



महाराष्ट्र MAHARASHTRA

● 2019 ●

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MEMORANDUM OF UNDERSTANDING

BETWEEN

श्री राजाराम न. परब

BPCA's College of Physical Education – University of Mumbai

and

Gayo Fitness Academy, Mumbai

in the matters of

Vocational / Professional / Value Add-on Courses in

Fitness & Exercise Science and Nutrition Sciences

jointly conducted by

BPCA's College of Physical Education – University of Mumbai

and

Gayo Fitness Academy, Mumbai

THIS MEMORANDUM OF UNDERSTANDING IS MADE AT MUMBAI ON THIS

DAY OF December 17, 2019 between BPCA'S COLLEGE OF PHYSICAL

College (hereinafter referred to as "BPCACPE") located at Bharatiya Kreedaa Mandir,

Naigaum Cross Road, Wadala, Mumbai – 400 031, of the ONE PART and GAYO FITNESS

प्रधान मुद्रांक कार्यालय, मुंबई
प.नं.सि.नं. / ११११११११११
17 DEC 2019
सक्षम अधिकारी

Academy, [hereinafter referred to as "GFA"] presently located at 405 A, Fairlink Center, Near Monginis, Veera Industrial Estate, Off Link Road, Andheri West, Mumbai - 400053, of the OTHER PART.

WHEREAS the earlier Memorandum of Understanding dated November 7, 2015 between BPCACPE and GFA expired on October 31, 2019 and both the parties are desirous of renewing the arrangement under the said Memorandum of Understanding for a further period of five years starting November 1, 2019 through this Memorandum of Understanding.

WHEREAS BPCACPE is permanently affiliated to and under the University of Mumbai and duly accredited by the National Assessment and Accreditation Council (NAAC), Bengaluru, and the National Council for Teacher Education, as well as being recognized by the University Grants Commission (New Delhi) and the Government of Maharashtra has been conducting Teacher Training programs at the levels of Bachelor's Master's and PhD in Physical Education and Sports Sciences since 1978.

WHEREAS GFA was founded by Dilip Madhukar Heble in 1999 to conduct theoretical and practical training and education certificate programs in Fitness and Exercise and Related Sciences and Nutrition Sciences as also in First Aid & CPR and Injury Emergency Courses with a view to offer employment opportunities to the youth with minimum of 12 years of school education as also to offer opportunities to fitness professionals to upgrade their skill sets to current international standards.

AND WHEREAS in the general sense, to contribute to a Fitter India by making its citizen healthier and fitter specifically, enable Fitness to be inculcated in Society through Educational Institutions and Facilities existing outside the domain of educational Institutions – such as Fitness Centres, Sports Clubs, Sports Associations, Work Sites such as corporate offices and factories as also enable employment opportunities and generation of incomes, the parties hereto have desired to create a framework for proceeding with the negotiations so that the terms and conditions of the agreement may be finalized and with the terms set forth in the Memorandum of Understanding.



NOW IN CONSIDERATION OF THE PREMISES, THE PARTIES HEREBY

AGREE AS FOLLOWS:

1. Offer multiple professional fitness education and certification by BPCACPE and GFA thereby offering to students multiple world class education and certifications.
2. Provide cutting-edge knowledge through the WORLD'S LEADING PROFESSIONAL FITNESS COURSES that have been designed by GFA and BPCACPE.
3. Provide practical hands-on theoretical and practical KNOWLEDGE OF EXERCISE & SPORTS SCIENCES as also NUTRITION SCIENCES CAPABLE OF IMMEDIATE IMPLEMENTATION by fitness centre managers, fitness trainers and sports coaches, etc of world class standards
4. Provide access to ONLINE AND OFFLINE INFORMATION on an on-going basis as post-enrolment academic and professional mentoring and guidance
5. Inculcate SELF-CONFIDENCE and SKILLS SETS appropriate to FITNESS and related PROFESSIONALS.
6. Enable higher levels of income by Fitness and related PROFESSIONALS
7. Establish a launching platform for subsequently introducing SPECIALIZED COURSES IN AREAS OF ADVANCED STRENGTH & SPORTS CONDITIONING, FITNESS THERAPY (MEDICAL REHAB), SPORTS NUTRITION, ENDURANCE FITNESS, etc leading to Diploma and higher levels of education programs
8. Provide the following categories of persons with opportunities to practise Fitness Sciences and in the process help guide and change to healthy lifestyles
 - i. Physical Education Teachers from other colleges/universities.
 - ii. Persons with diverse backgrounds with minimum requirement of education qualification being 12 years of schooling and having the following requisites
 - a. Passion for exercise and / sport
 - b. Interest in community service
 - c. Course specific education pre-qualification as cited in Annexure "A" hereto
9. Design education and training programs based on modern, cutting edge Fitness, Exercise and Nutrition Sciences on the basis of GFA's experience and partnership with some the world's best Fitness & Nutrition Education Partners including the International Sports Sciences Association – ISSA – USA



10. The specific courses that will be conducted under this Memorandum of Understanding leading to examination and co- certification will be agreed to by exchange of letters in confirmation of mutual agreement by BPCACPE and GFA.
11. Any change in the courses content, fees, etc will be implemented by exchange of letters in formation of mutual agreement.
12. Annexure "A" hereto lists the Education and Training Courses currently conducted by GFA jointly with BPCACPE. This is indicative of the name, type, faculty source, course content provider, duration and fees - total and the proposed sharing between GFA and BPCACPE. The Annexure "A" hereto will be revised and updated from time to time. These courses will now be conducted and certified jointly by BPCACPE and GFA.
13. The Education and Training courses jointly conducted and certified will be in the nature of-
- A: Major Vocation Courses [Foundation]**
- i. Personal Fitness Trainer
 - ii. Fitness Centre Management
- B: Major Vocation Courses [ADVANCED SPECIALIZATIONS]**
- iii. Strength & Conditioning
 - iv. Integrated Pilates on Mat, Ball and Reformer
 - v. Bodybuilding Coaching
 - vi. Sports & Performance Nutrition
14. All the Major Vocational Courses will be based on the course content designed by GFA and approved by BPCA as per academic standards of and under approval of the University of Mumbai.
15. It is agreed and understood that GFA will provide the course content, learning resources, teaching faculty for all its courses listed in Annexure "A".
16. BPCACPE, where possible, will also provide inputs to the course content, teaching resources and teaching faculty so as to provide a complete, integrated training and education program.
17. BPCACPE will provide its training facilities in terms of classrooms, training facilities like gymnasium and multi-purpose hall. BPCACPE shall depute one official / employee for the purpose of opening and making available the requisite facilities for the courses and closing the facilities thereafter. BPCACPE hereby



permits GFA to use designated spaces within its premises as its National Training Centre.

18. GFA will arrange to depute its one or two employee/s for the purpose of facilitating enrolment to the courses, receipt of fees, coordination with BPCACPE management and assistance in the conduct of the courses. All expenses relating to this GFA employee including his / her remuneration will be borne by GFA. BPCACPE will permit and arrange suitable working space for GFA employee/s.

19. All GFA Programs mentioned in Annexure "A" hereto and those additional courses which may be conducted in the future with BPCACPE -

- a. On Sundays and Public Holidays only when BPCACPE's regular Academic Sessions are not running
- b. On daily basis when BPCACPE is closed for vacation
- c. GFA will submit a calendar of programs on a Quarterly basis and publicise the dates, timings and venue after approval of BPCACPE.

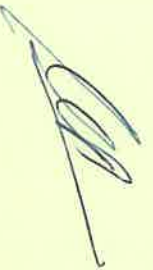
20. Faculty – GFA will provide the teaching faculty. If required, BPCACPE Faculty will be invited to teach. GFA has a faculty strength of 45 across India for theory and practical training. BPCACPE's expertise will also be used wherever possible.

21. BPCACPE – GFA programs outside Mumbai – As permissible under BPCACPE and Mumbai University Rules, the programs in Annexure "A" hereto will be conducted across in India in cities where GFA is already engaged in the conduct of the said Training and Education programs. In such programs, BPCACPE will monitor the academic standards in terms of course content, knowledge delivery and examinations.

22. Medium of Instruction – The medium of Instruction will be mainly in English. However, since GFA courses are taught across India, GFA will provide to students Theory Notes in English with translation in Marathi, Hindi and all other major languages in India. All other manuals are in English, but knowledge delivery is and will always be bilingual.

23. Examinations –

- a. All GFA training programs incorporate real time practical assessment followed by multiple choice theory question paper.



- b. Passing percentage is 50%. Certificates will be awarded to students who successfully pass the real time practical assessment and theory question paper.
- c. The student assessment will be modified on basis of policies and regulations of BPCACPE and Mumbai University, if and as required.

24. Co-Certification with BPCA College - All GFA courses as listed in Major Vocational Courses (Foundation) and such Advanced Specializations as will be jointly conducted and co-certified by BPCACPE and GFA. The format of certification and its wording etc will be as per sample certificates finalised agreed to by parties from time to time.

