

# SRI DEV SUMAN UTTARAKHAND UNIVERSITY



## SYLLABUS

PG Diploma

in

FITNESS & SPORTS MANAGEMENT

## **PG DIPLOMA IN FITNESS & SPORTS MANAGEMENT (PGDFSM)**

### **1. GENERAL OBJECTIVES OF THE COURSE: TO ENABLE THE STUDENTS:**

- a. To become competent and committed professional willing to perform and excel in field of wellness and fitness.
- b. To use competencies and skills needed for becoming a successful SPORTS & FITNESS MANAGEMENT professional.
- c. The objective of this course is to provide students with supervised professional experience within a fitness setting under the direction of supervisor at that site.

### **2. NAME OF THE COURSE**

**PG DIPLOMA IN FITNESS & SPORTS MANAGEMENT (PG DFSM)**

### **3. DURATION OF THE COURSE**

The duration of the course shall be 12 months. The dates for commencement and conclusion of the course shall be fixed by the university.

### **4. ELIGIBILITY**

Any candidate who has passed any graduation program or any other equivalent examination will be eligible for the admission to the PG DFSM

**INTAKE - 60 STUDENTS**

**SELECTION PROCEDURE – INTERVIEW AND GROUP DISCUSSION**

### **5. MEDIUM OF INSTRUCTION AND EXAMINATION**

Medium of instruction for PG DFSM will be in Hindi or English and question paper shall be set in Hindi & English.

**6. STRUCTURE OF PG DIPLOMA IN FITNESS & SPORTS MANAGEMENT (PG DFSM)**

Paper	Type		Marks
Theory (external examination )	External	PG (DHLM)	600
Practical (internal examination )-	Internal	Performance of TECHNIQUE	100
		Viva voce	50
		Practical record book	50
		Project	200
		Total	1000

**Note:**

External assessment will be done by the university conducting the course. The internal assessment will be done by a panel of two examiners as appointed by the College

**SCHEME OF EXAMINATION/ PATTERN OF EXAMINATION**

**Examination Fees:**

As per University norms

**Eligibility for appearing at PG DIPLOMA IN FITNESS & SPORTS MANAGEMENT (PG DFSM)**

**Examination:**

Student teacher should keep the terms with at least 75%attendance.He should complete all the practical and other work allotted in all parts of the syllabus.

**Centre of Examination :**

The Theory and practical examination will be conducted in the College campus.

**Theory**

The theory examination will be held at the end of the term. This examination will be of three hours duration and carry 100 marks. Objective and descriptive types of question.

**Practical:**

The practical examination will be held before the theory examination. This examination will be conducted separately & will carry 100 marks.

S. No.	Practical work	Marks	Evaluation
1.	Performance of fitness activities	100	Internal examiner
2.	Viva voice	50	Two examiners (One internal examiner & one external examiner)
3.	Record book	50	
4	Project	200	

**Evaluation:**

1)Theory	Marks	Minimum Std of passing
	100(each paper)	50( each paper)
<b>Total</b>	<b>600</b>	<b>300</b>
2)Practical		
Performance of fitness activities	100	50
Viva voice	50	25
Record book	50	25
Project	200	100
<b>Total</b>	<b>400</b>	<b>200</b>
<b>GRAND TOTAL</b>	<b>1000</b>	<b>500</b>

**Standard of a passing:**

1. A student must obtain minimum 50% of marks in theory paper.
2. A student must obtain 50% of marks in practical examination separately in internal assessment.

A student must obtain 50% aggregate marks together in theory & Practical assessment to pass the **PG DIPLOMA IN FITNESS & SPORTS MANAGEMENT (PG DFSM)**

**Award of Class:**

**Theory:**

Class will be awarded to the students at the end of the course on the basis of aggregate marks obtained by him /her in theory part as shown in the table given below.

