

9/9/2018

Chennai

From

The Course Coordinator
Introduction to Health and Fitness
Department of Community Medicine
Sree Balaji Medical College
Bharath Institute of Higher Education and Research,
Chennai

To

The Dean
Sree Balaji Medical College
Bharath Institute of Higher Education Research,
Chennai

Sub: -Permission to conduct value- added course: Introduction to Health and Fitness

Respected sir,

With reference to subject mentioned above, the Community Medicine proposes to conduct a value- added course titled: Introduction to Health and Fitness

We kindly solicit your kind permission to commence the program.

Warm Regards,


Course Coordinator

SREE BALAJI MEDICAL COLLEGE & HOSPITAL

CHROMPET CHENNAI -600044

R. No 147/ SBMCH/2018

Date: 9/12/2018

CIRCULAR

**Notification for Value added courses offered by the Department of Community
Medicine**

The Department of Community Medicine of Sree Balaji Medical College is scheduled to offer a Value added Course on Introduction to Health and Fitness from 10/10/2018 for a period of 3 weeks. Interested students can approach the Head of Community Medicine department and Course Coordinator, for registration and for further details on or before 10/3/2018.

Eligibility-MBBS STUDENTS

Course Coordinator

HOD

Copy to:

Dean office

Vice Principal

Medical Superintendent

AO College

Introduction to Health and Fitness

Course Outline:

Health and Fitness are simply some of many the different words used to describe people being in good condition. There are many different services and products on offer which promise to improve or maintain a state of wellbeing, and any (or all) of these goods and services might be considered to be part of the health and fitness industry. These can include things as variable as medical services through to sport, recreation, food and natural therapies. The Health and Fitness industry is not a clearly defined industry. It does have many aspects to it, and it does overlap into many different fields. Your perception of the scope of this field may be limited as you commence this course; but on completing the course it should have broadened considerably; and in doing so your prospects for employment should have also broadened.

Course Duration: 30 Hours

Course Coordinator: Associate Professor / Assistant Professor of Community Medicine

Week 1: Concept of Fitness and Wellness and their significance in Modern times, Scope of Fitness Trainer And Health and Fitness Component, Health Screening- Health Conditions that affect Physical Activity and Medication

Week 2: Client Preferences, Expectations and Life Style information, Physical Screening and General Principles of Training, Training consideration while selecting nature of exercise and Understanding suitability and forms of exercise for fitness 1 question

Week 3: Types of exercise: Calisthenics, Aerobics and Dance, Weight Training, Yoga and Other forms of Exercise, Designing fitness program for-Sedentary and active population for Different Age groups and Different fitness levels

Week 4: Designing Weight Reduction training, Fitness and Rehabilitation Training Consideration for-Obese age adult and Diabetic Subjects, Nutrition-Caloric Consumption, Weight variation due to dietary habit, Physiological and

Metabolic changes during exercise

Week 5: The energy support in aerobic and anaerobic activity, Relationship of Exercise with heart rate, equation for calculating heart rate zones for various exercises intensities, Recommended nutritional intakes, Dietary guidelines and Nutrient needs for people with different life style and Sport

Week 6: Selection of training organization of trainer and Layout of Health Clubs and fitness centre, Procurement of Equipments and their maintenance in Personal Management and Legal Responsibilities, Facilities, Equipments, Supervision, Instruction and Safety Guidelines

Week 7: Exercise recommendation and testing, Indemnity Bond, Legal formalities prior to conducting fitness programme for various categories of client, Code of Ethics, Professional Responsibilities of a fitness trainer towards clients

Week 8: An employee of fitness centre as contractual Personal Trainer, Business Structure, Sole Proprietorship, Partnership- General Partnership, Limited Partnership and Corporations, Marketing and Promoting Business, Advantages and Disadvantages, Blood borne Pathogens and Wrist Management

BOOKS AND REFERENCES

Armbruster, B. and Gladwin, L. A.2001: "More than Fitness for Older Adults."

A Whole-istic Approach to Wellness. ACSM's Health and Fitness Journal, Springer Publishing Company, New York.

Centers for Disease Control and Prevention. "Ten Great Public Health Accomplishments-United States 1900-1999." Morbidity and Mortality Weekly Reports.

Corbin, Charkes. Gregory Welk, William Corbin; Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach; 9th Edition, McGraw-Hill Higher Education Publication, USA.

Corbin, Charkes. Gregory Welk. William Corbin, Karen Welk; Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach, Loose Leaf Edition 11th Edition, McGraw-Hill Higher Education Publication, USA.

