



CHRIST

COLLEGE (AUTONOMOUS)
IRINJALAKUDA, KERALA

Affiliated to University of Calicut
Sports Authority of India and Kerala State Sports Council
Reaccredited by NAAC with 'A++' & SAAC 'A+'
www.christcollegeijk.edu.in

CERTIFICATE COURSE HEALTH AND FITNESS MANAGEMENT

Resource Persons



Mr. Eldhose Mathachan
Assistant Professor & Head
Dept. Of Physical Education
St. Aloysius College, Elthuruth
MSc. Sports Performance, UK.
PGDFM, SIHS Pune.
MPE, LNCPE (TVM)



Mr. Nickol Thomas
Strength and conditioning trainer (Nepal)
M.Sc Exercise and Sports Physiology
Trainer of International cricketers and golfers



Dr. Abhaydev C. S.
Assistant Professor,
Department of B.P.E.
Christ College (Autonomous) Irinjalakuda
World Athletics Level 2 Coach
Specialised in Sprints and Hurdles



Dr. Bintu T Kalyan
Assistant Professor & Head
Department of Physical Education
Christ College (Autonomous) Irinjalakuda
MPED, MBA, MPHIL & PHD

Offered by
Department of Physical Education,
Christ College (Autonomous) Irinjalakuda

About the course

Christ College (Autonomous) Department of Physical Education is starting a new certificate course in Health and Fitness management. This course helps a personal to aware the importance of quality living and good health habits. This certificate gives you new profession. This course is very useful for you to get job and makes you an expert in the field of health and fitness management through sports.

Syllabus

Objectives:

- To understand the fitness management and trainings
- To familiarise the students and society about the importance of health & fitness
- To understand the importance of health and prevent hypokinetic diseases

Outcomes:

- Students will be able to understand the importance of good health
- Students will be able to know the different trainings and techniques
- Students will be able to follow good life style and nutritional habits
- Students will be able to get full time and part-time job in health and fitness industry

Hours: 30 Hrs

Module-I

Fitness, Health & Wellness. Modern Concepts of Fitness, Health & Wellness Management. Physical Health and Mental Health. Components of Fitness

Module II

Systems of Human Body. Physical Activity. Role of Physical Activity in Human Body. Hypokinetic Diseases and Prevention. Human Body Posture-Good Posture. Importance of Good Posture and Management. Weight Gain & Weight Loss, Lean Body Mass, BMI

Module III

Nutrition. Classification of Nutrients. Role of Nutrients In Human Body. Nutritional Values of Different Food Items. Diet. Balanced Diet. Positive Diet and Negative Diet. Fluid Intake and Balance in Human Body

Module IV (Practical)

Introduction to Various Physical Activities. Stretching, Rotations, Mobility Exercises, Warm Up, Cool Down, Exercise Setting and Charting.

Module V (Practical)

Development of Physical Fitness Components. Speed, Strength, Endurance, Flexibility & Coordination.