25. Fees -

- a. The fees chargeable to students will be "gross" fee and will include the fees for Skills India – National Skills Qualification Level 4 (NSQF), European Register of Exercise Professionals (EREPS), Register of Exercise Professionals India (REPS INDIA – ICREPS), practical training workshops, learning resources, faculty expenses, travel and shipping, student amenities, etc.
- b. The fee shareable with BPCACPE will be the fee mentioned in the Annexure "A" which is nett of fees described in clause 25.a above
- c. Fees for the following Major Vocational Courses (Foundation) will be paid by students to GFA with copies of Enrolment and Fees Receipts being shared with BPCACPE. The fees will be shared pro rata at the rate of 30% being remitted to BPCACPE at the end of each training program, irrespective of its duration.
 - i. Personal Fitness Trainer
 - ii. Fitness Centre Management
- d. Fees for the following Major Vocational Courses (Advanced Specializations), which are already internationally accredited and / or recognized and use foreign Faculty for teaching, will be paid by students to GFA with copies of Enrolment and Fees Receipts being shared with BPCACPE. The fees will be shared pro rata at the rate of 20% being remitted to BPCACPE at the end of each training program, irrespective of its duration. BPCA students will be extended a discount of 25% on the fees quoted above; these fees will be shared between GFA and BPCACPE on pro rata basis as indicated above.



- i. Strength & Conditioning
- ii. Integrated Pilates on Mat, Ball and Reformer
- iii. Bodybuilding Coaching
- iv. Sports & Performance Nutrition

26. Courses conducted outside Mumbai –

- a. Above Terms and Conditions will apply except that due to increased logistic expenses, faculty fees and related costs the Fees sharing proportion will be such that BPCACPE gets 25% of the fees paid by the student for the following Major Vocational Courses (Foundation) --
 - i. Personal Fitness Trainer
 - ii. Fitness Centre Management
- b. Above Terms and Conditions will apply except that due to increased logistic expenses, faculty fees and related costs the Fees sharing proportion will be such that BPCACPE gets 15% of the fees paid by the student for the following Major Vocational Courses (Advanced Specializations) which are already internationally accredited and / or recognized and extensively use foreign Faculty for teaching --
 - i. Strength & Conditioning
 - ii. Integrated Pilates on Mat, Ball and Reformer
 - iii. Bodybuilding Coaching
 - iv. Sports & Performance Nutrition
- c. BPCACPE students and others falling within certain categories as listed below will be extended a discount of 25% on the fees quoted above; these fees will be shared between GFA and BPCACPE on pro rata basis as indicated above.
 - i. ISSA / GFA students and certificate-holders enrolled through GFA.
 - ii. International / national level sports persons (in IOC recognized sports disciplines) in any age grouping in last two years before course commencement date.
 - iii. Physically challenged persons.
 - iv. Special discounts will be applicable to BPCACPE students / alumni as per discretion of Principal, BPCACPE.



- v. Two or more discount categories cannot be clubbed together – only one is available. GFA reserves the right to decide quantum of discount.
27. For the purpose of the joint conduct and join certification of the education and training programs in Annexure "A", BPCACPE and GFA will form a Joint Committee for the Internal Quality Assurance known as GFA Internal Quality Assurance Committee (GIQAC).
28. The GIQAC will comprise of a minimum of –
- a. Two members from BPCACPE as nominated by Principal. BPCACPE.
 - b. Two or three members from GFA
 - c. One or two external persons known for their professional expertise and integrity.
 - d. GFA Faculty member/s co-opted for the purpose of design of course curriculum and knowledge delivery
 - e. The GIQAC will be presided over by the Chairman who will be one of the Members nominated by Principal, BPCACPE.
 - f. The Secretary who will be the National Academics Manager of GFA.
29. All education and training programs will be executed and conducted by GFA with the support of BPCACPE's academic expertise under the approval and authorization of the University of Mumbai.
30. This Memorandum of Understanding signed by the undersigned on behalf of the parties thereto shall be effective from November 1, 2019 till October 31, 2024.
31. This Memorandum of Understanding may be renewed at the end of FIVE years for a further period.
32. This Memorandum of Understanding may be terminated by either party by giving 45 day's prior notice.
33. In the event of any difference or dispute arising out of the interpretation or in connection with this Memorandum, the parties shall consult each other and the concerned authorities of both the parties will decide the matter by holding a meeting in Mumbai.
34. The obligations of the parties under the various clauses of this Memorandum, particularly shall survive the termination or expiration of this Memorandum.
35. It is hereby expressly made clear that the intention of the parties is not to create binding agreement between the parties and no party shall have the right to file claim against the other party for breach of this Memorandum. The Parties


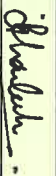
understand that neither this Memorandum gives any right to any party nor it creates a partnership, joint collaboration or any other entity.

IN WITNESS WHEREOF, the parties have caused this Memorandum to be executed through their authorized representatives on the day and year first above written



Signed and delivered by the within named **BPCA College of Physical Education**, through the hands of:

Shri Sanjay Baburao Shete,
General Secretary,
Bombay Physical Culture Association,
Bharatiya Krida Mandir, Naigaon Cross Road, Wadala,
Mumbai - 400031.

Principal Dr. G. V. Pargaonkar,
BPCA's College of Physical Education,
Bharatiya Krida Mandir, Naigaon Cross Road, Wadala,
Mumbai - 400031.

In the presence of:
1 Name: DINESH S. MHATRE Signature: 
2 Name: SHAILESH PILLAI Signature: 

Signed and delivered by the within named **GAYO FITNESS ACADEMY** through the hands of
Shri DILIP M. HEBLE – CEO & Founder
405 A, Fairlink Center, Near Monginis,
Veera Industrial Estate, Off Link Road,
Andheri West, Mumbai - 400053

In the presence of:
1 Name: DINESH S. MHATRE Signature: 
2 Name: SHAILESH PILLAI Signature: 

ANNEXURE "A"
to Memorandum of Understanding dated December 17, 2019
between BPCA's College of Physical Education and Gāyo Fitness
Academy, Mumbai

Education & training programs conducted by BPCACPE and GFA

A: MAJOR VOCATION COURSES (FOUNDATION)

A-1

**CERTIFICATE COURSE FOR PERSONAL FITNESS TRAINERS –
CCPFT**

Jointly conducted by GĀYO FITNESS ACADEMY and the prestigious BPCA's College of Physical Education permanently affiliated to the University of Mumbai and graded "A" by NAAC, this vocational course leads to **certification by the University of Mumbai** vide # Aff No / ICD / 16-17 / 1370 dt Oct 20 2017. The University of Mumbai is accredited by NAAC in Grade "A – 5 Stars" – the highest grade for Indian Universities.

This course is internationally accredited @ Level 4 by European Register of Exercise Professionals (EREPS), Brussels, and approved by the International Sports Sciences Association (ISSA), USA. REPS India – ICREPS will shortly grant Level 3 accreditation.

Student Eligibility

- Must have passed 10 + 2 years of School Education
- Must be physically and medically fit
- Must have passion for fitness / sport
- Physically Challenged persons can apply if they have exposure to fitness / sport
- BEFORE EXAMINATION, must attend and be certified in First Aid & CPR with AED by First Aid International (UK) / equivalent
- Exceptions may be entertained subject to University, Academy rules and international standards
- Course delivery is bilingual, however students ought to have working knowledge of English

Course Duration:

TOTAL: approximately 425 to 450 hours.

- Approximately 325 hours of classroom (onsite) instruction both in theory and practice, subject to batch strength
 - 100 hours of off-site / home assignments

Break-Up

Total Number of Hours:		425
▪ Theory		225
▪ Practical Training		100
▪ Home Assignments		100
▪ [Additional] FACPR AED		010

MODULE 1.1: THEORY & PRACTICE OF FITNESS

TOTAL 60 HOURS

MODULE 1.2A: PRINCIPLES OF ANATOMY & PHYSIOLOGY

TOTAL 50 HOURS

MODULE 1.2B: PRINCIPLES OF EXERCISE KINESIOLOGY & BIOMECHANICS

TOTAL 60 HOURS

MODULE 1.3: PRINCIPLES OF DIET MANAGEMENT & PERFORMANCE NUTRITION

TOTAL 40

HOURS
MODULE 1.4: THEORY & PRACTICE OF STRENGTH TRAINING

TOTAL 15

HOURS
MODULE 2: PRACTICAL TRAINING WORKSHOPS

TOTAL 100 HOURS

➤ Module 2:01: "AST 1" Advanced Strength Training – Level 1 (30)

➤ Module 2:02: "FST" Functional Strength Training (8)

➤ Module 2:03: "FRoM" Functional Range of Motion (8)

➤ Module 2:04: "PL Y" Plyometrics for Agility & Power (8)

➤ Module 2:05: "Kridasan" Sports Yoga (8)

- > Module 2:06: "Tra" Water Fitness & Conditioning (8)
- > Module 2:07: "ManTra" Exercise & Fitness Psychology (4)
- > Module 2:08: "HarTrain" Body Suspension Training (8)
- > Module 2:09: "AET" Aerobic Endurance Techniques (4)
- > Module 2:10: "PIL-Mb" Pilates on Mat - Basics (6)
- > Module 2.11" "FAT" Fitness Assessment Tests (8)

MODULE 3 – First Aid & CPR with AED

TOTAL 10 HOURS

Learning Resources:

- Textbooks in English with Translation in Hindi / State language
 - DVDs to support individual practical training workshops – see Module 2 below.
- Currently, nine DVDs (along with textbooks) are given to the students. The DVDS contain over 1,200 exercises.

