



ST. THOMAS COLLEGE PALAI

UGC Approved College with Potential for Excellence
Reaccredited by NAAC with A Grade (CGPA 3.30)

Syllabus for Vocational Education and Training (VET) Course

Introduction to Fitness Training

Course Code	:	STCVET104
Course Coordinator	:	Ashish Joseph Assistant Professor Department of Physical Education
Maximum intake	:	60
Eligibility	:	<i>Any regular UG or PG student of the College</i>

Objective:

(1) To train the candidates the theory and practicals of fitness training

- Module 1 **Activity, Health and Fitness:** Health and avoidance of diseases, Fitness and its components, Evaluating health/fitness status
- Module 2 **Introduction to Functional Anatomy & Exercise Physiology:** Skeletal Anatomy, Structure and function of joints, Understanding muscle structure & function
- Module 3 **Introduction to exercise prescription:** Exercise prescription for cardiovascular fitness, Exercise prescription for weight management, Exercise prescription for muscular fitness, Injury prevention and Treatment

Theory: **50%** & Practical: **50%**