Sr. No.	Class	Theory
1)	First class with distinction	70% & above
2)	First class	60% & above but less than 70%
3)	Higher second class	55% & above but less than 60%
4)	Second class	50% & above but less than 55%

**Practical:**

There shall be a grade on the report card for the practical assessment conducted. The grades will be given as below

Mark obtained	Grade
90 & above	O
70-89	A
60-69	B
50-59	C
Less than 50	FAIL

**Backlog of Course**

Students will have to acquire at least 50% marks. If he/she fails to do so, Re-examination & practical work will be arranged for them during next course.



**Marks Weightage:****Theory Paper : Fitness & Sports management**

Sr. No.	PAPER	SUBJECT	Marks
1	PGFSM 101	INTRODUCTION TO FITNESS & SPORTS TRAINING	100
2	PGFSM 102	FITNESS MANAGEMENT	100
3	PGFSM 103	PRINCIPLE OF SPORTS MANAGEMENT	100
4	PGFSM 104	FOUNDATION IN SPORTS SCIENCE	100
5	PGFSM 105	FINIANCIAL & MARKETING MANAGEMENT	100
6	PGFSM 106	SPORTS FACILITY ,EVENT AND RISJK MANAGEMENT	100
		TOTAL	600

**Practical**

Sr. No.	Practical work	Marks
1	Performance of fitness & exercise protocols	100
2	Viva voice	50
3	Practical record book	50
4	PROJECT	200
	TOTAL	400

## Lectures:

Theory & Practical: 45 mins, four lectures a day – Monday to Friday

## THEORY

*Participants will have the opportunity to:*

- Get introduced to various types of fitness training protocols and undergo many types of fitness activities.
- Know more about holistic health, fitness, health factors, training essentials for health & fitness expert.
- Get knowledge of various wellness aspects and alternative therapy protocols.
- Develop and use interpersonal communication and apply this to leadership situations.
- Learn teaching progressions and ethics for teaching & training clients and trainee

## Syllabus

### PAPER -1 –INTRODUCTION OF FITNESS AND SPORTS TRAINING (PGFSM 101)

- 1. Introduction to Fitness and Wellness**
  - 1.1 Meaning, Definition & Importance of Fitness & Wellness
  - 1.2 Components of Physical Fitness & Wellness
  - 1.3 Principles of Fitness & Wellness.
  - 1.4 Factors affecting Fitness & Wellness
- 2. Introduction of Sports Training**
  - 2.1 Definition, Aim, Objectives & Principle of Sports Training
  - 2.2 Warming up and Cooling down (Meaning, Importance, types & Methods)
  - 2.3 Load & Principles of Load
  - 2.4 Training Variables (Intensity, Volume, Load, Frequency & Density)
- 3. Bio-motor Components and Periodization**
  - 3.1: Types, Factors, Methods for Developing Strength, Speed, Endurance & Flexibility
  - 3.2. Concept of Periodization & Formulation of Periodization Program
  - 3.3. Phases of Periodization (Preparatory, Competition & Transitional Phases)
  - 3.4. Training Cycle & its Types (Micro, Meso, Macro Cycle)
- 4. General Anatomy & Physiology**
- 5. Introduction to Weight/Resistance Training & Program**
  - 1.1 Introduction & Significance of Weight Training
    - Principle (FITT & SMART) of Weight Training.

- Do's & Dont's of Weight Training
- Guidelines of Weight/Resistance Training

- 6. Weight training Exercises, Methods & Design of Training Program**
- **Weight training for the major muscles** -Neck, shoulder, chest, Abdominal, Back, Hip and lower limbs
  - **Weight Training Methods** (Weiders Principles of Strength training)
  - **Cardiovascular Training**- Concept, Benefits, Breathing Technique, Calculate Target Heart Rate Zone. (Concept & method of Aerobic, Anaerobic fitness program me),

