

SSD GIRLS' COLLEGE BATHINDA

AN AUTONOMOUS COLLEGE

BACHELOR OF ARTS

Session 2025-26

SUBJECT: GYM TRAINING AND MANAGEMENT (Paper Code:BA231)

SEMESTER 2

Course Credits: 3

Theory: 50 Marks

Practical: 30 Marks

3 Lectures per week

Scheme of Examination

	NAME OF THE PAPER	TIME IN HRS.	EXTERNAL ASSESMENT	INTERNAL ASSESMENT	TOTAL
THEORY	GYM TRAINING AND SPORTS	1.5 HRS	50	20	100
PRACTICAL	GYM TRAINING AND SPORTS	1.5 HRS	30		

TOTAL MARKS (THEORY AND PRACTICAL AND INTERNAL )(3 CREDITS)

Balkaran  
Singh

Palke

	<b>GYM TRAINING AND MANAGEMENT</b>
<b>SKILL ENHANCEMENT COURSE (SEC-2)</b>	<b>SEMESTER-2 PAPER CODE ( BA231)</b>
<b>COURSE OBJECTIVE</b>	1. To understand the concept of Gym Training. 2. To understand the concept of Gym Management. 3. To impart knowledge about the different Methods of Training.
<b>COURSE OUTCOME</b>	1. Students will learn about the concept of Gym Training 2. Students will learn about the concept of Gym Management. 3. Students will be able to know about the different Methods of Training.
<b>OUTLINE SYLLABUS</b>	<b>GYM TRAINING AND MANAGEMENT</b>
<b>CREDITS</b>	3 (THEORY: 2, PRACTICAL: 1,)
<b>MARKS</b>	100 ( THEORY: 50, PRACTICAL: 30, INTERNAL:20,)
<b>CONTACT HRS</b>	60 Hours (Theory: 30 hours, Practical: 30 hours) 15 hours theory 1 Credit, 30 Hours practical 1 credit) NOTE:  <ul style="list-style-type: none"> <li>➤ Twelve periods per week (6 periods each for Theory and Practical)</li> <li>➤ One unit contains 60-80 students for theory and 30-40 students for Practical.</li> <li>➤ Teacher who is preparing three teams for University Inter-college competitions, his/her work-load shall be counted by including six periods per week in the teaching</li> </ul>
	<b>THEORY ( 50 MARKS)</b>
<b>UNITS</b>	<b>TOPICS</b>
<b>UNIT 1</b>	1. Meaning, Definition and Concept of Gym Training, Training LOAD-Definition and Types of Training Load. 2. Means and methods for the development of Strength, Speed, Flexibility and endurance. 3. Nutrition, body composition and weight management
<b>UNIT 2</b>	1. Developing Infrastructural facilities (gym/fitness centre): Construction of gym/fitness centre. 2. Equipment/facilities: floor exercise, aerobics, medical aid, reception room, showers, toilet, and facilities for fitness centre. 3. Maintenance of equipment and facilities: Multi station machines, treadmill, and weight training equipment
<b>PRACTICAL (30 MARKS)</b>	<b>SYLLABUS PAPER CODE (BA231P)</b>
<b>TRAINING METHODS</b>	1. Core and own body weight exercises 2. Methods for the development of Strength. 3. Weight training (progressive and regressive training methods) 4. Plyometrics training
<b>TEST AND EVALUATION</b>	Test 1: Heart Rate Test 2: BMI, Blood Pressure
<b>SUGGESTED READINGS</b>	1. Edward T. Howley B. Dov Franks (1986). Health Fitness instructor's Handbook second edition. 2. Howley. E.T and Franks B.D. (1997). Health Fitness Instructor's handbook. Third Edition. Champaign Illinois: Human kinetics, 3. Lindle J. (1997). Aquatic Fitness Professional Manual. Florida: Aquatic Exercise Association.

Balkaran  
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Rajpal

4. Pyke F.S. (1991) Better Coaching Advanced Coach's Manual. Australian Coaching Council.
5. Steven Roy and Richard Irvin, (1983). Sports medicine prevention, evaluation management and rehabilitation; New Jersey. Prentice Hall inc..
6. Thomas D. Fathey Gayle Hutchinson, (1992). Weight training for women. California: Mayfield publishing company.

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