

Semester I
THEORY COURSE
IMTE 102- GYM OPERATION AND FITNESS MANAGEMENT

ESSENCE OF THE COURSE

This course will enable students to understand the modern concept of Gym Operation and fitness Management. It aims to develop understanding about the concept of Gym Operation, fitness, principles of exercise program, safety education and fitness promotion, and modern lifestyle.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

-) Understand the modern concept of Gym Operation and Fitness Management.
-) Employ the knowledge about concept of holistic health through Physical Fitness and Wellness.
-) Orient students toward the approach of positive life style.
-) Develop competencies for profile development, exercise guidelines adherence.
-) Apply the holistic concept of Fitness Management and wellness.
-) Realize and apply the Modern Gym Operation and Fitness Management techniques.
-) Acquaint towards contemporary health issues and its interventions.
-) Design different fitness training program for different age group.
-) Explain common injuries and their management

COURSE CONTENTS

- Unit 1** Physical Activity – Concept, Benefits of participation in physical activities with specific reference to health, Wellness – Meaning, Components, Need and Importance, Concept and Components of Health; Health-promoting behavior's; Regular exercise, Balanced Diet, Safety & Health Awareness, Prohibition-Smoking, Alcohol and Drugs, Type of Physical Activities – Walking, Jogging, Running, Cycling, Swimming, Camping, Adventure Sports,
- Unit 2** Fitness and Aerobics, Physical Fitness – Concept, Components, Significance, Development and Maintenance, Effects of Exercise on Various Systems (Skeletal, Muscular, Circulatory and Respiratory), Measurement and Evaluation of Physical Fitness – Need and Importance, Forms of Aerobics (Floor, Step, Weight and Aqua Aerobics); Development of Aerobic Fitness Programmes.
- Unit 3.** Gym Operations, Evolution of Gym Culture; Establishing a Gym – Location, Policy, Offer of Programmes, Budgeting, Marketing & Public Relations, Clientage, Record-Keeping, Public Relations, Individualized /Group Grooming Programmes(for Personnel), and Reports
- Unit 4.** Qualification and Qualities of Gym Instructors, Different Exercise Equipment's and their Management, Safety Measures, Prevention and Management of Injuries in Gymnasium.

PART B: PRACTICAL (Any Five) (25 Marks)

1. Self-Assessment – Physical Health Risk, Mental Health Risk
2. Measurement of Gym Operations, Fitness Components – Flexibility (Sit and Reach Test); Strength (Leg-raise for Minimal Strength); Cardiovascular Endurance (Run and Walk Test); Muscular Endurance (Sit-ups)
3. Aerobics- Performing five exercises and preparation of Exercise Schedules.
4. Measuring height, weight, waist circumference and hip circumference; Calculation of BMI (Body Mass Index) and Waist-Hip Ratio
6. Visit to a Gym, Introduction to Equipment's and Preparation of a Report Distribution of practical marks PRACTICAL ASSESSMENT

TEACHING LEARNING STRATEGIES

-) The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/Colleges.

MODE OF TRANSACTION

-) Field Work/Project Work/Viva/Seminars/Term Papers/Presentations/Self-Learning Instructional Material etc.

ASSESSMENT RUBRICS

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|) End Semester Exam | Marks: 100 |
|) Classroom Test, Project Work, Assignments, Presentations | Marks: 70 |
| o Classroom Tests: Best one out of two unit tests | Marks: 10 |
| o Project Work, Assignments, Presentations | Marks: 20 |

SUGGESTED READINGS

Theory

1. ACSM'S (2001), ACSM Fitness Book (U.K., Human Kinetics).
2. Anspaugh, David J.; Hamrick, Michael H.; and Rosato, Frank D. (2003), Wellness – Concepts and Applications McGraw Hill, New York.
3. Bharihoke, Sunil (1998), The Gym Management (New Delhi : Khel Sahitya Kendra).
4. Bishop, J.G. (2004) Fitness through Aerobics, Benjamin Cummings, USA.
5. Brown, K.M. (2002) Physical Activity and Health: An Interactive Approach, Jones and Bartlett Publisher, Sndbury, Massachusetts, USA.
6. Department of Physical Education and Sports Sciences, University of Delhi (2007), Draft Resource Material –Fitness, Aerobics and Gym-Operations.
7. Girdano, Daniel A.; Everly, George S.; and Dusek, Dorothy E. (1997), Controlling Stress and Tension – A Holistic Approach 5th ed. (USA : Allyn and Bacon).
8. Hoeger, W. W. K. & Hoeger, S.A. (2007), Fitness and Wellness (Thomson, Wadsworth, Publishing Company).
9. Koley, Shyamal (2007), Exercise Physiology – A Basic Approach (New Delhi : Friends Publications).
10. Kumari, Sheila, S., Rana, Amita, and Kaushik, Seema, (2008), Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi
11. Lau, S.K. (1999), Great Indian players, New Delhi, Sports Publication

12. Powers, S. K.; S.L. Dodd, and V.J. Noland (2006) Total Fitness – Exercise, Nutrition and Wellness Benjamin Cummings, USA.
13. Sharkey, B. J. (2002), Fitness and Health 5th ed. (U.K., Human Kinetics).
14. Uppal, A.K. (2004), Fitness and Health 5th ed. (U.K., Human Kinetics).
15. Williams, Melvin H. (1990), Lifetime Fitness and Wellness – A Personal Choice 2nd ed. (USA : Wm. C. Brown Publishers).

Practical

1. Fahey, T.D., M.P. Insel and W.T. Rath (2006), Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York.
2. Kumari, S., Rana, A., and Kaushik, S. (2008), Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi
3. Hoeger, W W K and S.A. Hoeger (2004). Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA.
4. Kumari, Sheila, S., Rana, Amita, and Kaushik, Seema, (2008), Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi

