

SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI

PG DEPARTMENT OF PHYSICAL EDUCATION

**Prospectus of
Value added Course
on**

HEALTH AND FITNESS MANAGEMENT

(Faculty of Inter-disciplinary Studies)



2024

Value added Course on Health and Fitness Management

Relevance:

The course 'Health and Fitness Management' is highly relevant in today's society due to several factors:

1. There is an increasing awareness of the importance of health and fitness, driven by the prevalence of lifestyle-related diseases such as obesity, diabetes, and heart disease. This awareness creates a demand for professionals who can guide and manage health and fitness programs.
2. The fitness industry is expanding rapidly, with more people seeking personal trainers, fitness instructors, and wellness coaches. This growth creates numerous job opportunities for graduates of Health and Fitness Management programs.
3. Many companies are implementing corporate wellness programs to improve employee health and productivity. Professionals trained in Health and Fitness Management is essential for designing and managing these programs.
4. There is a trend towards integrating fitness and wellness with traditional healthcare. Professionals in this field can work in hospitals, rehabilitation centres, and clinics, providing fitness and wellness plans that complement medical treatments.
5. The aging population requires specialized fitness programs to maintain mobility, strength, and overall health. Health and Fitness Management professionals can create and manage programs tailored to the needs of older adults.
6. Physical fitness is increasingly recognized for its role in mental health. Fitness managers can develop programs that address both physical and mental well-being.
7. Graduates can start their own businesses, such as gyms, fitness studios, or wellness coaching services. The entrepreneurial aspect of this field allows for flexibility and innovation.
8. Professionals in Health and Fitness Management can work with governmental and non-governmental organizations to advocate for policies that promote public health and fitness.
9. The use of technology in fitness, such as fitness apps, wearable, and virtual training sessions, is on the rise. Understanding how to manage and leverage these technologies is crucial for modern fitness professionals.

Overall, a course in Health and Fitness Management equips students with the knowledge and skills needed to thrive in a dynamic and growing field, making it a highly relevant and valuable area of study.

Course outcomes:

1. Comprehensive understanding of the various aspects of health, fitness, and wellness
2. Understand the fundamental principles of exercise science
3. Develop customized fitness and wellness programs for diverse populations
4. Implement and monitor fitness programs
5. Apply nutritional principles to support fitness goals.
6. Acquire skills in health and fitness management
7. Educate clients and communities on the importance of healthy lifestyle
8. Utilize modern wearable devices for maintaining fitness

Structure:

- **Intake Capacity:** 20 Students per batch
- **Duration:** 15 Weeks (30 Hours) (Spread over a semester)
- **Sessions per week:** 2 hours
- **Session duration:** 1 hour
- **The course will be conducted 2 times per year (1st: started in August and 2nd: started at January)**
- **Total 100 Marks (2 credits)**
- **Fee: Rs. 2000/-**

Course Outline:

Unit 1: Introduction to Health and Fitness (6 Hrs.)

Definitions and Importance, Components of Health and Physical Fitness, Muscular System, Cardiovascular System and Respiratory System, Health vs. Fitness

Unit 2: Exercise Science & Alternative Therapies

Principles of Exercise, Types of Exercise (Aerobic, Anaerobic, Flexibility, Strength), Exercise Programming, Yoga therapy and Alternative therapies

Unit 3: Wellness and Lifestyle Management & Nutrition and Diet

Stress Management, Wellness and quality lifestyle, weight management, Relaxation techniques

Basic Nutritional Concepts, Macronutrients and Micronutrients, Diet Planning and Management.

Unit 4: Fitness Assessment and Testing

Methods of Fitness Testing, Interpreting Fitness Test Results, Setting Fitness Goals, counselling to support clients in achieving their health and fitness goals

Unit 5: Health and Fitness Marketing and Managing Fitness Facilities

Marketing Strategies for Fitness Businesses, Client Retention Techniques, Social Media and Fitness Promotion, Managing Fitness Facilities: Operational Management and Financial Management

References:

- ‘Nutrition for Health, Fitness & Sport’ by Melvin H. Williams
- “Health Fitness Management: A Comprehensive Resource for Managing and Operating Programs and Facilities” by Mike Bates
- ‘Approach to Health and Hygiene for Healthy Lifestyle’ by Dr. Tanuja S. Raut and Dr. Rajesh Kumar Das, Bookman Publisher.

Teaching Methods:

- **Lectures:** Covering theoretical concepts
- **Practical Sessions:** Hands-on training in fitness assessment and program design
- **Group Discussions:** Enhancing understanding through peer interaction
- **Case Studies:** Real-world applications and problem-solving
- **Guest Lectures & Workshop:** Covering theoretical as well as practical concepts

Inter-disciplinary approach:

Any Graduate from any faculty with at least 45% marks can take admission for this Value added course.

Evaluation Methods:

- **Assignments (2):** 20 Marks
- **Practical Assessments (With Practical note Book):** 30 Marks
- **Seminar:** 10 Marks
- **Visit to Gym/Fitness centre/Yoga Centre/Aerobic Centre/ Massage and Naturopathy Centre and Report Writing:** 10 Marks
- **Final Exam:** 30 Marks
 1. 5 MCQs covering all 5 units (Each question carry 1 mark)
 2. 5 Short answer Type questions on 5 Units with internal choice (Each question carry 5 marks)
- Exam will be conducted on Department level and certificate will be issued by the department signatory by HOD, Physical Education & Controller of Examination.

Certification:

- The Minimum standard for passing examination for the CIA (Continuous internal Assessment) shall be 50% i.e. 35 Marks.
- The Minimum standard for passing examination for the final Exam shall be 40% i.e. 12 marks.

- Overall, the candidate should be secure 50% marks i.e. 50 mark out of 100 marks.

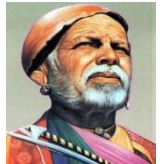
Resource Allocation:

Mentors, Study Material and Infrastructure will be arranged by the department. Collected fees would be utilised for Guest Lecture, Workshop, Seminar expenses and Miscellaneous.

Certificate Format:



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PG DEPARTMENT OF PHYSICAL EDUCATION
Value added Course on
HEALTH AND FITNESS MANAGEMENT



This is Certify that Mr./Mrs./Miss. _____
_____,
has successfully completed 15 Weeks i.e. 30 Hours (2 Credits) Value Added Certificate Course on, 'Health and Fitness Management' Conducted by the PG department of Physical Education, SGBAU, Amravati and passed with an aggregate mark of _____ percentage in session _____.

His / Her Character and Conduct are _____.

Signature of HOD, Dept. of Phy. Edu.

Signature of Exam Controller