Teaching Resources:

Salient features include:

- a) All **knowledge delivery is BILINGUAL**: in English and the Indian "regional" language
- b) Summaries of textbooks are provided in the local language. There are 10 such languages –
 - a. Assamese
 - b. Bengali
 - c. Gujarati
 - d. Hindi
 - e. Kannada
 - f. Malayalam
 - g. Marathi
 - h. Odiya
 - i. Tamil
 - j. Telugu

Minimum Attendance:

To attend in the examinations, student must have at least 75% of attendance in classroom. This is calculated on basis of the "Muster Book" maintained for the purpose by the Course Director.

Examinations:

PHASE A - MID-COURSE

- > **Practical Home Study Assignment.** MAXIMUM MARKS 200
 - a) Student is required to make field visits and submit written observations
 - b) Practice exercises from among the exercise formats presented. Video recordings will be submitted for assessments
- > **Theory Exam 100 Multiple Choice Questions.** MAXIMUM MARKS 100

The subjects covered are: Anatomy, Physiology, Kinesiology, Principles of Diet & Nutrition Management.

PHASE B - COURSE-END

- > **In-Classroom Assessment.** MAXIMUM MARKS 100

Student will be assessed for in-classroom interaction, punctuality, social skills, etc, on basis of OSCE principles. Knowledge of English and regularity on social media are NOT relevant to this assessment.
- > **Theory Exam: 100 Multiple Choice Questions.** MAXIMUM MARKS 200

The subjects covered will be all –

 - practical training workshops including the theory or "physiologies" underpinning them.
 - Fitness Assessment & Exercise Periodization
- > **Case Study:** MAXIMUM MARKS 200

Student has to select one of three case studies and submit it at time of the viva voce exam.
- > **Practical Training Exam - Peer Teaching Lesson.** MAXIMUM MARKS 100

Each student will randomly pick one exercise from a list of 25 exercises and:

 - a) Introduce himself / herself
 - b) introduce the exercise
 - c) demonstrate the exercise
 - d) teach it to the "client"
 - e) training cues - check for safety, breathing etc
 - f) "close" the exercise session.

- **Viva Voce.** MAXIMUM MARKS 100. Oral questions will be asked about the exercise taught, related kinesiology and exercise prescription as mentioned in the Case Study submitted.
- TOTAL MARKS – 1,000**

Assessment Grades:

As percentage of total marks obtained out of maximum 1,000 marks.

- Below 49.99% - Grade D (FAIL)
- 50 - 54.99 - Grade C
- 55 - 59.99 - Grade B
- 60 - 69.99 - Grade A
- 70 - 100 - Grade O (Outstanding)

(OPTIONAL) NSQF Level 4 (Skills India – NSDC – SPEFL)

- *Minimum 70% out of maximum 60 marks (61 questions to be attempted in 60 minutes in examination which is administered through student's smart phone. Examination and assessment criteria may change. Student is expected to liaise with M/s Sportzcraft Inc., New Delhi, who, on behalf of SPEFL-SC, administer this examination.*

Certifications:

Upon successful completion of the CCPFT, student will be certified for the following –

- University of Mumbai Certificate for Personal Fitness Trainers
- Practical Training Workshops –
 - Module 2.01: “AST 1” Advanced Strength Training – Level 1
 - Module 2.02: “FST” Functional Strength Training
 - Module 2.03: “FRoM” Functional Range of Motion
 - Module 2.04: “PLY” Plyometrics for Agility & Power
 - Module 2.05: “Kridasan” Sports Yoga
 - Module 2.06: “Tra” Water Fitness & Conditioning
 - Module 2.07: “ManTra” Exercise & Fitness Psychology
 - Module 2.08: “HarTrain” Body Suspension Training
 - Module 2.09: “AET” Aerobic Endurance Techniques
 - Module 2.10: “PL-Mb” Pilates on Mat - Basics
 - Module 2.11: “FAT” Fitness Assessment Tests
 - Module 3.01: Emergency First Aid & CPR with AED
- National Skills Qualification (NSQF) Level 4
 - Optional but **HIGHLY RECOMMENDED** if you plan to work in India
 - **MANDATORY** if you plan to work abroad

CERTIFICATION RENEWAL

CCPFT needs to be renewed every **THREE YEARS** by paying the renewal fee of ₹1,000 and attending at least 20 hours of **CONTINUING EDUCATION / CONTINUING PROFESSIONAL DEVELOPMENT** (additional training) in the 3-years period of certificate validity.

COURSE SYLLABUS

MODULE 1.1: THEORY & PRACTICE OF FITNESS

UNIT 1: PERSONAL TRAINING

- Definition of Personal Training
- History of Personal Training and Fitness
- Scope of Personal Training
- Importance of Professional Knowledge and its Delivery
- Importance of Continuing Education

UNIT 2: FITNESS ASSESSMENT

- 16 Types of Fitness Goals
- 8 Training Technologies
- Methods of Fitness Assessment
- Interviewing the Client
- Building Rapport with Client

UNIT 3: EXERCISE PRESCRIPTION

- Principles of Periodization
- Principles of Exercise Training
- Formats of Exercise – Anaerobic-Aerobic Continuum
- Fitness for Adults with no Medical or Physical Condition –

- Muscle Strength
- Muscle Mass
- Muscle Endurance
- Body Fat Loss
- Flexibility
- Aerobic Endurance
- Fitness for Special Populations
 - Children aged 6 to 15
 - Senior Citizens above age 60
 - Clients with following medical conditions
 - Arthritis
 - Asthma
 - Coronary Heart Diseases
 - Diabetes
 - Hypertension
 - Pre-Natal & Post-Natal
 - Renal Conditions
 - Spinal & Back Conditions
- Fitness for Sports
 - Cricket
 - Racquet Sports
 - Track & Field
 - Sprints
 - Middle Distance
 - Long Distance
 - Throws
 - Jumps
- Exercise Injuries Management
 - DOMS
 - First Aid & CPR with AED
- Legal and Business Issues
 - Indian Laws Applicable to Fitness
 - Business Development

MODULE 1.2A: PRINCIPLES OF ANATOMY & PHYSIOLOGY

UNIT 1: METABOLISM

- Training Effect
- Homeostasis
- Metabolism

➤ Energy Metabolism (Processes)

UNIT 2: ANATOMY & PHYSIOLOGY

- Cells
 - Golgi
 - Mitochondria
- Tissues
 - Connective Tissue
 - Muscle Tissue
 - Nervous Tissue
- Body Systems
 - Respiratory System
 - Circulatory System
 - Musculoskeletal System
 - Digestive System
 - Nervous System
 - Endocrine System
- List of Reference Books

MODULE 1.2B: PRINCIPLES OF EXERCISE KINESIOLOGY & BIOMECHANICS

UNIT 1: KINESIOLOGY

- Principles of Kinesiology
- Biomechanics – Study of Movement
- Biomechanics - Specializations

- > Allometry
- > Kinesiology of Exercise
- > Muscle Actions
- UNIT 2: BIOMECHANICS**
- > Key Concepts
- > Components of Force
- > Newton's Laws
- > Classes of Levers

MODULE 1.3: PRINCIPLES OF DIET MANAGEMENT & PERFORMANCE NUTRITION

UNIT 1: Nutrition Perspectives

- > What is GOOD NUTRITION

UNIT 2: Nutrition Physiology

- > Cells and Body
- > What is Food?
- > How Digestion Works?
- > Energy Production or Transfer
- > ATP
- > Glycolytic Pathway
- > Oxidative Pathway
- > Pathways from Carbs, Fat, Proteins
- > Calorie & Energy Balance
- > Need for Energy – Metabolic Components
- > Vitamins, Minerals and Energy Balance

UNIT 3: Science of Nutrition

- > Macronutrients
- > Micronutrients
- > Fluid Balance
- > Special Needs

UNIT 4: Approach to Nutrition Counselling

- > Client Goals
- > Calorie Math?
- > Limiting Factors
- > Hands-On Portions Guidelines
- > General Guidelines for “Leanness”
- > Advanced Techniques
- > References
- > Tables

