

Skills for Fitness Trainer

फिटनेस ट्रेनर कौशल प्राप्त कर किसी भी जिम/फिटनेस सेन्टर पर अथवा स्वयं का सेन्टर खोलते हुए रोजगार/स्वरोजगार सुनिश्चित कर सकते हैं।

Course Name	Skills for Fitness Trainer	Course Code	SPF/Q1102
<p>Training Outcomes : After completing this programme, participants will be able to:</p> <ul style="list-style-type: none"> Describe the roles and responsibilities of all individuals/teams involved in physical exercise and fitness Describe the code of conduct as a fitness trainer, rules and guidelines for guests and maintenance and upkeep of equipment and gym Describe the basic anatomy and physiology and the impact of exercise on the human body Describe and perform different types of exercises Demonstrate the correct way to use the equipment in a fitness center Create a customized training plan for a trainee Explain the training plan and various exercises to a trainee and the right techniques to perform each exercise Assess the fitness and health of trainees as per their goals and training progress and modify training plan accordingly Assess physical injuries and provide emergency relief Identify various types of emergencies/ accidents/security breaches and ensure availability and proper administration of safety/emergency/medical equipment 			

CURRICULUM / SYLLABUS

Part-A (Domain Skills)

S. No.	Module	Duration (In Hours)
1.	<p>Introduction :</p> <ul style="list-style-type: none"> General discipline in the class room Overview of fitness industry Importance of male and female fitness trainers for business and customer acquisition Roles and responsibilities of all individuals/teams involved in physical exercise and fitness Industrial and business policies Business, professional and ethical code of conduct Rules and guidelines for guest for usage of exercise facility/gym and maintaining the privacy of clients (male and females) Guidelines for managing guests Maintenance and upkeep of equipment and gym 	10:00
2.	<p>Understanding the Human Body and Exercising :</p> <ul style="list-style-type: none"> Understanding the male and female human anatomy and physiology. Understand the differentiating factors in male and female anatomy and physiology Understanding the nutrition and nutritional guidelines Identification of muscles responsible for various movements and biomechanics of 	80:00



S. No.	Module	Duration (In Hours)
	<p>joints</p> <ul style="list-style-type: none"> Impact of exercise on body Understanding the effect of various exercises per physical characteristics on male and female body Understand the hormonal impact on designing exercise protocols for females Exercise limitations based on physical and mental limitations 	
3.	<p>Creating a Training Plan :</p> <ul style="list-style-type: none"> Accepted best practice principles of exercise Physical examination of a candidate and keep in track about body changes in males and females Capturing current medical state of candidates and keep a note about female related concerns Capturing the training goals of the candidates Determination of any tests, frequency of tests and controls to be used to monitor the tests Nutrition and dietary requirements based on the person's habit, lifestyle, sex etc. Preparing a training plan for trainee, with respect to their goals and current condition Training combinations for athlete, regular and occasional users 	35:00
4.	<p>Imparting the training :</p> <ul style="list-style-type: none"> Explaining the exercise schedule, sessions and their frequency and discuss issues Imparting the right techniques to do each exercise and common issues and mistakes take into consideration about the biomechanics, muscle functioning of male and female clients separately Demonstrating the correct use of each equipment and appropriate training instructions/schedule; common issues and mistakes Common types of injuries that might occur during training Education trainee on preventive means like using appropriate sports gear and props to avoid sports injury Control and regulations in the training process and required modifications based on intensity, incorrect techniques, symptoms of over training and safety Safety measures for female trainees, toilet facilities and safe changing rooms 	40:00
5.	<p>Monitoring progress and dealing with injuries :</p> <ul style="list-style-type: none"> Periodically assess the fitness and health of trainees as per their goals and training progress Modify training plan and diet recommendations as required (in consultation with experts) Motivational and adherence strategies and methods Administration of basic first aid Emergency response procedures – how to assess physical injuries and provide emergency relief; assess and if required, refer to medical practitioner or physical therapist 	35:00
6.	<p>Health and Safety :</p> <ul style="list-style-type: none"> Identify various types of emergencies/accidents /security breaches and ensure the maximum safety/security to females 	10:00



Skilling Youth
Enriching Livelihoods

Mukhyamantri Yuva Kaushal Yojna (MMYKY)



S. No.	Module	Duration (In Hours)
	<ul style="list-style-type: none">• Ensure exercise equipment is safe and in working condition• Availability and proper administration of safety/emergency/medical equipment• Occupational health and safety guidelines for providing personal training• Organizational procedure for accidents, safety• Emergency response teams aligned to organization• Emergency evacuation procedure/ protocol followed by organization• In case of emergencies, follow organizational procedure /protocol, escalation matrix for reporting problems	
Sub Total		210:00

Part-B (Soft Skills)

S. No.	Topics	Duration (In Hours)
1.	Development Competency/ Proficiency in English/Vernacular	10:00
2.	Effective Communication	10:00
3.	Self & time Management	10:00
4.	Motivational Techniques	05:00
5.	Interpersonal Skill Development	05:00
6.	Computer Literacy	20:00
7.	Life Skills	05:00
8.	Entrepreneurship	15:00
9.	Occupational Safety, Health and Environment Education	10:00
Sub Total		90:00

Total Course Duration : 300:00 Hours