## **PAPER -2 –FITNESS MANAGEMENT (PGFSM 102)**

### **1. Introduction to Fitness Management**

- 1.1. Meaning, Definition of Fitness Management
- 1.2. Aim & objectives of Fitness Management
- 1.3. Function of Management (Planning, Organizing, Leading & Controlling)
- 1.4. Role of Manager in Fitness Industry

### **2. Manager Skills, Roles, Instructor Professional Responsibilities & Concerns**

- 2.1. Managerial Knowledge based Skills & Roles
- 2.2. Professional Responsibilities (Training & Certification, Medical Clearance & Pre-exercise Testing & First Aid Training / Certification)
- 2.3. Instructor Etiquette, Issues & consideration, how to train female clients
- 2.4. Instructional Concerns (Exercise Danger Signs, Symptoms of Over Training)

### **3. Fitness & Gym Management.**

- 3.1 Current issues / Latest Trends in Fitness & Wellness (Cross fit, Pilates, Kettlebell, Functional training, Aqua Workout)
- 3.2 Ideal Fitness Centre Setup (Size, Cost, types, zones Areas)
- 3.3 Various equipment and facilities of weight training, cardiac fitness and free hand exercise & Responsibility of Service Desk
- 3.4 Purchasing & Maintaining of Health Fitness Equipment

### **4. Fitness Assessments and Testing**

- 4.1. Introduction and Benefits of Fitness Assessments
- 4.2. Fitness components
- 4.3. Fitness Assessments (Resting Values, Body Composition, BMI, Skinfold Fatfold, Muscular Strength, Endurance & Flexibility Assessments & prescribe Form)
- 4.4. Concept of Body Image & Self Esteem

### **5. Business & Leadership skill**

Managing a Fitness Facility (Personal Skills, Component of a Successful Business and Necessary Skills) Personnel Management (Hiring, Managing Staff, Benefits and Bonus, Training, Leadership and Communication)



- 5.1 Directing a Fitness program (Roles & Responsibilities)
- 5.2 Program Planning

**6. Human Resource Management in Fitness**

- 6.1 Meaning, definition, nature & functions of Human Resource Management
- 6.2 Importance & steps of Instructor Training in Human Resource Management
- 6.3 Human Resource Audit
- 6.4 I-Formation Management Model (Administrative & Scientific Model)

**7. Marketing, Promotion, Advertising, Public Relation & Sales in Fitness**

- 7.1. Concept of Marketing, Promotion, Advertising & Sales
- 7.2. Responsibilities of Marketing, Promotion, Advertising & Sales
- 7.3. Marketing and promotion Steps for business
- 7.4. Steps/Procedure of Public Relation

**8. Fitness Evaluation**

- 8.1. Definition, Goal & Model of Evaluation
- 8.2. Placement of Employers, Transfer of Employers, Leaving an Organization with Grace
- 8.3. Health Fitness Evaluation Model

**Practical-1**

- 1. Instructional Concerns (Exercise Danger Signs, Symptoms of Over Training & Avoiding Over Training)
- 2. Current issues / Latest Trends in Fitness & Wellness
- 3. *Gym Equipment set up* Ideal Fitness Centre Setup (Size, Cost, types, zones Areas)
- 4. Various equipment and facilities of weight training, cardiac fitness and free hand exercise
- 5. Responsibility of Service Desk
- 6. Maintaining & Purchasing Health Fitness Equipment
- 7. **Fitness Assessments and Testing** (Health History Form, Analyze Risk Factors, Physician's Clearance, Informed Consent)
- 8. Fitness Assessments (Resting Values, Body Composition, BMI, Skinfold Fat fold, Muscular Strength, Endurance & Flexibility Assessments)

**Practical-2**

- 1. Managing a Fitness Facility
- 2. Personnel Management
- 3. Directing a Fitness program
- 4. Training in Human Resource Management
- 5. Steps/Procedure of Public Relation
- 6. Fitness Evaluation
- 7. File Human Resource Audit
- 8. One Month Internship Program to Health Clubs & SPAs in the country