MODULE 1.4: THEORY & PRACTICE OF STRENGTH TRAINING

Section 1

- UNIT 1: Nature & Scope of Strength
- UNIT 2: Origin of Strength Training
- UNIT 3: Fundamental Principles of Strength Training
- UNIT 4: Types of Strength
- UNIT 5: How to improve the Strength Curve
- UNIT 6: Principles of Training
- UNIT 7: Weight Training Technologies
- UNIT 8: Weight Training Basics
- UNIT 9: Weider Principles
- UNIT 10: Popular Systems of Training

Section 2A

Some Popular Weight Training Exercises Explained – 360 exercises

Section 2B

Video Clips of Weight Training Exercises List – 398 exercises

MODULE 2: PRACTICAL TRAINING WORKSHOPS (duration in Days)

- > Module 2:01: “AST 1” Advanced Strength Training – Level 1 (5)
- > Module 2:02: “FST” Functional Strength Training (1)
- > Module 2:03: “FRoM” Functional Range of Motion (1)
- > Module 2:04: “PLY” Plyometrics for Agility & Power (1)
- > Module 2:05: “Kridasan” Sports Yoga (1)

- > Module 2:06: "Ira" Water Fitness & Conditioning (1)
- > Module 2:07: "ManTra" Exercise & Fitness Psychology (1/2)
- > Module 2:08: "HarTrain" Body Suspension Training (1)
- > Module 2:09: "AET" Aerobic Endurance Techniques (1/2)
- > Module 2:10: "PIL-Mp" Pilates on Mat - Basics (1)
- > Module 2.11" "FAT" Fitness Assessment Tests (1)

MODULE 3 – First Aid & CPR with AED

- > Module 3.01: Emergency First Aid & CPR with AED
- > Module 3.02: Common Sports & Exercise Injuries

ABOVE CCPFT COURSE CONTENT IS BASED ON BELOW MENTIONED SYLLABUS APPROVED BY UNIVERSITY OF MUMBAI:

COURSE 1: Anatomy & Physiology of Human Body OF HUMAN BODY

UNIT I: PRINCIPLES OF ANATOMY

1. Introduction to Human Anatomy and Energy System
2. Skeletal System and Muscular System
3. Respiratory System
4. Cardiovascular System

UNIT II: PRINCIPLES OF PHYSIOLOGY

1. Muscular System
2. Respiratory System
3. Cardiovascular System
4. Energy System

UNIT III: EXERCISE RELATED PHYSIOLOGICAL CHANGES

1. Muscular System
2. Respiratory System
3. Cardiovascular System
4. Energy System

UNIT IV: PRACTICAL EXERCISE TRAINING

1. Cardio/Aerobic Training (Continuous Training, Interval Training, Fartlek Training, Circuit Training and Aerobic Cross Training)
2. Resistance / Weight Training
3. Traditional Methods of Fitness Training
4. Thera ball Training
5. Pilates

COURSE 2: Principles of Kinesiology & Biomechanics

UNIT I: APPLIED AND STRUCTURAL KINESIOLOGY

1. Meaning, scope and importance of kinesiology in Health Fitness
2. Aim, objectives and need of kinesiology
3. Role of Kinesiological in Exercise and Sports
4. Kinesiological and movement analysis

UNIT II: PRICIPLES OF BIOMECHANICS

1. Balance and Stability
2. Applied Weights and Resistances
3. Motion (Newton's laws) and Levers: Classification
4. Application of Biomechanical Principles to Activity – Walking – Running – Lifting and Body Mechanics

UNIT III: POSTURAL DEFORMITIES AND PRINCIPLES OF FLEXIBILITY

1. Postural Deformities (Types, Causes and Remedies & Prevention)
2. Definitions and Mechanics of Stretch and Flexibility (Stretch Reflex)

3. Types of Stretching – Static Stretching - Ballistic Stretching - Proprioceptive Neuromuscular Facilitation (PNF)- Contraction- Relaxation
4. Factor Affecting Flexibility and Principles of Stretching

UNIT IV: PRACTICAL SPECIALISED EXERCISE TRAINING

1. Flexibility Training - Active Stretch - Passive Stretch - Sports Specific Stretches - Stretches with Theraball, Functional Range of Motion
2. Functional Training and Pilates
3. Plyometric for Power and Agility
4. Sports Yoga
5. Water Fitness

COURSE 3: Principles & Theory of Personal Fitness Training

UNIT I: HEALTH APPRAISAL AND FITNESS TESTING

1. Health Screening
2. Informed Consent
3. Risk Stratification
4. Documentation and Legal Issue

UNIT II: EXERCISE PRINCIPLES

1. Components of Exercise Prescription
2. Principles of Cardiorespiratory Endurance Exercise
3. Strength Training Principles
4. Flexibility Training

UNIT III: ADVANCE TRAINING PRINCIPLES AND PROGRAMMING

1. Basic and Advance Training Principles
2. Learning Your Body Type
3. Periodization- Basic, Advanced and Competition Training Programming
4. Exercise Prescription and Scheduling
5. Exercise components
6. Strength Training Exercises (upper body and lower body)
7. Scheduling Principles

UNIT IV: PRACTICAL TEST AND MEASUREMENT

1. Standard Measurements (Height, Weight, Heart Rate and Blood Pressure)
2. Body Composition
3. Cardiorespiratory Endurance Tests (Field tests, Treadmill tests and Step tests)
4. Strength and Muscular Endurance Flexibility Test

COURSE 4: Basic Nutrition, Weight Management, Safety & Injury Management

UNIT I: BASIC NUTRITION MANAGEMENT

1. Basic Nutrition
 - a. Macro Nutrient
 - b. Micro Nutrient
 - c. Fluids
2. Nutritional Supplements and Effect on performance
3. Nutrition Management
4. Estimating adequate daily Energy Intake

UNIT II: WEIGHT MANAGEMENT

1. Weight Related Term
2. Relation of Body Composition to Health
3. Body Fat Distribution Pattern and modifying Body Composition
4. Inappropriate Methods of Weight Loss and Female Athlete Triad

UNIT III: SAFETY AND INJURY PREVENTION

2. Potential Sources of Risk
3. Safety in The Fitness Centre
 - a. Creating a safe Environment



- b. Equipment - Furniture and Fixture - Supplies and Small Equipment
- 4. Proper Documentation
- 5. Sports Injury
 - a. Tissue Injury - Tissue Reaction to Injury/ Inflammation and the Healing Process
 - b. Treatment - Follow-Up Treatment – Rehabilitation
 - c. Upper Extremity Condition - Lower Extremity Condition
 - d. Environmental Impact on Injuries

Unit IV: PRACTICAL DIET AND EXERCISE WITH SPECIAL POPULATION

1. Exercise with Special Population
 - a. Hypertension, Diabetes Mellitus and Arthritis
 - b. Senior Adults Exercise, Cardiac Rehabilitation and Hyperlipidaemia
 - c. Youth Exercise, Osteoporosis, Asthma and Obesity
 - d. Pregnancy (by Trimester) and Orthopaedic Injuries and Disorder
2. Calculation of Daily Calories requirement
3. Menu Planning
4. Designing Balance Diet for Sedentary and Sports people

**A-2
CERTIFICATE COURSE IN FITNESS CENTER MANAGEMENT -
CCFCM**

Jointly conducted by GAYO FITNESS ACADEMY and the prestigious BPCA's College of Physical Education permanently affiliated to the University of Mumbai and graded "A" by NAAC, this vocational course leads to **certification by the University of Mumbai** vide # Aff No / ICD / 16-17 / 1370 dt Oct 20 2017. The University of Mumbai is accredited by NAAC in Grade "A – 5 Stars" – the highest grade for Indian Universities.

Student Eligibility

- Must have passed 10 + 2 years of School Education
- Must hold National / International Certification in –
 - o Fitness Education certification equivalent to ISSA - GFA / PFTC / TPTP / ISSA / ACE / ACSM / NASM / K11 etc and have minimum three years of training experience
 - o Sports Coaching certificate in IOC recognized Sports or Indian Sports
- Must be physically fit
- Must have passion for fitness / sport
- Physically Challenged persons can apply if they have exposure to fitness / sport
- BEFORE EXAMINATION**, must attend and be certified in First Aid & CPR with AED by First Aid International (UK) / equivalent
- Exceptions may be entertained subject to University, Academy rules and international standards

Course Duration:

- TOTAL: approximately 250 hours.
- Approximately 150 hours of classroom (onsite) instruction both in theory and practice, subject to batch strength
- 100 hours of off-site / home / internship assignments

Learning Resources:

- 1 main Textbook + 8 Practical Training Workshops books
- Teaching: Bi-lingual according to State / Venue
- DVDs for above practical training workshops, as applicable

Examinations:

- **Home Study Assignments to be video recorded**
 - 1) Client Assessment (maximum marks 100)
 - 2) Client Sales Interview (maximum marks 100)
 - 3) Case Study Preparation – in not more than 1,500 words (maximum marks 100)
- **In Classroom Assessment** (maximum marks 100)
Student will be assessed for in-classroom interaction, punctuality, social skills, etc, on basis of OSCE principles
- **End-Course Assessments**

- 1) Theory – Multiple Choice Q&As – 100 questions to be answered in 120 minutes (maximum marks 200)
- 2) Oral
 - a. Case Study Presentation not more than (maximum marks 100)
 - b. Questions will be asked on basis of Case Study Presentation (maximum marks 100)

TOTAL MARKS: 800

Assessment Grades:

University of Mumbai – as percentage of total marks obtained out of maximum 800 marks.

