

DEPARTMENT OF PHYSICAL EDUCATION

2022 - 2023

CERTIFICATE COURSE
IN
FITNESS TRAINING

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IN
FITNESS TRAINING.

DATE: 08-04-2023

21

Department: Physical Education Duration: 30 days
Teacher Name: P. Ram Kumar Time: 8:00 am to 9:00 am
Lecturer in Physical Education. Venue: S.R.G.D.C. 197
Kabaddi court.

"CIRCULAR"

It is to inform all the students [men & women] that Physical Education Department will be conducted Certificate course Physical Education "Fitness Training Principles and Methods" From 10-04-2023 to 26-05-2023 in our college. Hence the students who are interested should participate in the event. Enroll the full names on or before 09/04/2023.

[Signature]
8/4/23
IN Physical Education
Lecturer in Physical Education
S R Govt Degree College
PUNGANUR - 517 247.
Chittoor Dist (A.P)

[Signature]
08/04/23
Physical Director.

[Signature]
8/4/23
PRINCIPAL
S.R. Govt Degree College
PUNGANUR-517247
Chittoor District

Syllabus:

- * Basic Physiology For Physical Education learning outcomes
- * Basic muscle physiology.
- * Muscle Groups
- * Information on the Heart
- * Energy Systems.
- * Converting Food to energy
- * Basic Physiology For Physical Education Lesson Summary

Module 1-

- * Training methods- learning outcomes
- * The Principles of Training
- * Training Principles
- * Training method
- * maximal oxygen uptake
- * Acute Responses
- * Chronic Training Responses

- * Fatigue and Recovery
- * Training method- Lesson Summary

OBJECTIVES :-

- The main objectives of sports training are as follows:
- * Improvement of Physical Fitness.
 - * Acquisition of Sports skills.
 - * Improvement of Tactical Efficiency.
 - * Improvement of Mental Abilities.

DATE	TOPIC COVERED	Signature
Day - 1 10-04-2023	Inauguration	
Day - 2 11-04-2023	Introduction to course & Syllabus	
Day - 3 12-04-2023	Basic Physiology for Physical Education	P. Rajan
Day - 4 13-04-2023	Basic muscle Physiology	P. Rajan
Day - 5 15-04-2023	Muscle Groups	P. Rajan
Day - 6 17-04-2023	Information on the Heart	P. Rajan
Day - 7 18-04-2023	Energy Systems	P. Rajan
Day - 8 19-04-2023	Converting food to Energy	P. Rajan
Day - 9 20-04-2023	Basic physiology for Physical Education lesson Summary	P. Rajan
Day - 10 21-04-2023	Training methods	P. Rajan
Day - 11 24-04-2023	The Principles of training	P. Rajan
Day - 12 25-04-2023	Training Principles	P. Rajan
Day - 13 26-04-2023	maximal oxygen uptake	P. Rajan
Day - 14 27-04-2023	Acute Responses	P. Rajan
Day - 15 29-04-2023	chronic Training Response	P. Rajan
Day - 16 29-04-2023	over Load	P. Rajan

DATE	TOPIC COVERED	Signature
Day - 17 01-05-2023	Progression	P. Rajan
Day - 18 02-05-2023	Plateau, Regression and Reversibility.	P. Rajan
Day - 19 03-05-2023	Maintenance / Regularity	P. Rajan
Day - 20 04-05-2023	Individualisation	P. Rajan
Day - 21 06-05-2023	Variety / Tedium	P. Rajan
Day - 22 08-05-2023	Balance	P. Rajan
Day - 23 10-05-2023	moderation	P. Rajan
Day - 24 11-05-2023	Motivation	P. Rajan
Day - 25 12-05-2023	Sleep	P. Rajan
Day - 26 13-05-2023	Psychology	P. Rajan
Day - 27 23-05-2023	Fatigue & Recovery	P. Rajan
Day - 28 24-05-2023	Review	P. Rajan
Day - 29 25-05-2023	Test & Practicals	P. Rajan
Day - 30 26-05-2023	Certificate Distribution / Validation.	P. Rajan

y Rajasekar
 PRINCIPAL
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 Chittoor District

P. Rajan

"OUT COMES OF PHYSICAL FITNESS"

Being physically active can improve your

- 1 brain health, help manage weight, Reduce the risk of disease, Strengthen bones and muscles
- 1 and improve your ability to do every day activities

- 1 Adults who sit less and do any amount of moderate - to - vigorous physical activity gain some health benefits. Reduce your risk of a heart attack manage your weight better have a lower blood cholesterol level. Lower the risk of type 2 diabetes and some cancers.

[Signature]
28/11/23

Lecturer in Physical Education
S.R. Govt. Degree College
PUNGANUR - 517 247.
Chittoor Dist. (A.P.)

[Signature]

y Rajashekhar
28/11/23

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CERTIFICATE COURSE IN PHYSICAL FITNESS





SUBHARAM GOVT DEGREE COLLEGE



PUNGANUR, CHITTOOR DIST, A.P – 517247

AFFILIATED TO SRI VENKATESWARA UNIVERSITY

Accredited with NAAC Grade “B”

DEPARTMENT OF PHYSICAL EDUCATION

Certificate of Completion

Cert No: _____/2022-23

This is to certify that Mr / Ms _____

S/O / D/O _____ Class _____

Register No _____ has successfully completed a Certificate course
on **FITNESS TRAINING**, for 30 days during the Academic Year _____

Department In charge

PRINCIPAL





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2022.01.29 16:48



2022.01.29 16:48



2022.01.29 16:48