classification of training zones: dry zone, Wet Zone, Cardiac Zone, Strength zone, etc. • Maintaining & Purchasing Health Fitness Equipment 	20	15
Unit II	<ul style="list-style-type: none"> • Fitness assessment; health history form, risk factor analysis, designing fitness test and PAR-Q form, workout cards etc. • Fitness Assessments: Resting values, Body Composition, BMI, Skinfold, Fatfold, Height, and Weight. 	20	15
Unit III	<ul style="list-style-type: none"> • Asana • Pranayama 	20	15
Unit IV	<ul style="list-style-type: none"> • Cleaning Process (shatkriya), • Mudra and Bandha, • Nadi and Chakras 	20	15

Semester II

PGDFMT201: FITNESS & WELLNESS-II

Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks

Learning Objectives:

- Introduction to Weight / Resistance training.
- Designing training programme for various muscle groups and motor components.
- Fitness training for specific group population.
- Introduction to different Supplements and Drugs.

Learning Outcomes:

- Students will know Different principles of training.
- Students will able to determine factors affecting training.
- Students will come to know various substance and their effects in human

body.			
Unit	Topic	Contact Hours	Marks
I	Introduction to Weight/Resistance Training & Program <ul style="list-style-type: none"> ○ Introduction & Significance of Weight Training ○ Principle (FITT & SMART) of Weight Training ○ Do's & Don't of Weight Training 	12	15
II	Weight training Exercises, Methods & Design of Training Program <ul style="list-style-type: none"> ○ Weight training for the major muscles – Neck, shoulder, chest, Abdominal, Back, Hip and lower limbs ○ Weight Training Methods (Weiders Principles of Strength training) ○ Cardiovascular Training – Concept, Benefits, Breathing Technique, Calculate Target Heart Rate Zone,(Concept & method of Aerobic, Anaerobic fitness program me) ○ Core Stability Training – Concept, Importance, List of Core Group Muscles and Various Levels. 	16	15
III	Fitness For Specific Group <ul style="list-style-type: none"> ○ Fitness for Weight Loss and Weight Gain ○ Fitness for special population (Hypertension, Cardiac & Diabetic Patients) ○ Feminine Fitness – Pre and Post natal Exercise Plan ○ Fitness for Senior Citizens 	14	15
IV	Erogenic Aids: Drugs and Supplements Effects (Positive & Negative) <ul style="list-style-type: none"> ○ Concept of Ergogenic Aids & Pharmalogical Agents ○ Hormonal Agents & Physiological Agents ○ Nutritional Agents: ○ Supplements & their effects 	16	15

References:

- William A., Jacob J. & Jeniffer K. (2012). Basic of Strength & Conditioning Manual. *The National Strength and Conditioning Association (NSCA) Manual.*
- K.C. Shekar (2018). Weight Training. *New Delhi: Khel Sahitya Kendra publishers and distributors*
- Umesh J. Rathi (2018). Guide to Sports Nutrition. *New Delhi: Khel Sahitya Kendra publishers and distributors*
- Anushree Anil M. (2018). Sports Medicine and Health Management. *New Delhi: Khel Sahitya Kendra publishers and distributors*
- Sandeep S. Sokhi (2018). Fitness, Health & Nutrition. *New Delhi: Khel Sahitya*

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- Essentials of strength training and conditioning / National Strength and Conditioning Association; G. Gregory Haff, N. Travis Triplett, editors. -- Fourth edition.
- Complete guide to fitness & health. | American College of Sports Medicine's complete guide to fitness and health, Second edition. | Champaign, IL : Human Kinetics, [2017]
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- Mcglynn, G., (1993). **Dynamics of fitness**. Madison: W.C.B Brown.
- Sharkey, B. J.(1990). *Physiology of fitness*, Human Kinetics Book.
- Nutritive value of Indian food:- National Institute of Nutrition (NIN)
- Nutrition and dietetics with Indian case studies : Shubhangini A. Joshi, Mc-Grow Hill Publication

PGDFMT202: SPORTS MEDICINE & INJURY MANAGMENT**Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks****Learning Objectives:**

- This will help the students to understand the need and importance of sports medicine, physiotherapy and rehabilitation techniques and process.
- It will help the students to understand and facilitate the process of recovery from injury, illness or disease to normal condition.
- It will enable the learners in acquiring proper adequate rehabilitation programme.

