

Course Code: VACFT

- **Name of the Value Added Course:** Fitness Training
- **Who should apply?**

The Master of Physiotherapy First year students and undergraduate & postgraduate students of any stream, as applicable

- **Course Duration:** Minimum contact hours : **30 hours**

Assessment through Assignments would be conducted at the end of the programme

- **Value added Courses Objectives:**

To develop insight into various values that necessarily helps one in professional development.

To gain knowledge and skills that would help the student understand the core course in a more efficient way.

- **Value added Courses Highlights:**

- Learning and understanding about the need for fitness in one's lifestyle
- Learning about the basic concepts of fitness training and the principles of its application to an exercise program.

- **Course Content:**

- Overview on the effect of exercise over various physiological systems of the human body, Introduction to the types of exercise trainings
- Scope and importance of kinesiology in health and fitness
- Demonstration and application of principles of exercise training including specialized exercise training
- Basic nutrition management to fitness training