**PAPER -3 –PRINCIPLE IN SPORTS MANAGEMENT (PGFSM 103)**

**UNIT –I-The Concept of Management:**

1. Development of management thoughts
- 1.2 Various approaches to management philosophy:
  - 1.2.1 System approach
  - 1.2.2 Contingency approach
  - 1.2.3. Scientific management theory by Taylor
- 1.3 Contribution of Elton Mayo
- 1.4 Henri Fayol's 14 principles of management

**Unit-II : Planning, Organizing, Directing & Controlling :**

- Planning : Meaning, Nature of Planning, Types of Planning, Importance of Planning
- Organizing : Concept and Meaning, Principles of Organizing
- Directing : Concept and Nature of Directing, Importance of Directing
- Controlling : Concept and Meaning of Controlling, Characteristics of Controlling, Steps of Controlling

**UNIT –III OPERATION MANAGEMENT**

1. Operations Management
2. Supply chain management
3. Supply chain design
4. Logistics

**Unit – IV Product design and development process:**

1. Operations and supply chain strategies
2. Organizational role in product and service development.
3. Approaches to improving product and service design.

**Unit – V Purchasing:**

1. Importance of purchasing
2. Multi criteria decision models in sourcing and purchasing
3. Sales and operation planning (S & OP) strategy
4. Major approaches to planning, organizing and implementing S & OP

**Unit – VI Maintenance and Inventory Management :**

1. Objectives of maintenance management
2. Total productive maintenance
3. Meaning and concept of inventory.
4. Importance and types of inventory

**Unit-I**

**1. Introduction to Sports Sciences:**

- 1.1 Definition and meaning of sports & Sports sciences
- 1.2 Value of Sports in daily life
- 1.3 Branches of Sports Sciences
- 1.4 Relationship of sports sciences with sports management

**Unit-II**

**2. PHYSIOLOGICAL & PSYCHOLOGICAL FOUNDATION OF SPORTS**

- 2.1. **Exercise Physiology:** Definition, Meaning and Common Physiological terms in sports (Oxygen debt, second wind, stitch)
- 2.2. Importance of Exercise Physiology in Games and Sports
- 2.3. **Sports Psychology:** Definition, Meaning and Common Psychological terms in sports: ( Personality, Motivation, anxiety & Stress)
- 2.4. Importance of Sports Psychology in Games and Sports

**Unit-III**

**3. BIOMECHANICAL FOUNDATION OF SPORTS & Sports Technology**

- 3.1. Meaning & Concept of Sports Biomechanics, Kinematics & Kinetics.
- 3.2. Importance of Sports biomechanics in physical education and sports
- 3.3. Sports Technology: Meaning, definition, purpose, advantages and applications,
- 3.4. General Principles and purpose of instrumentation in sports, Technological impacts on sports

**Unit -IV**

**4. FOUNDATION OF HEALTH, FITNESS AND SPORTS NURTITION**

- 4.1 **Health Education:** Concept of Health &Hygiene
- 4.2 Meaning and Definition" of Physical Fitness, Current trends in fitness and conditioning
- 4.3 Meaning and Definition of Sports Nutrition, Role of nutrition in sports
- 4.4 Balanced Diet



## UNIT-I

### **Introduction to Financial Management**

- 1.1 Meaning, Definition & Scopes of Financial Management
- 1.2 Objectives & Importance of Financial Management
- 1.3 Financial Statement Analysis (Meaning, Definition, Types & Techniques)
- 1.4 Costs-Volume Profit Analysis. Leverage: Operating & Financial

## UNIT-II

### **Sources of Financing, Time value of Money, Dividend Policy & Capitalization**

- 2.1 Introduction Long Term & Short Term Financing
- 2.2 Sources of Finance
- 2.3 Introduction to Time -Value of Money & Dividend Policy
- 2.4 Meaning, Definition & Types of Capitalization

