

Semester-I

Undergraduate Certificate in Physical Education

SKILL ENHANCEMENT COURSE (SEC) - Indigenous Activities - I

No. of Hours-30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Indigenous Activities - I	2	1	0	1	Passed Class XII	Represent District/State/National in any Sports Discipline

UNDERGRADUATE CERTIFICATE IN PHYSICAL EDUCATION

Programme: <i>Undergraduate Certificate in Physical Education</i>		Year: I	Semester: I
			Paper: SEC
Subject: Physical Education			
Course: SEC	Course Title: Indigenous Activities - I (Calisthenics, Minor Games, Drills & Marching)		
<p>Learning Objectives:</p> <ul style="list-style-type: none"> • Improve strength, endurance, flexibility, and coordination through calisthenics and drills. • Learn structured drills and marching to build focus, synchronization, and leadership skills. • Engage in minor games to develop reflexes, balance, and quick decision-making. • Appreciate indigenous activities' historical and practical value in fitness and well-being. <p>Learning Outcomes:</p> <p>After studying this course, the students will be able skilled to:</p> <ul style="list-style-type: none"> • Demonstrate proficiency in calisthenics, minor games, drills, and marching, enhancing physical fitness, coordination, and discipline. • Understand the significance of indigenous activities in physical education, promoting traditional methods for fitness and overall well-being. • Develop teamwork, leadership, and synchronization skills through group drills and structured physical activities. • Apply indigenous activities effectively in school and community settings, contributing to physical education programs and recreational activities. 			
Credits: 2			

Max. Marks: As per Univ. rules		Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"> • Introduction to Calisthenics. • Basic Calisthenic Exercises: Jumping jacks, squats, push-ups, burpees, lunges, etc. • Rhythmic Exercises • Flexibility & Mobility Drills. 	8
Unit II	<ul style="list-style-type: none"> • Introduction to Minor Games • Traditional Indian Games • Motor Skill Development through Games 	7
Unit III	<ul style="list-style-type: none"> • Introduction to Drill & Command • Basic Drill Commands: Attention, Stand at Ease, Right Turn, Left Turn, About Turn. • Marching Drills: Slow march, Quick march, • Parade formation. 	8
Unit IV	<ul style="list-style-type: none"> • Mass Drills & Team Synchronization. • Organizing a Drill Competition • Leadership & teamwork development. 	7

Recommended Readings

- Clarke, H. H., & Clarke, D. H. (1987). Application of Measurement to Physical Education. Prentice Hall.
- Kundu, C. L. (1980). Educational Psychology. Sterling Publishers.
- Mathews, D. K. (1978). Measurement in Physical Education. W. B. Saunders Company.
- Brown, L., & Ferrigno, V. A. (2005). Training for Speed, Agility, and Quickness (2nd ed.). Human Kinetics.
- Bucher, C. A., & Prentice, W. E. (1985). Fitness for College and Life. Macmillan Publishing.
- Gallahue, D. L., & Ozmun, J. C. (2012). Understanding Motor Development: Infants, Children, Adolescents, Adults (7th ed.). McGraw-Hill.
- Singh, A. (1991). Essential of Physical Education. Kalyani Publishers
- Graham, G., Holt/Hale, S. A., & Parker, M. (2013). Children Moving: A Reflective Approach to Teaching Physical Education (9th ed.). McGraw-Hill.
- Kamlesh, M. L. (2006). Physical Education: Facts and Foundations. P. B. Publications.

Useful WEB Link

- <https://calisthenicsclubhouston.com/100-best-calisthenics-exercises-for-all-levels/>
- <https://www.mpcalisthenics.com/guide/20-calisthenics-moves-for-you-to-unlock>
- <https://www.ispo.com/en/know-how/super-important-calisthenics-exercises-beginners-and-advanced>
- <https://www.amazon.com/Hand-Book-Calisthenics-Gymnastics-Drill-Book-Gymnasiums/dp/1528708857>

Probable job aspects

- Fitness & Training Sector-Calisthenics Coach, Personal Trainer, Instructor
- Sports & Physical Education- Teacher, Coach
- Military, Police & Defense Training- Drill Instructor, Police/Army Fitness Trainer, Security & Tactical Trainer

Adventure & Outdoor Activities- Outdoor Fitness Trainer, Adventure Camp Instructor, Wellness & Holistic Trainer