- Less than 49.99 - Grade D (FALL)
- 50 - 54.99 - Grade C
- 55 - 59.99 - Grade B
- 60 - 69.99 - Grade A
- 70 - 100 - Grade O (Outstanding)

NSQF Level 4 (Skills India – NSDC – SPEFL)
 - Minimum 70% out of maximum 60 marks (61 questions to be attempted in 90 minutes in examination which is administered through student's smart phone / lap top / PC.

Certifications:

Upon successful completion of the CCPFT, student will be certified for the following –

- University of Mumbai Certificate for Fitness Centre Management
- Practical Training Workshops –
 - “AST 1” Advanced Strength Training – Level 1
 - “FST” Functional Strength Training
 - “FRoM” Functional Range of Motion
 - “PLY” Plyometrics for Agility & Power
 - “Kridasan” Sports Yoga
 - “Tra” Water Fitness & Conditioning
 - “ManTra” Exercise & Fitness Psychology
 - “HarTrain” Body Suspension Training
 - “AET” Aerobic Endurance Techniques
 - “PL-Mb” Pilates on Mat - Basics
 - “FAT” Fitness Assessment Tests
 - “FAACPR” Emergency First Aid & CPR with AED
- National Skills Qualification (NSQF) Level 4 – Click NSQF
 - Optional but HIGHLY RECOMMENDED even if you plan to work in India
 - MANDATORY if you plan to work abroad for which purpose you will seek certifications from the following
- International Accreditations –
 - As applicable

CERTIFICATION RENEWAL

CCFCM needs to be renewed every THREE YEARS by paying the renewal fee of ₹1,000 and attending at least 20 hours of CONTINUING EDUCATION / CONTINUING PROFESSIONAL DEVELOPMENT (additional training) in the 3-years period of certificate validity.

The EREPS certificate needs to be renewed every year by paying renewal fee. Other accreditation certificate providers like REPS INDIA will have their own conditions for renewal.

You may like to select any of the Training Workshops listed in CPD. Pace yourself! You have three years to attend the minimum number of 20 hours of training.

Visit **CCFCM enrolment form link for:**

- Certification & Accreditations Structure
- Fee Structure
- Terms and Conditions:

Course Syllabus

UNIT I: HISTORY OF FITNESS – WORLD & INDIA

- 1) History of Organized Fitness - World and India
- 2) Ancient till 19th Century
- 3) 20th Century
- 4) 21st Century till date

UNIT II: BELIEFS & PRACTICES OF FITNESS CONSUMERS

- 1) Definition of Activity, Exercise and Sport
- 2) Personal Values
- 3) Reasons for Exercise & Sport
- 4) Level of Fitness Awareness in Western, Far Eastern and South / Mid / South East Asian Society
- 5) Level of Fitness Awareness in Indian Society
- 6) Level of Fitness Awareness as a significant stimulator for engaging in Exercise & Sport
- 7) Profile of prospective Consumer
- 8) Physical Activity in practice / real life - Western, Far Eastern and South / Mid / South East Asian Society
- 9) Implementable conclusions from research in Western, Far Eastern and South / Mid / South East Asian Society: Beliefs & Behaviour with reference to Physical Fitness Action
- 10) Consumer Attitudes in Western, Far Eastern and South / Mid / South East Asian Society
- 11) Consumer Attitudes in India

UNIT III: MEMBERSHIPS

- 1) Customers
- 2) Members
- 3) Consumers
- 4) Types of Memberships
- 5) Membership Duration
- 6) Membership Contracts
- 7) Pricing
- 8) Reasons for Enrolment, Retention, Attrition

UNIT IV: MARKETING, BRANDING & SALES

- 1) Marketing Pathways
- 2) Branding in Fitness Industry
- 3) Sales Techniques
- 4) Membership Sales Arithmetic
- 5) Memberships Sales Phases
- 6) Individual Membership Sales
- 7) Corporate Membership Sales
- 8) On-site Membership Sales
- 9) Off-site Membership Sales
- 10) Guided Tours for Members
- 11) Digital Prospecting and Sales

UNIT V: MEMBERSHIP SERVICE – BUILDING A PRODUCT

- 1) Membership Retention
- 2) Membership Attrition
- 3) Factors affecting Retention and Attrition
- 4) Creating Service Culture
- 5) Creating Membership Experiences
- 6) Fitness Assessment & Periodization

UNIT VI: BUSINESS OF FITNESS

- 1) General
 - a. Concept and definitions of Business Management
 - b. Purpose and Scope of Management
 - c. Basic Skills of Management
 - d. Different levels in Management
- 2) Fitness
 - a. Business Operating Models
 - b. Build a Club? Or, buy it? Lease it or Manage it?
 - c. What makes a Club Great?
- 3) Finance
 - a. Financial Models - accrual and cash accounting
 - b. Budgeting, Forecasting, Generating Profitability
 - c. Funding Business - raising capital, buying / selling club, leasing and sale leasebacks

UNIT VII: HUMAN RESOURCES

- 1) General
 - a. Human Recourse Management- Staffing and Recruiting
 - b. Selection Process and Interview
 - c. Orientation, Development and Training of Employee
 - d. Performance Management and Retention of Employee
- 2) Fitness
 - a. Employees v/s contractors
 - b. On-site, Off-site employees
 - c. Compensation for different positions
 - d. Permanent Employees v/s Freelancers (Personal Training)
 - e. Employees' Pre-requirements, Skill Sets
 - f. HR alignment in Single Unit Clubs, Multi-Branch / Franchisee Operations
 - g. Recruiting Selecting Team Leaders
- 3) Legal
 - a. Developing Contracts for Function Roles & Responsibilities, Compensation and other Terms & Conditions
 - b. Statutory Laws
- 4) Risk Management
 - a. To Reduce Employee and Business Risk
 - b. To Reduce Member and Business Risk
- 5) Emergency Response
 - a. Fire and other "Acts of God", Law & Order Situations
 - b. First Aid CPR AED
 - c. Prevention of injury & accidents
 - d. Establishing protocols & drills
- 6) Legal Issues – documentation, licences
 - 7) Purchase or Lease Equipment
 - 8) Layout of the Equipment - one common room or different compartments?

UNIT VIII: FACILITIES & EQUIPMENT

- 1) Types of Facilities
- 2) Spaces with Facility
- 3) Design and Construction Process
- 4) Costs Associated with Design and Construction
- 5) Examples of Facility Areas Around the World
- 6) In India
 - a. Cardiovascular Equipment
 - b. Strength Training Equipment
 - c. Free Weights
 - d. Frequently Used Equipment
- 7) Purchase or Lease Equipment
- 8) Layout of the Equipment - one common room or different compartments?

UNIT IX: FRONT OFFICE OPERATIONS

- 1) Standard Operating Procedures
- 2) Reception
- 3) Sales Effort
- 4) Fitness Assessment
- 5) Fitness Exercise - Fitness and Group Exercise
- 6) Child Care and support services – valet, concierge, etc
- 7) Sports Activities / Departments

UNIT X: BACK OFFICE OPERATIONS

- 1) Accounting
 - a. Budgeting
 - b. Maintaining Petty Cash Account
 - c. Concept of Profit & Loss and Balance Sheet
- 2) Housekeeping

- 3) Maintenance
- 4) Laundry
- 5) Lockers and Changing Areas

UNIT XI: CLUB SPAS

- 1) Types of Spas
- 2) Facilities and Features
- 3) Spa Equipment
- 4) Spa Service Packages
- 5) Spa Financials
- 6) Spa Staffing

UNIT XII: CASE STUDIES

- 1) Member Profiles
- 2) Member-Member Conflict Resolution
- 3) Member -Staff Conflict Resolution

UNIT XIII: PRACTICAL TRAINING – 8 categories of general training

- 1) Application Exercise Kinesiology & Biomechanics in designing programs for –
 - a. General Fitness Clients
 - b. Special Populations
 - c. Sports Conditioning
- 2) Weight Training
- 3) Light Resistance Training – one day workshops in –
 - a. Functional Strength Training,
 - b. Pilates,
 - c. Plyometrics,
 - d. Functional Range of Motion,
 - e. IRA Water Fitness,
 - f. HarTrain Body Suspension Training
 - 4) Exercise & Fitness Psychology – ManTra workshop (one day)
 - 5) Sports Injury Management
 - 6) Alternative Therapies
 - 7) Introduction to Dietetics
 - 8) Introduction to Sports Nutrition