## UNIT-III

### **Capital Structure, Cost of Capital & Capital Budgeting**

- 3.1 Meaning, Definition of Capital Structure, Financial Structure: *Optimum Capital structure* & Factor Determining Capital Structure: *Cost of capital*
- 3.2 Meaning, Definition, Importance & Assumption of Cost of Capital
- 3.3 Definition, Need & Importance of Capital Budgeting
- 3.4 Capital Budgeting Process, Kinds & Method of Capital Budgeting Evaluation:  
Internal Rate of Return

## UNIT-IV

### **Working Capital, Working Capital Management & Finance System**

- 4.1 Concept, Definition, types & need of Working Capital
- 4.2 Factors & Sources of Working Capital Budgeting
- 4.3 Meaning, Definition and Introduction of Inventory Management
- 4.4 Introduction of Financial System in India

## Unit-V

### **Introduction to Marketing**

- 5.1 Nature & Scope of Marketing
- 5.2 Functions of Marketing, Management,
- 5.3 Factors affecting marketing programme
- 5.4 Principles of marketing physical education and sports

## Unit-VI

### **. Marketing Planning**

- 6.1 Meaning & Significance of Marketing Planning
- 6.2 Strategic Planning
- 6.3 Planning of Marketing Mix Elements
- 6.4 Market Segmentation and Positioning



## **Product Mix**

## **Unit-VII**

- 7.1 Product Life Cycle
- 7.2 New Product Development
- 7.3 Branding & Packaging Decisions
- 7.4 Pricing Model & Strategies.

## **Promotion Mix**

- 7.5 Advertising and Sales Promotions
- 7.6 Publicity & Personal selling
- 7.7 Introduction to Marketing Research.
- 7.8 Significance of Marketing research in Sports

## **PAPER 6- MANAGING SPORTS FACILITY,EVENTS AND RISK MANGEMENT (PGFSM 106)**

- Unit: I :**
1. Meaning and concept of facility management.
  2. Planning the facility
  3. Health consideration in facility planning
  4. Facility supervision & Security

- Unit: II :**
1. Determining supply and equipment
  2. Guidelines for purchasing supply and equipment
  3. Store Keeping
  4. Maintenance of supplies and equipment

- Unit: III :**
1. Meaning and Concept of event management
  2. Risk & Safety measures.
  3. Managing Sporting events
  4. Management of work force

- Unit: IV :**
1. Role of mass media in promoting sports events.
  2. Introduction in different sports media.
  3. Importance of sports and advertisement.
  4. Role of sponsorship in sports events.

## **Unit V**

1. **Introduction to Risk and Risk Management**
  - Concept of Risk and Risk Management.
  - Importance and scope of Risk Management in Sports.

- Key Issues of Risk Management in Sports.
- Risk Management Process.

## **Unit VI**

### **Tort & Risk Management**

- .Meaning and Types of Tort-Negligence.
- .Negligence: Defences and damages
- **.Intentional Tort:** Defences and damages

**Product Liability:** Defences and damages.

## **Unit VII**

### **Sport Law and Legal Liability**

- Meaning and concept of Sport Law
- Application of Contract to Sports.
- Legal Liability in Physical Education and Sport.
- Legal Concepts Impacting Physical Education and Sport.

## **Unit VIII**

### **Discrimination & Risk management**

- Racial Discrimination: Meaning, damages and defences
- Gender Discrimination and Sexual Harassment; Meaning, damages and defences
- Religious Discrimination: Meaning, damages and defences
- Specially abled People: Meaning, damages and defences

## **UNIT IX- SPORTS INJURIES AND MANGEMENT**

- Introduction to Posture, Causes and Its Effects of Poor Posture
- Correction of Common Postural Defects Through Exercises
- Introduction to Soft Tissue Injuries Sustained in Sports, and their Common First Aid Management.
- Low back pain: Preventive Measures and Remedial Exercises
- CPR.