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-II

Undergraduate Certificate in Physical Education

SKILL ENHANCEMENT COURSE (SEC) - Indigenous Activities – II

No. of Hours-30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Indigenous Activities - II (Dands & Baithaks, Light Apparatus)	2	1	0	1	Passed Class XII	Represent District/State/National in any Sports Discipline

UNDERGRADUATE CERTIFICATE IN PHYSICAL EDUCATION

Programme: <i>Undergraduate Certificate in Physical Education</i>		Year: I	Semester: II
			Paper: SEC
Subject: Physical Education			
Course: SEC	Course Title: Indigenous Activities - II (Dands & Baithaks, Light Apparatus)		
Learning Objectives: <ul style="list-style-type: none"> • Develop muscular power, stamina, and flexibility through Dands (push-ups) and Baithaks (squats). • Improve agility, balance, and motor skills using light apparatus like clubs, ropes, and poles. • Understand the historical and cultural significance of Indian wrestling and martial arts training methods. • Learn the correct execution of exercises to maintain posture, and balance, and prevent injuries. 			
Course Outcomes: After studying this course, the students will be able skilled to: <ul style="list-style-type: none"> • Perform and demonstrate correct techniques for various types of Dands & Baithaks for strength development. • Effectively handle and execute movements using light apparatus such as dumbbells, wands, and clubs. • Integrate indigenous activities into physical training programs for fitness enhancement. • Understand safety measures, progressions, and variations of these activities for different age groups. 			
Credits: 2			

Max. Marks: As per Univ. rules		Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"> • Concept, history, and significance of Dands & Baithaks in Indian traditional fitness systems. • Benefits of indigenous exercises • Overview of light apparatus training: Importance, types, and applications. 	7
Unit II	<ul style="list-style-type: none"> • Dands (Push-ups & Variations): • Benefits for muscle endurance and core stability • Baithaks (Squats & Variations): • Role in lower body strength and mobility • Breathing techniques and progression in indigenous exercises 	8
Unit III	<ul style="list-style-type: none"> • Types of Light Apparatus & Their Usage: • Dumbbells: Basic and rhythmic movements • Wands & Lezium: Movements, rhythm, and coordination • Hoops & Ropes: Basic drills and applications 	7
Unit IV	<ul style="list-style-type: none"> • Combining Dands, Baithaks, and Light Apparatus for fitness training • Warm-up and cool-down exercises before and after indigenous activities • Safety measures and precautions while performing exercises • Adaptation for different age groups and fitness levels 	8

Recommended Readings

- Clarke, H. H., & Clarke, D. H. (1987). Application of Measurement to Physical Education. Prentice Hall.
- Kundu, C. L. (1980). Educational Psychology. Sterling Publishers.
- Mathews, D. K. (1978). Measurement in Physical Education. W. B. Saunders Company.
- Brown, L., & Ferrigno, V. A. (2005). Training for Speed, Agility, and Quickness (2nd ed.). Human Kinetics.
- Bucher, C. A., & Prentice, W. E. (1985). Fitness for College and Life. Macmillan Publishing.
- Gallahue, D. L., & Ozmun, J. C. (2012). Understanding Motor Development: Infants, Children, Adolescents, Adults (7th ed.). McGraw-Hill.
- Singh, A. (1991). Essential of Physical Education. Kalyani Publishers
- Kamlesh, M. L. (2006). Physical Education: Facts and Foundations. P. B. Publications.
- B. K. S. Iyengar (2021). *Light on Yoga: The Classic Guide to Yoga Practice*. HarperCollins.
- Gharote, M. L. (2020). *Physical Education and Indigenous Games of India*. The Lonavla Yoga Institute.
- Singh, A. (2021). *Essentials of Physical Education*. Kalyani Publishers.
- Kamlesh, M. L. (2022). *Physical Education: Facts and Foundations*. P. B. Publications.
- **Sankhala, P. (2023). *Traditional Indian Fitness Methods*. New Age Publishers.**

Useful WEB Link

- <https://simplexstrong.com/2020/04/baithaks-aka-hindu-squats-1950>
- <https://www.youtube.com/watch?v=WzKEKfuN6Do>
- https://www.reddit.com/r/bodyweightfitness/comments/utw42b/hindu_push_up_appreciation_do_not_sleep_on_the
- <https://www.amazon.com/Light-Apparatus-Indian-Clubs-Annotated-ebook/dp/B00GNQ2GY8>
- <https://www.bodymind-fit.com/indian-clubs-selection-guide>
- <https://dutchflowacademy.com/a-history-of-barbells-dumbbells-and-indian-clubs>