**ABOVE CCFCM COURSE CONTENT IS BASED ON BELOW MENTIONED SYLLABUS
APPROVED BY UNIVERSITY OF MUMBAI:**

UNIT I: INTRODUCTION TO MANAGEMENT

- 4) Concept and definitions of Business Management
- 5) Purpose and Scope of Management
- 6) Basic Skills of Management
- 7) Different levels in Management

UNIT II: PROCESS OF MANAGEMENT

1. Planning
2. Personal Management/Staffing
3. Directing
4. Controlling

UNIT III: OFFICE MANAGEMENT

1. Concept, Meaning and Definition of Office Management
2. Element of Office Management
3. Function of Office Management
4. Layout and Principle of Office Layout

UNIT IV: Practical Aspects

1. Weight Training

2. Thera ball and Resistance Band Training
3. Pilates
4. Functional Strength Training
5. Other Practical Training as per CCPFT Module 2: Practical Training Workshops

Course 2: Leadership and Management Techniques

UNIT I: FACILITY MANAGEMENT

1. Factor Affecting Planning Facility for Sports and Activity based programme
2. Criteria for Planning Facility for Sports and Activity based programme
3. Developing multipurpose Indoor Facility
4. Developing Outdoor Sports Facility and Facility Management

UNIT II: GYM PROGRAMME MANAGEMENT

1. Characteristics of a Good Program Director/Manager
2. Basic Responsibilities of a Program Director/Manager
3. Organizational Structure and Staffing
4. Organisation of Exercise Programme for Special Population

UNIT III: LEADERSHIP AND MANAGEMENT TECHNIQUE

1. Leadership Definition, Past, Present and Future
2. Leadership Behaviour and Theory
3. Leadership Quality
4. Management Techniques

UNIT IV: Practical Aspects

1. Exercise for Special Population
2. Project on Multipurpose Indoor Facilities

COURSE 3: Marketing, Finance and Personnel Management

UNIT I: MARKETING MANAGEMENT

1. Marketing Basics
2. Four Ps in Marketing
3. Branding- Marketing Mediums
4. Public Relation

UNIT II: FINANCE MANAGEMENT

1. Job descriptions
2. Budget Development
3. General Policies
4. Concept of Profit & Loss and Balance Sheet

UNIT III: PERSONNEL MANAGEMENT

1. Human Recourse Management- Staffing and Recruiting
2. Selection Process and Interview
3. Orientation, Development and Training of Employee
4. Performance Management and Retention of Employee

UNIT IV: Practical Aspects

1. Assignment on Balance Sheet
2. Field Visit to Fitness Centre

COURSE 4: Risk and Safety Management

UNIT I: RISK MANAGEMENT

1. Standards and Guidelines for Risk Management
2. Emergency Procedures
3. Safety Measures

4. Injury Prevention

UNIT II: FIRST AID AND REHABILITATION MANAGEMENT

1. Micro and Macro Trauma and Over Use Trauma
2. Lower Back, Old Age and Postural Problem and their corrective measures
3. Therapeutic Modalities and Rehabilitation
4. Approach to Rehabilitation

UNIT III: ADHERENCE AND MOTIVATION

1. Adherence
2. Factor Influencing Exercise Adherence
3. Motivation
4. Methods for Enhancing, Maintaining Motivation to Exercise

UNIT IV: Practical Aspects

1. PRICE Therapy and Cardio Pulmonary Resuscitation Course (CPR)
2. Anthropometry and Body Composition

B: MAJOR VOCATION COURSES – ADVANCED SPECIALIZATIONS

Advanced Courses in following specializations will be introduced in the near future

- i. Certificate Course Strength & Conditioning - CCSSC
- ii. Integrated Pilates on Mat, Ball and Reformer
- iii. Bodybuilding Coaching

The course duration and timetable, student eligibility, fees, faculty eligibility, etc, will be decided by BPCACPE and GFA in due course.

B-1:

Certificate Course in Strength & Sports Conditioning - CCSSC

Currently conducted by GAYO FITNESS ACADEMY across India, the Certificate Course in Strength & Sports Conditioning leads to specialization in integrated sports conditioning. It is suitable for personal trainers with some experience, sports coaches and those wanting to get use Science in developing future athletes across all ages, physical challenges and age groups. We have internationally respected faculty, including Prof Ian Jeffreys, for this course.

Student Eligibility

- Must have passed 10 + 2 years of School Education
- Must hold National / International Certification in –
 - o Fitness Education certification equivalent to ISSA - GFA / PFTC / TPTP / ISSA / ACE / ACSM / NASM / K11 etc and have minimum three years of training experience
 - o Sports Coaching certificate in IOC recognized Sports or Indian Sports
- Must be physically fit
- Must have passion for fitness / sport
- Physically Challenged persons can apply if they have exposure to fitness / sport
- BEFORE EXAMINATION, must attend and be certified in First Aid & CPR with AED by First Aid International (UK) / equivalent
- Exceptions may be entertained subject to University, Academy rules and international standards

Course Duration:

TOTAL: approximately 6 months.

Phase I: ONE MONTH of classroom (onsite) instruction both in theory and practice, subject to batch strength – approximately 150 hours of instruction

Phase II: ONE MONTH hours of off-site / home / internship assignments with video recording and online guidance – approximately 100 hours of practical training and assignments

Phase III: MON MONTHS of classroom (onsite) instruction both in theory and practice, subject to batch strength – approximately 150 hours of instruction

Learning Resources:

- 1 Textbook + 8 Practical Training Workshops books
- Teaching: Bi-lingual according to State / Venue
- DVDs for above practical training workshops, as applicable

Examinations:

Home Study Assignments to be video recorded

- 1) Athletic Assessment of 2 clients (maximum marks 100 X 2 = 200)
- 2) Athletic Training – Off-Season, Pre-Season, In-Season Training (maximum marks 100 X 3 =300)
- 3) Case Study Preparation – in not more than 1,500 words (maximum marks 100)

In Classroom Assessment (maximum marks 100)

Student will be assessed for in-classroom interaction, punctuality, social skills, etc, on basis of OSCE principles

End-Course Assessments

- 1) Theory – Multiple Choice Q&As – 100 questions to be answered in 120 minutes (maximum marks 100)
- 2) Oral
 - a. Case Study Presentation not more than (maximum marks 100)
 - b. Questions will be asked on basis of Coaching Case Study Presentation (maximum marks 100)

TOTAL MARKS: 1,000 marks

Assessment Grades:

Assessment is done on basis of University of Mumbai academic standards – as percentage of total marks obtained out of maximum 1,000 marks.

- Less than 49.99 - Grade D (FAIL)
- 50 - 54.99 - Grade C
- 55 - 59.99 - Grade B
- 60 - 69.99 - Grade A
- 70 - 100 - Grade O (Outstanding)

NSQF Level 4 (Skills India – NSDC – SPEFL)

- Minimum 70% out of maximum 60 marks (61 questions to be attempted in 90 minutes in examination which is administered through student's smart phone.

COURSE SYLLABUS

Module 1:

Introduction to STRENGTH & CONDITIONING
Approach to STRENGTH & CONDITIONING

Module 2

The Physiology underpinning STRENGTH & CONDITIONING

- a) Principles of Exercise Physiology
- b) Principles of Exercise Kinesiology
- c) Neuromuscular system
- d) Bioenergetics of Physical Performance
- e) Cardiorespiratory control of exercise and training adaptations
- f) Endocrine response to training

Module 3

- a) Principles of Dietetics
- b) Nutrition for Sports Performance

Module 4

Principles of STRENGTH & CONDITIONING

- a) Goal based analyses and functional training
- b) Performance Assessment
- c) Screening Techniques
- d) Development of Strength and Power
- e) Weightlifting for Sports Performance
- f) Plyometrics

- g) Development of Speed and Agility
- h) Development of Endurance
- i) Development of Flexibility
- j) Periodization

Module 5

Special Issues relating to STRENGTH & CONDITIONING

- a) Recovery
- b) STRENGTH & CONDITIONING for children
- c) STRENGTH & CONDITIONING for Special Populations
- d) Performing in Extreme Environments

Module 6

Facility Management

- a) Design
- b) Maintenance
- c) Building development plans
- d) Human Resources

Module 7

Sports Conditioning

- 1) Cricket
- 2) Football
- 3) Field Hockey
- 4) Basketball
- 5) Volleyball
- 6) Tennis
- 7) Badminton
- 8) Track & Field
- 9) Cycling
- 10) Wrestling
- 11) Boxing
- 12) Golf

B-2

Certificate Course for Integrated Pilates Teachers – CCIPT

Gāyo's Certificate Course for Integrated Pilates Teachers is India's first formally structured Pilates Teacher Training program. In 2008, Gāyo introduced Pilates Institute of America's (PIA) Pilates Teacher training programs. Ms Frances Owens, co-founder of PIA's co-founder, who now runs Pilates Training Camps in USA trained and certified our Master Trainers. Ms Owens has worked with Lolita San Miguel, the only living Pilates Teacher to be trained by the legendary Joseph Pilates himself.