Learning Outcomes:

- Student can be able to understand the importance and objectives of Sports Medicine, Physiotherapy and rehabilitation programme in the field of Sports and Fitness.

Unit	Topic	Contact Hours	Marks
I	Sports Medicine and Physiotherapy <ul style="list-style-type: none"> • Meaning and Definition of Sports Medicine • Aims and objectives of Sports Medicine • Need and importance of Sports Medicine. • Meaning and concept of Physiotherapy 	12	15

	<ul style="list-style-type: none"> • Need and importance of physiotherapy • Guiding principle of physiotherapy 		
II	Management of Injury <ul style="list-style-type: none"> • Introduction to Posture, Causes and its Effects of poor Posture • Correction of Common Postural Defects Through Exercises • Sports Injury: Meaning and Classification of Sports Injury • Common Sports Injuries and their diagnosis: Causes, Sign and Symptoms and Remedial Exercises • Principles of safety in sports; RICE, PRICE. • Brief Introduction to CPR (Cardio Pulmonary Resuscitation) 	14	15
III	First Aid & Doping <ul style="list-style-type: none"> • Meaning and principles of first aid • Qualities of first aider • Types of Bandaging • Doping: Meaning and Classification of doping, effects of doping. • Dope test: NADA and WADA 	14	15
IV	Athletic Care and Rehabilitation <ul style="list-style-type: none"> • Meaning of Athletic Care and Rehabilitation • Meaning and classification of Therapeutic Exercises: Active and Passive Exercise • Therapeutic modalities: Exercise therapy, Electro Therapy, Thermo Therapy, Hydro-Therapy Massage Therapy <ul style="list-style-type: none"> • Meaning and Classification of massage Techniques and their effects, uses, application on Body Parts, • Principles of Massage 	18	15

References:

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- Ghorpade S. Sonajirao (2018). Sports Medicine, Physiotherapy and Rehabilitation. *New Delhi: Khel Sahitya Kendra publishers and distributors*
- Anju Ambast (2018). Prevention and Treatment of Sports Injuries. *New Delhi: Khel Sahitya Kendra publishers and distributors*
- Hoshiyar Singh (2017). Athletics Care and Rehabilitation (New Syllabus). *New Delhi: Khel Sahitya Kendra publishers and distributors*
- Parveen Kumar (2012). Introduction to Exercise Science. *New Delhi: Khel Sahitya Kendra publishers and distributors*

PGDFMT203: FITNESS MANAGEMENT- II

Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks

Learning Objectives:

- To impart knowledge of maintaining client and personnel management skills.
- To impart knowledge of different strategies of marketing and promotion in fitness industry.
- To evaluate Fitness parameters.

Learning Outcomes:

- Students will understand different management skills in Fitness industry.
- Students will know skills of client handling and employer management.

Unit	Topic	Contact Hours	Marks
I	Business & Leadership skill <ul style="list-style-type: none"> ○ Managing a Fitness Facility (Personal Skill, Component of a Successful Business and Necessary Skills) ○ Personnel Management (Hiring, Managing Staff, Benefits and Bonus, Training, Leadership and Communication) ○ Directing a Fitness Program (roles & Responsibilities) ○ Program Planning 	14	15
II	Human Resource Management in Fitness <ul style="list-style-type: none"> ○ Meaning, definition, nature & functions of Human Resource Management ○ Importance & steps of Instructor training in Human Resource Management ○ Human Resource Audit ○ I – Formation Management model (Administrative & Scientific Model) 	14	15
III	Marketing, Promotion, Advertising, Public Relation in Fitness		