Probable job aspects

- Fitness & Training Sector-Calisthenics Coach, Personal Trainer, Instructor
- Sports & Physical Education- Teacher, Coach
- Military, Police & Defense Training- Drill Instructor, Police/Army Fitness Trainer, Security & Tactical Trainer
- Adventure & Outdoor Activities- Outdoor Fitness Trainer, Adventure Camp Instructor, Wellness & Holistic Trainer

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-III

Undergraduate Diploma in Physical Education

SKILL ENHANCEMENT COURSE (SEC) - Fitness & Conditioning

No. of Hours-30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Fitness & Conditioning	2	2	0	0	Pass Sem II	Represent District/State/National in any Sports Discipline

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION

Programme: Undergraduate Diploma in Physical Education

Year: II

Semester: III

Paper: SEC

Subject: Physical Education

Course: SEC

Course Title: Fitness & Conditioning

Learning Objectives:

- Learn about strength, endurance, flexibility, and cardiovascular health.
- Design personalized workouts based on fitness goals and principles.
- Enhance strength, speed, agility, and overall athletic ability.
- Apply warm-up, cool-down, and recovery techniques for safe training.

Course Outcomes:

After studying this course, the students will be able to:

- Demonstrate knowledge of fitness principles and their application in conditioning programs.
- Apply strength training and flexibility exercises to improve athletic performance.
- Design and implement aerobic and anaerobic workouts for various fitness levels.
- Utilize functional training techniques for injury prevention and enhanced movement efficiency.
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Credits: 2

Max. Marks: As per Univ. rules

Min. Passing Marks: As per Univ. rules

Unit	Topic	No. of Hours

Unit I	<ul style="list-style-type: none"> • Definition & Importance of Fitness • Components of Physical Fitness • Principles of Training (Overload, Specificity, Progression, etc.) • Role of Nutrition & Hydration in Fitness 	7
Unit II	<ul style="list-style-type: none"> • Warm-up & Cool-down Techniques • Bodyweight & Resistance Training Basics (Push-ups, Squats, Lunges, etc.) • Cardiovascular Conditioning (Running, Skipping, HIIT Basics) • Strength Training with Free Weights (Dumbbells, Resistance Bands) 	8
Unit III	<ul style="list-style-type: none"> • Importance of Flexibility & Mobility • Stretching Techniques (Static vs. Dynamic Stretching) • Role of Rest & Recovery in Fitness • Common Injuries & Prevention Strategies 	7
Unit IV	<ul style="list-style-type: none"> • Basic Workout Plan • Functional Training & Agility Drills • Fitness Testing & Self-Assessment (Cooper Test, Strength Tests, Flexibility Tests) • Practical Demonstration 	8

Recommended Readings

- Baechle, T.R., & Earle, R.W. (2008). *Essentials of Strength Training and Conditioning*. Human Kinetics.
- Bompa, T.O., & Carrera, M. (2015). *Periodization Training for Sports*. Human Kinetics.
- McGill, S. (2014). *Ultimate Back Fitness and Performance*. Stuart McGill.
- Wilmore, J.H., & Costill, D.L. (2004). *Physiology of Sport and Exercise*. Human Kinetics.
- Boyle, M. (2016). *New Functional Training for Sports*. Human Kinetics.
- "Essentials of Strength Training and Conditioning" – NSCA, Greg Haff & Travis Triplett
- "ACSM's Guidelines for Exercise Testing and Prescription" – American College of Sports Medicine (ACSM)
- "Stretching Scientifically: A Guide to Flexibility Training" – Thomas Kurz
- "The New Rules of Lifting" – Lou Schuler & Alwyn Cosgrove
- "Peak: The New Science of Athletic Performance That is Revolutionizing Sports" – Marc Bubbs

Useful WEB Link

- <https://springfield.edu/graduate-programs/strength-and-conditioning/outcomes>
- https://www.asdk12.org/cms/lib/AK02207157/Centricity/Domain/1203/HS_WeightTrainingBasic_Faceplate.pdf
- https://catalog.elcamino.edu/preview_course_nopop.php?catoid=11&coid=22526
- https://www.hcpss.org/f/files/curriculum_pe_weight.pdf
- https://www.scsk12.org/ci/uploads/hpelw/FitnessConditioning_I.pdf

