

INTERNATIONAL BODYBUILDING & FITNESS TRAINING COURSE

Accredited by

ADDITIONAL
SKILL ACQUISITION
PROGRAMME



Higher Education
Department



Organized By



INTERNATIONAL FITNESS FEDERATION (IFF)

Reg. No. KTM/TC/151/2022

Venue: **International Gym, Pala**

(ASAP Approved Training Centre)



Affiliated to



युवा मामलों
एवं खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS



Kerala Youth
Welfare Board,
Reg. No. KTM5691

More Details Contact:

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SYLLABUS PRACTICAL/VIVA

Module I

- Method of warm up- stretching, rotations and mobility exercises
- Method of cool down- stretching and mobility exercises.
- Demonstration of weight training exercise for whole body part.
- Demonstration of kettle bell exercises, resistant band exercise. medicine ball exercise, swiss ball exercise, Stepper. Floor training. Power rope, Aerobics, Power Yoga, Functional Training, Crossfit Training. Circuit Training. Strong Zumba etc.
- Weight lifting. power lifting skill learning. Ann wrestling, body building

Module II

- Training methods- station method. super set, to-set, pyramid.
- Functional training, circuit training and cross fit training-construction and setting for strength and Illness
- Speed training, strength training, power training. flexibility training, agility training, endurance training
 - Exercise and muscle group identification-prime mover, assistant mover and stabilizers Training specification for hypertension. obesity. diabetics. injured people rehabilitation. CPR
- 1 hour exercise selling for fitness-children. adolescents, adults, old age people and ladies.

Module III

- Gym management
- Bodybuilding and fitness competitions

Module IV

- Prevention of lifestyle diseases
- Obesity Management
- Injury Management
- CPR & First aid



SYLLABUS THEORY

BASIC ANATOMY & SPORTS PHYSIOLOGY

- ▶ Introduction to human body-muscles, bones, joints, nerves, ligaments, tendons
- ▶ Effort of exercise on the following systems
 - Skeletal system
 - Muscular system
 - Respiratory system
 - Circulatory System
- ▶ Types of muscular contractions-Isometric, Isotonic & Isokinetic
- ▶ Types of muscle fibers
- ▶ Somatotype - Sheldon's classification

Sports Nutrition & Sports Injury Management

- Introduction to sports nutrition-Macros & Micros nutrients
- Role of nutrition on physical activity.
- Definition of calorie, caloric ranges of various food items
- Physical activity and caloric expenditure.
- Effect of water consumption or role of water in physical activity.
- RICE therapy, hydro therapy-whirlpool, heat therapy
- Human body postural deformities / correction and prevention.

Methods of Fitness training & Facility Management

- ▶ Definition of fitness and components of fitness-strength, speed, endurance, agility and flexibility.
- ▶ Principles of physical training Intensity, density, repetition and sets.
- ▶ Definition of recovery and importance of recovery in performance.
- ▶ BMI, Target Heart Rate and Obesity management
- ▶ Warm up and cool down-importance.
- ▶ Essential factors considered for construction and management of a fitness center.





FACULTY

Baby Plakkoottam

Former International Body Builder & Indian Team Coach

Mr. Jijo K Joseph

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INTERNATIONAL FITNESS FEDERATION (IFF)

Registered act 12 in 1955 in travancore - Kochi Literate,
Scientific Charitable societies act. Reg. No. KTM/TC/151/2022 and
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