	<ul style="list-style-type: none"> ○ Concept of Marketing, Promotion, Advertising & Sales ○ Responsibilities of Marketing, Promotion, Advertising & Sales ○ Marketing and Promotion Steps for business ○ Steps/Procedure of Public Relation 	14	15
IV	Fitness Evaluation <ul style="list-style-type: none"> ○ Definition, Goal & Model of Evaluation ○ Placement of Employers, Transfer of Employers, Leaving an Organization with Grade ○ Health Fitness Evaluation Model ○ Use of Evaluation Model 	16	15

References:

- Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: Prentice hall Inc.
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- Earl, F. Z. & Gary, W. B. (1963). *Management competency development in sports and physical education*. Philadelphia: W. Lea and Febiger.
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- Pandey, L.K. (1977). *Methods in Physical Education*. Delhi: Metropolitan Book Depo.
- Voltmer, E. F. & Esslinger, A. A. (1979). *The organization and administration of Physical Education*. New York: Prentice Hall Inc.

Practical**PGDFMP201: Practical****Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks**

Unit	Contents	Contact hours	Marks
Unit I	<ol style="list-style-type: none"> 1. Demonstration & Performance of various fitness training exercises and drills. 2. Calculation of Load and various training intensities while training. 3. Calculation of dietary Requirement and Preparation of personal Diet chart 	20	20
Unit II	<ol style="list-style-type: none"> 1. First aid and injury management techniques; PRICE, CPR 2. Massage techniques 3. Relaxation techniques; Autogenic training, progressive muscular relaxation training, biofeedback, therapeutic modalities, relaxation through meditation 	20	20

Unit III	<ol style="list-style-type: none"> 1. Fitness Testing protocols of : Strength, Endurance, Speed coordination, flexibility, body composition, Calculation of BMI 2. Physiological Test: Testing of Blood Pressure, lungs capacities, respiratory testing: heart rate, vo2max, 	18	20
PGDFMP202 : PRACTICUM OF FITNESS TRAINING Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks			
Unit	Contents	Contact hours	Marks
Unit I	<ul style="list-style-type: none"> • Demonstration & Performance of various fitness training exercises and drills. • Preparation of training Plan(Annual Training plan, Macro Cycle plan, Micro Cycle plan, Meseo cycle plan, session plan), • Personal training plan. • Preparation of videos and movement analysis. 	20	20
Unit II	Group Project/Field Study	20	20
Unit III	Practice Teaching: For the purpose of practice teaching the students will have to organize a minimum one week non-residential fitness Camp where each student will be assigned to prepare and provide training (with proper training plan) on different aspects fitness training.	18	20

GRADING SYSTEM

The following scale of grading system shall be applied to indicate the performance of students in terms of letter grade and grade points as given below:

Percentage of marks obtained in a course (in semester plus end semester)	Letter grade	Grade point	Description of performance	Classification of final result
85 & above	O	8.5-10.0	Outstanding	First class with Distinction
70-84.99	A+	7.0-8.49	Excellent	
60-69.99	A	6.0-6.99	Very Good	First Class
55-59.99	B+	5.5-5.99	Good	Higher Second Class
50-54.99	B	5.0-5.49	Above Average	Second Class
40-49.99	C	4.0-4.99	Average	Pass Class
Below 40	F	0.0	Fail/ Dropped	Dropped
	AB		Absent	

Calculation of Grading

SGPA (Semester Grade Point Average)

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

CGPA (Cumulative Grade Point Average)

$$CGPA = \frac{\sum_{j=1}^N SGPA_j}{N}$$

Where C_i is the Credit earned for the course in any semester; G_i is the Grade point obtained by the student for the course i and n number of courses obtained in that semester; $SGPA_j$ is SGPA of semester j and N number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

The CGPA earned by a candidate may be converted to equivalent percentage of marks by multiplying the CGPA by 10 (ten).