Probable job aspects

- Fitness & Training Sector-Calisthenics Coach, Personal Trainer, Instructor
- Sports & Physical Education- Teacher, Coach
- Health & Rehabilitation
- Education & Research
- Adventure & Outdoor Training

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-IV

Undergraduate Diploma in Physical Education

SKILL ENHANCEMENT COURSE (SEC) - Yoga and Wellness

No. of Hours-30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Yoga and Wellness	2	1		1	Pass Sem III	Represent District/State/National in any Sports Discipline

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION

Programme: Undergraduate Diploma in Physical Education

Year: II

Semester: IV

Paper: SEC

Subject: Physical Education

Course: SEC

Course Title: Yoga and Wellness

Learning Objectives:

- Learn basic asanas, pranayama, and meditation techniques for overall well-being.
- Enhance flexibility, strength, stress management, and mental clarity through yoga practices.
- Integrate yoga with lifestyle changes, diet, and mindfulness for balanced living.
- Use yoga techniques for managing lifestyle diseases, rehabilitation, and mental health.

Course Outcomes:

After studying this course, the students will be able to:

- Understand the foundational principles of yoga and wellness.
- Demonstrate proficiency in performing basic yoga asanas and pranayama techniques.
- Apply meditation and relaxation techniques for stress management and emotional balance.
- Integrate yoga practices into daily life for overall well-being and a healthy lifestyle.
- Explain the philosophy, history, and principles of yoga.
- Describe the connection between yoga, holistic health, and overall well-being.
- Perform various asanas (postures), pranayama (breathing techniques), and meditation practices.
- Understand the benefits of different yoga techniques for physical, mental, and emotional health.
- Perform various asanas (postures), pranayama (breathing techniques), and meditation practices.
- Understand the benefits of different yoga techniques for physical, mental, and emotional health.

Credits: 2		SEC
Max. Marks: As per Univ. rules		Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"> • Definition and Origin of Yoga • Importance of Yoga in Daily Life • Different Paths of Yoga (Hatha, Raja, Karma, Bhakti, Jnana) • Concept of Wellness: Physical, Mental, and Spiritual Well-being 	7
Unit II	<ul style="list-style-type: none"> • Preparatory Practices: Sukshma Vyayama (Joint Movements) • Asanas for Flexibility and Strength (Tadasana, Bhujangasana, Trikonasana, etc.) • Pranayama Techniques (Anulom-Vilom, Kapalabhati, Bhastrika) • Relaxation Techniques: Shavasana and Yoga Nidra 	8
Unit III	<ul style="list-style-type: none"> • Benefits of Yoga for Stress Management • Role of Yoga in Lifestyle Diseases (Diabetes, Hypertension, Obesity) • Yogic Diet and Healthy Eating Habits • Meditation and Mindfulness for Mental Well-being 	7
Unit IV	<ul style="list-style-type: none"> • Sun Salutation (Surya Namaskar) and Variations • Advanced Asanas (Paschimottanasana, Dhanurasana, Chakrasana, etc.) • Deep Breathing and Meditation Techniques • Self-Practice and Personal Progress Assessment 	8

Recommended Readings

- Swasthya Shiksha Avam Sharir Vigyan- H.K. Sharma
- Health for all through Yoga- Dr. Ganesh Shanker Ghi
- Manvav Sarir Dipika- Dr. Mukund Swarup Verma
- Yoga Avam Swasthya – Raaj Publication Patoyala
- Hath Yoga Pradipika-Kaivalyadham
- Asana, Pranayama, Mudra, and Bandha
- Yogasana Vijnana- Swami Dharendra Brahmachari.
- Yogic Sukshma Vyayama- Swami Dharendra Brahmachari.
- The Seven Spiritual Laws of Yoaga- Deepak Chopara.
- The Wellness Sense- Om Swami.
- The Power of Positive Thinking- Norman Vincent Peale.
- Textbook of Yoga - George Feuerstein. Rider and Company, London.
- Yogic Therapy - Swami Kunalayananda and Dr.S.L.Vinekar, Govt. of India, Ministry of Health, New Delhi.
- Yadav, SK., Kumar, Anil. (2013), —Effect of dynamic suryanamaskar on flexibility of male studentl, Journal of Physical Education Sports and Yoga Sciences (AKASH), Vol-III, No-1, 50-55, ISSN.2250-1398.

