

GURUKUL EDUCATIONAL AND RESEARCH INSTITUTE

CERTIFICATE IN FITNESS TRAINER

Subject and Syllabus



2022-23

Syllabus

CERTIFICATE IN FITNESS TRAINER

DURATION:- 6 MONTHS

320 FITNESS AND LIFE STYLE MANAGEMENT

UNIT: I

Concepts of fitness Definition and meaning of Fitness, Different Kinds of fitnesses, Physical Fitness, Skill Related and Health Related fitness Diabetes; Hypertension, Arthritis. Scientific, Principles of Exercise : Introduction, Progressive over load, specificity of training

UNIT:II

Meaning of health Body Composition, Benefits of Health Fitness Components:

UNIT:III

Nutrition: base for human performance –Carbohydrates, Fat and Proteins, Vitamins, Minerals and Water

321 INJURIES AND REHABILITATION

UNIT:I- INTRODUCTION:-

Fundamental movements of human body, different types of postures:

UNIT:II – INJURIES-

Injuries: acute, sub-acute, chronic. Advantages and Disadvantages of PRICE (Protection, Rest, Ice, Compression,etc)

UNIT: III- REHABILITATION EXERCISES & MASSAGE

Passive, Active, Assisted, Resisted exercise for Rehabilitation etc

322 YOGA AND STRESS MANAGEMENT

UNIT: I- INTRODUCTION:-

Meaning, Definition, Scope and importance of Yoga, Essentials for Yoga Practices, Age, Diet, Stomach emptying bowels, bathing, sequence. Contraindication, Counter Pose, Inverted Asana, Breathing

UNIT: II- MEDITATION:-

Meaning, Definition and Benefits. Types of Meditation: Passive, active, Saguna and Ningana Meditation, Meditation and stress.

UNIT: III- STRESS MANAGEMENT:-

Stress meaning and types of stress, Physical and mental stress- harmful effects of overtraining and exercise on health, mental stress and painful effects of mental stress on health Anxiety, Depression, insomnia.

EDUCATIONAL AND RESEARCH INSTITUTE, HARIDWAR

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