

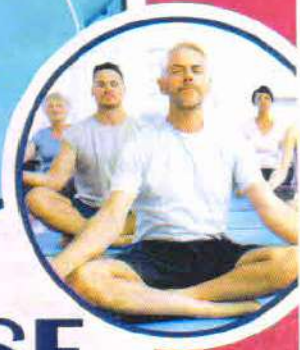
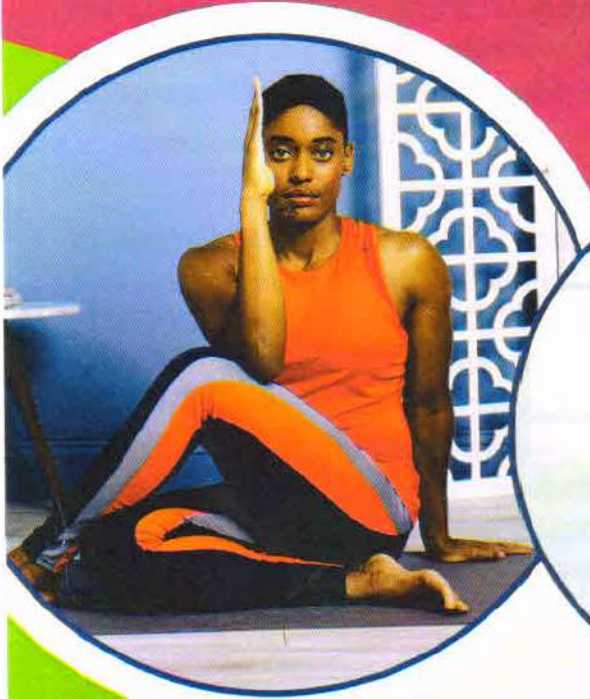


# ALAGAPPA UNIVERSITY



Karaikudi - 630 003.


## ALAGAPPA UNIVERSITY COLLEGE OF PHYSICAL EDUCATION



### VALUE ADDED COURSE

# FITNESS TRAINER

  
Course Coordinator  
**Dr.K.SUNDAR**

  
**Dr.K.MURALIRAJAN**  
Principal i/c

2021 - 2022

Course coordinator: Dr.K.SUNDAR  
 Subject title: FITNESS TRAINER  
 COURSE CODE: 2021VAC003

SR.NO	SUBJECT NAME	TOTAL HOURS PER WEEK
1.	FITNESS TRAINER	4

FITNESS TRAINER

Course Objective(CO)	
	<ul style="list-style-type: none"> <li>➤ Understand about the cardio vascular endurance.</li> <li>➤ To know about weight training methods.</li> <li>➤ Understand the ways of improving strength.</li> <li>➤ To know the effect of exercises on different systems.</li> <li>➤ Gain knowledge about how to improve strength.</li> </ul>
	<b>SYLLABUS</b>

**Unit I**

How to develop C. V. endurance through wt. training (Circuit training) Methods of developing Cardio vascular endurance Aerobic & Anaerobic Capacity, Type of Strength Factors affecting Strength Methods of Improving Strength,

**Unit II**

Meaning, Definition of Muscular contraction Isometric, Isotonic and Iso-kinetic exercises. Meaning of Muscular endurance, Different Muscles & Muscular endurance. Controlling % Fat.

**Unit III**

Name the different systems, Effect of exercise on muscular System, Effect of exercise on Cardiovascular System, Effect of exercise on digestive system, Effect of exercise of respiratory system.

**Unit IV**

Muscular Strength Type of Strength Factors affecting Strength Methods of Improving Strength, Concept of weight management & obesity and its types.

**Unit V**

Body Mass Index (BMI), Controlling % Fat OPT Psychological training in different environment and its effects High Altitude, cold and hot etc, Meaning definition and component of Speed.

**Reference Books:**

S.No	Author(S)	Title	Publisher
1	Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rashpal Singh Brar	Physical Education for B.P.E, B.P.Ed. and M.P.Ed.	Kalyani Publishers Ludhiana
2	Dick, W. F.	Sports Training Principles	London: Lepus Books
3	Harre, D	Principles of Sports Training	Berlin: Sporulated

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