- ASANAS– by Dr. P. Mariayyah, Sports Publications, Coimbatore.
- SUIYANAMASKAR - by Dr. P. Mariayyah, Jaya Publishing House, Perunthurai, Erode.
- Hathapradipika - Published from Kaivalyadhama.
- Gherandasamhita - Published from Kaivalyadhama.
- Yoga-Mimamsa - Quarterly Journal (Back volumes) Published from Kaivalyadhama, Lonavla.
- Yogasanas: A Teacher's Guide - NCERT, New Delhi.
- Asanas - Why? And How? - Sri.O.P.Tiwari Kaivalyadhama, Lonvla.
- Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority- B.K.S. Iyengar

Use WEB links:

- <https://www.pcc.edu/ccog/pe/182k/>
- <https://www.verywellhealth.com/benefits-of-yoga-11685529>
- <https://www.mtu.edu/social-sciences/undergraduate/study-abroad/pe0367-mindfullyoga-studyawaywinkler2022.pdf>
- <https://dance.uga.edu/art-of-wellness/instruction>

Probable job aspects:

- Yoga Instructor/Trainer
- Wellness Coach
- Therapeutic Yoga Specialist
- Yoga Entrepreneur

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-V

Bachelor in Physical Education

SKILL ENHANCEMENT COURSE (SEC) - Adventure Sports

No. of Hours-30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Adventure Sports	2	2	0	0	Pass Sem IV	Represent District/State/National in any Sports Discipline

BACHELOR IN PHYSICAL EDUCATION

Programme: <i>Bachelor in Physical Education</i>		Year: III	Semester: V
Subject: Physical Education			
Course: SEC	Course Title: Adventure Sports		

Learning objectives:

- Develop Physical & Mental Endurance
- Enhance Risk Management & Safety Awareness
- Promote Teamwork & Leadership
- Encourage Environmental Awareness & Sustainability

Course Outcomes:

- The course outcomes of "Adventure Sports" aim to provide students with the knowledge, skills, and experiences necessary to safely and effectively participate in, lead, and manage adventure sports activities.
- fostering personal growth, environmental stewardship, and a commitment to lifelong learning.
- Apply eco-friendly practices and promote sustainable adventure tourism.
- Gain practical knowledge of first aid, survival techniques, and safety measures in outdoor environments.
- Demonstrate **decision-making, problem-solving, and teamwork** in adventure-based settings.

Credits: 2		
Max. Marks: As per Univ. rules		Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours
I	<ul style="list-style-type: none"> • Introduction of Adventure Sports, • History of Adventure Sports & Types of Adventure Sports • Adventure Sports at global level, 	8
II	<ul style="list-style-type: none"> • Role of Indian government in promotion of Adventure Sports • Role of SAI in promotion of Adventure Sports • Scope of Adventure Sports in India, Need and Importance of Adventure Sports 	7
III	<ul style="list-style-type: none"> • Basics of Water Sports • Introduction to Air-Based Sports • Environmental Ethics and Conservation in Adventure Sports • Role of Fitness and Mental Preparation 	8
IV	<ul style="list-style-type: none"> • Equipment's required for adventure sports, • Precautions during adventure sports • First aid required for adventure sports • Rehabilitation required for adventure sports 	7

Recommended Readings

- Dougherty NJ et al (2002) Sport, Physical Activity and the Law. Sagamore Pub. Champaign. IL.
- Driskell JA and Wolinsky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla.
- Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the mway you ok, feel and perform. Human Kinetics. Champaign. IL.
- Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth
- **"The Complete Guide to Outdoor Adventures"** – Marian Keaney
- **"Mountaineering: The Freedom of the Hills"** – The Mountaineers
- **"Bushcraft 101: A Field Guide to the Art of Wilderness Survival"** – Dave Canterbury
- **"Rock Climbing: Mastering Basic Skills"** – Craig Luebben
- **"Kayaking Made Easy"** – Dennis Stuhaug
- **"Wilderness First Aid Manual"** – National Outdoor Leadership School (NOLS)

