


**SWARNIM STARTUP & INNOVATION UNIVERSITY**  
**SWARNIM SCIENCE COLLEGE**  
**VALUE ADDED COURSE (VAC)**

**Health and Fitness Management Certificate Course - VAHFMCC**

**Duration: 30 Hours (15 Sessions, 2 Hours Each)**

Session	Topic	Content	Duration
1	Introduction to Health and Fitness Management	Overview of the health and fitness industry, career opportunities	1 hour
2	Anatomy and Physiology	Basic human anatomy, muscular and skeletal systems, cardiovascular and respiratory systems	2 hours
3	Nutrition and Dietetics	Basics of nutrition, dietary guidelines, meal planning	2 hours
4	Exercise Physiology	Understanding body responses to exercise, energy systems	2 hours
5	Fitness Assessment and Testing	Fitness assessments, body composition, flexibility, strength, and endurance tests	2 hours
6	Exercise Prescription and Program Design	Creating exercise programs for different populations and goals	2 hours
7	Strength and Conditioning	Principles of strength training, conditioning techniques	2 hours
8	Cardiovascular Training	Types of cardio training, benefits, program design	2 hours
9	Flexibility and Mobility	Importance of flexibility, stretching techniques, mobility exercises	1 hour
10	Special Populations	Adapting fitness programs for seniors, children, pregnant women, and individuals with chronic conditions	2 hours
11	Group Fitness	Teaching group fitness classes, choreography, class management	2 hours
12	Behavior Change and Motivation	Understanding client behavior, motivational techniques, goal setting	2 hours




  
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13	Health and Wellness Coaching	Coaching techniques, developing wellness plans	2 hours
14	Business of Fitness	Marketing, client acquisition, business management for fitness professionals	2 hours
15	Legal and Ethical Issues	Legal responsibilities, risk management, ethical considerations	1 hour
16	Technology in Fitness	Using fitness apps, wearables, and other technology in training	1 hour
17	Trends in Health and Fitness	Current trends and innovations in the fitness industry	1 hour
18	Practicum and Teaching Practice	Hands-on teaching practice, feedback sessions	2 hours
19	Review and Assessment	Review of key concepts, practical and theoretical assessments	2 hours
20	Closing Ceremony	Certification distribution, feedback session, course wrap-up	1 hour
Total			30 hours

This curriculum provides a comprehensive overview of essential topics for a 30-hour Health and Fitness Management Certificate Course, balancing theoretical knowledge and practical application.



  
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