



❖ POST GRADUATE DIPLOMA IN HEALTH AND FITNESS

The current technology and food habits have resulted in altered lifestyles that warrant a relook at health and fitness. Moreover, the facilities to address fitness issues are limited. Most trainers employed by such facilities are not certified and have little knowledge of human body, effect of exercises on it and role of nutrients for the body. To exploit the void of facilities and trainers, a number of businesses as fitness or health centre/ gymnasiums have mushroomed. A strong need is felt to have certified trainers with the requisite knowledge. To meet this emergent requirement, The Maharaja Sayajirao University of Baroda has started Postgraduate programme in Health and Fitness.

Higher payment programme

The conduct of the programme would be as per the Higher Payment Programme (HPP). The modalities in vogue would be followed for the programme.

PROGRAMME DETAILS

❖ OBJECTIVES:

The proposed PG Diploma programme has been designed with the following objectives:

1. To offer a PG Diploma certificate in Health and Fitness
2. To create an awareness about gymnasiums and fitness facilities
3. To impart basic knowledge of health and fitness
4. To develop health and fitness trainers for gymnasiums and fitness facilities

❖ LEARNING OUTCOMES FROM THE PROGRAMME

On completion of the programme the participants are expected to be proficient in the following:

1. Understanding of human anatomy, physiology
2. Fitness training and Methodology
3. Fitness centre/ Gymnasium management
4. Exercise physiology and Kinesiology
5. Management of fitness and assessment
6. Common sports injuries and their rehabilitation



❖ DESIGN AND DURATION OF THE PROGRAMME

The programme is designed to provide theoretical and practical training with greater emphasis on practical training. The total duration for the programme is one year.

Theory: Theory part would be conducted as six courses, three parts per Semester. Each theory Course carries two credits and is subdivided into five Sub-Units.

Practicum: Practical training would consist of four parts, two parts per Semester. Each practicum part would be for 03 credits.

Project work: Project work carries four credits. It is included to provide field and research experience. Participants would complete their study along with a detailed report for evaluation. One month is allocated for this task.

Internship: Internship carries four credits. It is planned after completion of theory and practicum courses and project work. A favourable report by management of concerned organisation, where internship was carried out, is mandatory, but it would not be assessed for grading in the programme. It would be for one month.

Viva: Towards the end of the programme, a viva-voce would be conducted by internal and external trainers.

❖ CREDITS AND DETAILS OF THE PAPERS

The following are the papers offered at Post Graduate Diploma in Health and Fitness course

Sr. No.	Course	Credits
1.	Anatomy and physiology	2
2.	Fitness Training and Methodology	2
3.	Fitness Centre Management	2
4.	Practicum: I	3
5.	Practicum: II	3



**Post Graduate Diploma in
Health and Fitness**

Department of Physical Education
Faculty of Education & Psychology
The Maharaja Sayajirao University of

Baroda

Uni. pavilion, Fatehgunj, Vadodara

Ph.: 02652791745

E-mail: pedmsu@gmail.com

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6.	Project Work	4
7.	Exercise Physiology and Kinesiology	2
8.	Management of fitness and assessment	2
9.	Sports Injury and rehabilitation	2
10.	Practicum: III	3
11.	Practicum: IV	3
12.	Internship	4
Total Credits		32

The programme will definitely help promote general awareness of health and fitness and develop fitness trainers for existing gymnasiums and fitness facilities who would also spread awareness of health and fitness.