Use WEB Links

- <https://sgsu.gujarat.gov.in/writereaddata/Portal/Images/pdf/1-INTRODUCTION-TO-ADVENTURE-SPORTS.pdf>
- <https://files.eric.ed.gov/fulltext/EJ1216911.pdf>
- <https://www.linkedin.com/advice/0/how-can-adventure-sports-enhance-experiential>
- <https://www.skillmaker.education/leading-adventure-based-learning-activities-understanding-session-learning-outcomes/>

Probable job aspects

- Adventure Sports Instructor
- Outdoor Education Trainer
- Eco-Tourism & Adventure Guide
- Search & Rescue Specialist

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-VI

Bachelor in Physical Education

SKILL ENHANCEMENT COURSE (SEC) - Gym Operation

No. of Hours-30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Gym Operation	2	2	0	0	Pass Sem V	Represent District/State/National in any Sports Discipline

BACHELOR IN PHYSICAL EDUCATION

Programme: <i>Bachelor in Physical Education</i>		Year: III	Semester: VI Paper: SEC
Subject: Physical Education			
Course: SEC	Course Title: Gym Operation		
Learning objectives: <ul style="list-style-type: none"> • Learn about facility management, equipment maintenance, and operational procedures. • Gain knowledge in client handling, membership management, and marketing strategies. • Learn gym safety protocols, emergency response, and equipment usage guidelines. • Learn gym safety protocols, emergency response, and equipment usage guidelines. 			
Course Outcomes: <ul style="list-style-type: none"> • Explain the importance, types, and benefits of setting up a gym. • Differentiate between various gym equipment and their functions. • Implement maintenance and hygiene practices to ensure equipment longevity. • Apply marketing strategies for membership growth and retention. • Integrate smart technology and sustainable practices into gym management. • Analyse successful case studies and develop strategies for efficient gym operation. 			

<ul style="list-style-type: none"> This course will equip students with the practical knowledge and business acumen to set up and manage a successful gym facility. 		
Credits: 2		
Max. Marks: As per Univ. rules		Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours
I	<ul style="list-style-type: none"> Overview of Gym Management and Operations Types of Gyms Basic Equipment Used in a Gym (Cardio Machines, Strength Equipment, Free Weights) Gym Safety Rules and Guidelines 	8
II	<ul style="list-style-type: none"> Proper Use of Cardio Machines (Treadmill, Elliptical, Stationary Bike) Strength Training Machines: Setup and Adjustments Free Weights and Functional Training Equipment (Kettlebells, Resistance Bands) Daily Cleaning and Maintenance Procedures 	7
III	<ul style="list-style-type: none"> Role of a Gym Attendant Trainer in Customer Service Basic Marketing Strategies for Gym Promotion Health and Safety Regulations in Gym Operations 	8
IV	<ul style="list-style-type: none"> Assisting Clients with Workout Routines and Proper Form Managing Gym Timings and Equipment Allocation Handling Emergency Situations (CPR) First Aid) 	7

Recommended Readings

- Dougherty NJ et al (2002) Sport, Physical Activity and the Law. Sagamore Pub. Champaign. IL.
- Driskell JA and Wolinky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla.
- Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the mway you ok, feel and perform. Human Kinetics. Champaign. IL.
- Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth
- "The Complete Guide to Outdoor Adventures" – Marian Keaney
- "Mountaineering: The Freedom of the Hills" – The Mountaineers
- "Bushcraft 101: A Field Guide to the Art of Wilderness Survival" – Dave Canterbury
- "Rock Climbing: Mastering Basic Skills" – Craig Luebben
- "Kayaking Made Easy" – Dennis Stuhau
- "Wilderness First Aid Manual" – National Outdoor Leadership School (NOLS)

Use WEB Links

- <https://www.healthcarecourses.org.uk/course1.aspx?CourseTitle=Certificate+in+Gym+Operations>
- <https://www.healthcarecourses.org.uk/course1.aspx?CourseTitle=Certificate+in+Gym+Operations>
- https://www.hcps.org/f/files/curriculum_pe_weight.pdf
- <https://catalog.spokane.edu/CourseOutcomes/SFCC/FMT225.pdf>

Probable job aspects

- Gym Manager
- Fitness Center Owner/Entrepreneur
- Gym Equipment & Maintenance Specialist
- Fitness Consultant/Sales Executive

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in