Ms Owens continues to mentor our Master Trainer, Saima Khan who teaches the three Modules in our Certificate Course for Integrated Pilates Teachers.

Our CCIPT is accredited internationally by Europe Active EREPs as Level 4 Pilates Trainer course. ICREPS – REPS India's Level 3 accreditation is awaited.

Student Eligibility

- 1) We strongly recommend that the enrolling Pilates Student must hold prior certification / qualification in Fitness & Exercise Sciences from –
 - a. internationally accredited agencies like International Sports Sciences Association, American College of Sports Medicine, American Council of Exercise or
 - b. REPS Level 3 / 4 equivalent or other equivalent education agency or
 - c. a recognized fitness education institute in India or
 - d. graduate Degree in Physical Education or
 - e. graduate degree in Physiotherapy
- 2) For Pilates on Reformer, prior certification in modules in Pilates on Mat and Ball is required.
- 3) Integrated Pilates Teacher certificate is issued to students who successfully complete all modules.



Course Syllabus

The Integrated Pilates Teacher Course (CCIPT) is a COMPOSITE program comprising Modules in Exercise Sciences and Pilates on Mat, Ball and Reformer. It is structured with due consideration to the following principles.

- 1) Each Pilates student will receive in Theory & Practice, to the extent possible, the fullest information relating to history and philosophy of Joseph Pilates and his "Body Controlology"
- 2) Each academic module ("Module") logically leads the student to the next higher "Module" such that he / she gains mastery of theory that is practically applicable and practice which is based on principles of science.
- 3) The CCIPT allows the student to pick the learning pathway and progress at a pace that works best for him / her. A student can get certified in the individual Modules or gather all the Modules and become a certified Integrated Pilates Teacher.
- 4) The student evaluation will be based on assessment of theoretical understanding, grasp of practical training and ability to deliver knowledge to clients.
- 5) Develop a competent Pilates teacher recognized and respected internationally.

THE CCIPT COMPRISES FOLLOWING MODULES

Module 1 – Theory & Practice of Integrated Pilates

- a. **Module 1A – Pilates on Mat**
Duration: 3 days (18 hours) approximately
 - a. History and Philosophy of Pilates
 - b. Mat Pilates
 - b. **Module 1B – Pilates on the Ball**
Duration: 1 day (6 hours) approximately
 - c. **Module 1C – Pilates Reformer**
Duration: 3 days (18 hours) approximately
 - d. **EREPS Level 4 Certificate will be awarded to those who complete –**
 - a. all three Pilates Modules
 - b. First Aid CPR and AED Course

Module 2: Theory –

Duration: 5 days (30 hours) approximately

- **Module 2A – Introduction to Exercise Physiology**
Introduction to Exercise Physiology: Anatomy & Physiology, Energy Systems, Training Effects and Homeostasis, Muscle Structure and Muscle Contraction Mechanism, Muscle Fibres, etc.
- **Module 2B – Theory & Practice of Kinesiology & Biomechanics**
Theory & Practice of Kinesiology & Biomechanics: Planes and Axes of Movements. Structure of Joints and Connective Tissues, Types of Muscles – agonist, antagonist, etc, Movements about Joints and Muscles, Names, Types of Muscles and their role in Muscle Contraction, etc.
- **Module 2C – Theory & Practice of Fitness**
-16 X 8 Matrix – 16 types of Fitness through permutation and combination of 8 general categories of training technologies

Above Modules 2A, 2B and 2C are part of our University of Mumbai's Certificate Course for Personal Fitness Trainers – CCPFT. Pilates Mat students may like to attend the relevant classes in CCPFT. The fee for these three modules is not included in Pilates on Mat fee. Additional Fee is payable for these classes. Course credits are available to those who meet above-listed Student Eligibility requirements.

Module 4 – First Aid & CPR with AED

- a. This course is exempted if student holds a current FACPR AED certificate.
- b. If student does not hold FACPR AED certificate, our First Aid International (UK) certificate course must be attended.

Module 4 – Continuing Education Workshops required for renewal of certificate/s

- c. Pilates on small equipment
- d. Psycho-social Implications
- e. Pilates for Special Populations – General Guidelines
- f. Pilates for sports
- g. Fitness Assessment & Exercise Periodization and Pilates Integration

Module 5 – Practical training on-site / internship [conditions apply]

Examinations for each of Pilates on Mat, Pilates on Ball and Pilates on Reformer:

- Home Study Assignments to be video recorded
- 2 exercises (maximum marks 100 X 2 = 200)
- In Classroom Assessment (maximum marks 100)
Student will be assessed for in-classroom interaction, punctuality, social skills, etc, on basis of OSCE principles
- End-Course Assessments
 - 1) Theory – Multiple Choice Q&As – 50 questions to be answered in 60 minutes (maximum marks 50)
 - 2) Oral
 - a. Teach any one exercise as chosen by Master Trainer (maximum marks 100)
 - b. Questions will be asked on basis of Case Study Presentation (maximum marks 50)
- 3) TOTAL MARKS: 500

Assessment Grades:

- University of Mumbai – as percentage of total marks obtained out of maximum 500 marks.
 - Less than 49.99 - Grade D (FAIL)
 - 50 - 54.99 - Grade C
 - 55 - 59.99 - Grade B
 - 60 - 69.99 - Grade A
 - 70 - 100 - Grade O (Outstanding)
- NSQF Level 4 (Skills India – NSDC – SPEFL)
 - Minimum 70% out of maximum 61 marks (61 questions to be attempted in 90 minutes in examination which is administered through student's smart phone / laptop / PC.
- EREPS
 - No separate examination. EREPS will award Level 4 Personal Trainer Certificate on basis of CCPT examination results.

Certifications:

Upon successful completion of each Pilates Module, student will be awarded Gāyo Fitness Academy certification for that particular Module as follows:

- Pilates on Mat Teacher
- Pilates on Ball Teacher
- Pilates on Reformer

Successful completion of above 3 modules will lead to automatic grant of –

- Gāyo Fitness Academy Integrated Pilates Teacher Certificate (renewable every 3 years)
- Automatic, free EREPS Level 4 Pilates Trainer (renewable every year) subject to extra fee and examination for below mentioned:
 - National Skills Qualification (NSQF) Level 4
 - Optional but HIGHLY RECOMMENDED even if you plan to work in India
 - MANDATORY if you plan to work abroad for which purpose you will seek certification/s from the following
- First Aid International (UK) FACPR & AED upon extra fee paid

Certification Renewal:

Gāyo Fitness Academy Integrated Pilates Teacher Certificate needs to be renewed every THREE YEARS by paying the renewal fee of ₹1,000 and attending at least 20 hours of CONTINUING EDUCATION / CONTINUING PROFESSIONAL DEVELOPMENT (additional training) in the 3-years period of certificate validity.

The EREPS certificate needs to be renewed every year by paying renewal fee. Other accreditation certificate providers like REPS INDIA will have their own conditions for renewal.

Student may like to select any of the Training Workshops listed. Student has three years to attend the minimum number of 20 hours of training.

Module 1A: Pilates on Mat

Course duration: Approximately 3 days (18 hours) of classroom instruction in practice, subject to batch strength which is supported by at least 80 hours of off-site practice and assignments.

Learning Resources:

Illustrated Manual/s English

- DVD
- Paid Access to Module
 - 1) Module 2A - Introduction to Exercise Physiology
 - 2) Module 2B - Theory & Practice of Kinesiology & Biomechanics
 - 3) Module 2C - Theory & Practice of Fitness leading to the 16 X 8 Matrix – viz. 16 types of Fitness achieved through permutation and combination of eight general categories of training technologies
- Teaching: Bi-lingual according to State / Venue

Module 1A: Pilates on Mat

Level 1.