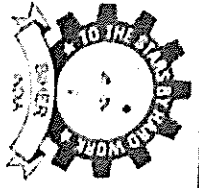
Syllabus

Topic	Faculty	Hours allotted
Introduction to Course	Assistant Professor of Community Medicine	2 hours
Physical and Mental Health	Associate Professor of Community Medicine	2 hours
Yoga	Assistant Professor of Community Medicine	2 hours
Global Health	Associate Professor of Community Medicine	2 hours
Importance of General health	Assistant Professor of Community Medicine	2 hours
Types of Exercises	Associate Professor of Community Medicine	2 hours
Designing Weight Reduction training, Fitness and Rehabilitation	Assistant Professor of Community Medicine	2 hours
Fitness and training	Associate Professor of	2 hours

	Community Medicine	
Exercise recommendation and testing, Indemnity Bond, Legal formalities	Assistant Professor of Community Medicine	2 hours
Expectations and Life Style information, Physical Screening and General Principles of Training,	Associate Professor of Community Medicine	2 hours
aerobic and anaerobic activity,	Assistant Professor of Community Medicine	2 hours
Exercise, Designing fitness program for- Sedentary and active population for Different Age groups	Associate Professor of Community Medicine	2 hours
Viva Voce	Assistant Professor of Community Medicine	2 hours
Assessment	Associate Professor of Community Medicine	2 hours

Introduction to Health and Fitness

S. No	Regn. No.	Name
1	U17MB086	JAISHREE M
2	U17MB087	JANANI S
3	U17MB088	JAYALAKSHMI G
4	U17MB089	JAYASURYA M
5	U17MB090	JEEVARATHINAM SANCHEZ D
6	U17MB091	JEMI DAFFODIL S
7	U17MB092	JESON DAGAM
8	U17MB093	JIDAN CHRISTINA TOPNO
9	U17MB094	JIGNESH L
10	U17MB095	JOSIKA M N
11	U17MB096	KALAIVANI U
12	U17MB097	KAMAL HARAVEL G K
13	U17MB098	KAMALESH U
14	U17MB099	KANISHKHA K M S
15	U17MB100	KARTHIK BALAJI N
16	U17MB101	KARTHIK S S
17	U17MB102	KARTHIKEYAN S
18	U17MB103	KAVYA S DHESH
19	U17MB104	KAYALVIZHII S
20	U17MB105	KIRAN RAJ R B
21	U17MB106	KISHOREKUMAR S
22	U17MB107	KUMARESH S
23	U17MB108	LAKSHMIPRIYA S
24	U17MB109	MACHLIN S
25	U17MB110	MADHU SWETHA P
26	U17MB111	MADHUMITHA M
27	U17MB112	MADHUMITHA N
28	U17MB113	MADHUMITHAA M
29	U17MB114	MAGESH DEV S
30	U17MB115	MAHARABAM RONALDO



**Bharath Institute of Higher Education and Research
Sree Balaji Medical College & Hospital**



CERTIFICATE

This is to certify that Mr./Ms. ARUN R has completed the value added course on Introduction to Health and Fitness conducted by Community Medicine at Sree Balaji Medical College & Hospital, Chennai held during 10/10/2018.

Dr.P.Sai Kumar MD

Vice Principal, SBMCH

Dr.Gunasekeran MS

Dean, SBMCH

CORSE FEEDBACK FORM

Date: 09/10/18

Course Title: Introduction to Health and fitness

Name: Jai Shree.M

RegNo: U17MB086

Department: Community Medicine

S.NO	Particulars	1	2	3	4	5
(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied 5. Very satisfied)						
1.	Objectives of the course clear to you				✓	
2.	The course contents met with your expectations				✓	
3.	The lecture sequence was well planned					✓
4.	The lecturers were clear and easy to understand				✓	
5.	The teaching aids were effective				✓	
6.	The instructors encourage interaction and were helpful					✓
7.	The level of the course				✓	
(1. Very poor 2. Poor 3. Average 4. Good 5. Excellent)						
8.	Overall rating of the course:				4	5

Please give suggestion for the improvement of the course:

Weakness of the course:

Strength of the course:

Jai Shree.M
Signature

Thank you

CORSE FEEDBACK FORM

Date: 9/10/18

Course Title: Introduction to Health and fitness

Name: Kaithick. S. S

RegNo: U17MB101

Department: Community medicine

S.NO	Particulars	1	2	3	4	5
(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied 5. Very satisfied)						
1.	Objectives of the course clear to you				✓	
2.	The course contents met with your expectations				✓	
3.	The lecture sequence was well planned					✓
4.	The lecturers were clear and easy to understand				✓	
5.	The teaching aids were effective				✓	
6.	The instructors encourage interaction and were helpful					✓
7.	The level of the course				✓	
(1. Very poor 2. Poor 3. Average 4. Good 5. Excellent)						
8.	Overall rating of the course:	1	2	3	4	5

Please give suggestion for the improvement of the course:

Weakness of the course:

Strength of the course:

Kaithick. S. S
Signature

Thank you



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