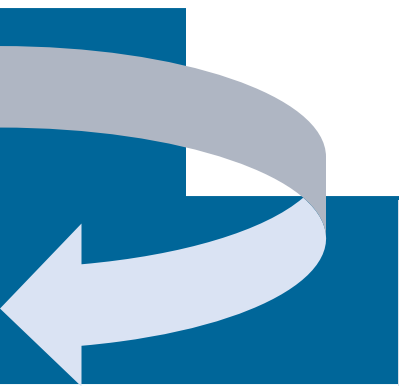




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# **Certificate Course on Health and Fitness Management**



The department of Physical Education offered a certificate course on Health and Fitness Management during the year 2023-24. The course was open to all students. The main objective of the course was to provide an awareness on the importance of health and fitness and how to manage the same. The course was commenced on 24th August 2023 with a duration of 30 hours. Thirteen students successfully completed the course.

**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.christcollegeiijk.edu.in](http://www.christcollegeiijk.edu.in)

## CERTIFICATE COURSE HEALTH AND FITNESS MANAGEMENT

**Resource Persons**

 <p><b>Mr. Eldhose Mathuchan</b> Assistant Professor &amp; Head Dept. Of Physical Education St. Aloysius College, Edthuruth MSc. Sports Performance, UK. PGDPE, NISHS Pune, MPE, LNCTE (TVM)</p>	 <p><b>Mr. Nickol Thomas</b> Strength and conditioning trainer (Nepal) M.Sc. Exercise and Sports Physiology Trainer of International cricketers and golfers</p>	 <p><b>Dr. Abhaydev C. S.</b> Assistant Professor, Department of B.P.E. Christ College (Autonomous) Irinjalakuda World Athletics Level 2 Coach Specialised in Sprints and Hurdles</p>	 <p><b>Dr. Bintu T Kalyan</b> Assistant Professor &amp; Head Department of Physical Education Christ College (Autonomous) Irinjalakuda MPED, MBA, MPHIL &amp; PHD</p>
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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 person to be aware of the importance of quality living and good health habits. This certificate gives you a new profession. This course is very useful for you to get a 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.

**Christ College (Autonomous) Irinjalakuda**  
**Certificate Course Examination: Health and Fitness Management**

SL.NO	NAME	REG.NO	SIGNATURE
1	M SRIRAM	CCPEHFM202401	
2	AKSHAY SINGH S	CCPEHFM202402	
3	ADITHYA K V	CCPEHFM202403	
4	SWETHA SREEJITH	CCPEHFM202404	
5	VIVEK VAVACHAN	CCPEHFM202405	
6	ASWANI P	CCPEHFM202406	
7	PRANAV K R	CCPEHFM202407	
8	ASWANI A	CCPEHFM202408	
9	GEORGE SONY BENNY	CCPEHFM202409	
10	ARCHANA M P	CCPEHFM202410	
11	BRITTO ANTONY	CCPEHFM202411	
12	SHOAN JACOB	CCPEHFM202412	
13	ADARSH	CCPEHFM202413	



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**DEPARTMENT OF PHYSICAL EDUCATION**  
**Christ College (Autonomous) Irinjalakuda**

## Certificate

**CERTIFICATE COURSE IN  
HEALTH AND FITNESS MANAGEMENT**

*This is to certify that*

Mr./Ms. ADARSH K

Register No. CCPEHFM202413

*has successfully completed the Certificate Course in Health and Fitness  
Management conducted by the Department of Physical Education.*

*He / She has secured A Grade.*

  
**Dr. BINTU T KALYAN**  
Course Coordinator  
HoD, Dept. of Physical Education



  
**Rev. Fr. Dr. JOLLY ANDREWS**  
Principal