SECTION I: Introduction to Pilates

1. History of Pilates
2. Kinesiology principles
3. Benefits of Pilates

SECTION II: Body Orientations in a Pilates Class

1. Standing
2. Lunge
3. Kneeling
4. Quadruped
5. Plank
6. Seated
7. Side Lying
8. Prone
9. Supine

SECTION III: Warm Up

1. Hip Release
2. Alternating Leg Raise
3. Hip Rolls
4. Supine Spinal Rotation
5. Scapula Isolation
6. Scapula Elevation & Depression
7. Arms Scissors
8. Cat Stretch
9. Pregnant Cat
10. Roll Down

SECTION IV: Mat Foundation Repertoire

1. Exercises in Supine Position
 - a. Ab Curl
 - b. 100
 - c. Single Leg Stretch
 - d. Single Leg Circle
 - e. Roll Up
 - f. Criss Cross
 - g. Shoulder Bridge (Preparation)
 - h. Roll Over (Preparation)
 - i. Teaser (Preparation)
2. Exercises in Seated Position
 - a. Half Roll Back
 - b. Half Roll Back with a Twist
 - c. Spine Twist
 - d. Rolling Like a Ball
 - e. Spine Stretch Forward
 - f. Saw
3. Exercises in Prone Position
 - a. Heel Squeeze Prone
 - b. Single Leg Kick (Preparation)
 - c. Breaststroke
 - d. Swan Dive (Preparation)
 - e. Swimming (Preparation)
 - f. Prone Extension with Rotation
 - g. Bow

4. Exercises in Side Lying
 - a. Side Kick
 - b. Top Leg Lift
 - c. Top Leg Circles
 - d. Staggered Leg Lift
 - e. Both Leg Lifts
 - f. Body and Leg Lifts
 - g. Side Bend (Preparation)
5. Exercises in Kneeling
 - a. Hinge
 - b. Camel
6. Exercises in Quadruped position
 - a. Core Control
 - b. Leg Pull Front (Preparation)
7. Exercises in Standing Position
 - a. Rear Kick
 - b. Side Lifts
 - c. Push Up (Preparation)
8. Exercises in Lunge Position
 - a. Lunge with Arms Extension
 - b. Lunge with Heel Raises
 - c. Lunge with Rotations
 - d. Lunge with Rear Leg Raises

SECTION V:
DVD

Level 2

SECTION I: Introduction to Contrology

1. Getting Stronger and Better
2. Readdressing the Posture
3. Lift, Scoop, Grow Tall

SECTION II: Pre-Pilates Principles – exercises include variations

1. Breathing
2. Imprint Release
3. Hip Release
4. Alternating Leg Raises
5. Supine Spinal Rotation
6. Hip Rolls
7. Hip Rotations
8. Ankle Exercise
9. Pregnant Cat
10. Cat Stretch
11. Scapula Isolation
12. Elevation & Depression of Scapula
13. Arm Scissors
14. Arm Circles
15. Chin Tucks
16. Mermaid
17. Mermaid with a Twist
18. Mermaid with Hip Lift
19. Roll Down the Wall
20. Standing Hip Flexion and Extension
21. Running
22. Standing Posture Check

SECTION III: Advanced Pilates on Mat – exercises include variations

- 1. Hundred
2. Roll Up
3. Single Leg Circle
4. Spine Twist
5. Rolling Like a Ball
6. Single Leg Stretch
7. Criss-Cross
8. Double Leg Stretch

The bottom of the page features several handwritten marks. On the left, there is a signature that appears to be 'CJL'. In the center, there is another signature that looks like 'P. M.'. On the right, there are some initials or a mark that resembles a stylized 'V' or 'A'.

9. Slow Double Leg Stretch
10. Scissors
11. Double Leg Lower Lift
12. Shoulder Bridge
13. Rollovers
14. Heel Squeeze Prone
15. Single Leg Kick
16. Double Leg Kicks
17. Breaststroke
18. Shell Stretch
19. Swan Dive Preps
20. Swan Dive Rock & Catch
21. Swan Dive
22. Spine Stretch Forward
23. Open Leg Rocker
24. Corkscrew
25. Neck Pull
26. Jackknife
27. Can-Can
28. Windmill
29. Leg Circles
30. Saw
31. Side Kick
32. Side Leg Lift Series 1
33. Side Leg Lift Series 2
34. Adductor Lift
35. Scissors in the Air
36. Bicycle in the Air
37. Side Plank
38. Star
39. Teaser Series
40. Beats to Front
41. Swimming
42. Beats to Back
43. Cat Stretch
44. Pull Front
45. Leg Pull
46. Hip Twist
47. Sidewinder
48. Side Body Twist
49. Coordination
50. Backstroke
51. Control Balance
52. Side Kick Kneeling
53. The Seal
54. Side Bends
55. Twist
56. Rocking
57. Crab
58. Boomerang
59. Push Ups
60. Push Ups with Arabesque

Module 1B: Pilates on Ball

Course duration: Approximately 1 day (6 hours) of classroom instruction in practice which is supported by at least 40 hours of off-site practice and assignments.

Learning Resources:

- Illustrated Manual in English
- DVD / Video Clips – currently under development

SECTION I: Introduction to Pilates on Ball

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1. The Ball – history, properties, size
2. Pilates Principles on the Ball
3. Introduction to Pilates Muscles
4. Pilates Breathing
5. Pilates Scoop
6. Neutral v/s Imprinted
7. Approach to Pilates on Ball

SECTION II: Warm Ups—exercises include variations

1. Breathing
2. Supine Ball Scapulae Protraction & Retraction
3. Supine Ball Scapula Elevation & Depression
4. Supine Ball Arm Circles
5. Roly-Poly's
6. Sitting Pelvic Tilts / Circles / Figure 8s
7. Sitting Balance
8. Bent Leg Teaser Balance
9. Sitting Spine Twist
10. Sitting Twist with Leg Lift

SECTION III: Exercises on Ball – exercises include variations

1. Ab Curls
2. Ball Press Downs
3. The Hundred
4. Single Leg Stretch and Press
5. Scissor Stretch
6. Criss-Cross
7. Double Leg Stretch
8. Dead Bug Series
9. Arm Press Crunch
10. Adductor Press
11. Rollover
12. Rollup
13. Spine Stretch Forward
14. Saw Stretch
15. Side Arm Press
16. Mermaid Press Sitting
17. Seated Ab Press
18. Hip Roll Series 1
19. Hip Roll Series 2
20. Teaser Series
21. Rolling Like a Ball
22. Open Leg Rocker
23. Hip Twist
24. Can-Can
25. Half Roll Back
26. Roll Back with a Twist
27. Walk Outs
28. Single Leg Walk Outs
29. Tuck and Roll
30. Tuck and Roll with Twist
31. Pike
32. Roll Outs
33. Bridging on the Ball
34. Crunches on the Ball
35. Crunch with a Twist
36. Knee Raises
37. Push Ups with Feet on Ball
38. Push Ups with Hands on Ball
39. Teaser Balance
40. Kneeling Balance
41. 4 Points Balance

25. Short Box Series – Round Back 2
26. Short Box Series - Flat Back 2
27. Arm Work – Chest Expansion
28. Arm Work – Biceps Curl
29. Arm Work – Rotator Cuff 1
30. Arm Work – Pull Forward
31. Arm Work – Offering 1
32. Arm Work – Bow & Arrow
33. Arm Work – Rotator Cuff 2
34. Arm Work – Rotator Cuff 3
35. Side Arm Work – Twist 1
36. Side Lying Series – Sleeper 1
37. Side Lying Series – Sleeper 2
38. Pelvic Lift
39. Pelvic Lift – Round Back
40. Hamstring Stretch 1
41. Hamstring Stretch 2
42. Hamstring Stretch 3
43. Hip Flexor Stretch 1
44. Hip Flexor Stretch 2
45. Hip Flexor Stretch 3
46. Mermaid

SECTION V: Beginner Exercises

47. Foot Work – Arches
48. Foot Work – Toes with High Heels
49. Foot Work Running
50. Single Leg Foot Work – Leg Extended 1
51. Single Leg Foot Work – Leg Extended 2
52. 100 – Legs Extended
53. 100 – Legs Turned Out
54. Rowing Arms
55. Supine Arms Series – Triceps 2
56. Supine Arms Series – Angel Arms
57. Supine Arms Series – Circles
58. Supine Arms Series – Chicken Wings
59. Feet In Straps – Circles
60. Feet In Straps – Diamond Pulls
61. Feet In Straps – Parallel Hollywood Legs
62. Feet In Straps – “V” Splits
63. Feet In Straps – Full Frogs
64. Feet In Straps – Short Spine 1
65. Reverse Teaser – Legs Lifted
66. Long Box Series – Pulling Straps
67. Long Box Series – Triceps
68. Reverse Long Box – Push Out
69. Short Box – Climb A Tree 1
70. Stomach Massage – Flat Back
71. Knee Stretches – Round Back 1
72. Knee Stretches – Flat Back
73. Reverse Knee Stretches – Forward
74. Elephant – Round Back
75. Elephant – Toes Lifted
76. Elephant – Small Pulse
77. Knee Strengthenner – Both Legs
78. Knee Strengthenner – Single Legs
79. Box Press – Hamstring Strengthenner
80. Arm Work – Bubble Head
81. Arm Work – Cleopatra
82. Arm Work – Hug A Tree
83. Arm Work – Reject A Tree
84. Arm Work – ½ Arm Circles

42. Standing Balance
43. Sky Dive Balance
44. Back Extensions
45. Hip Extensions
46. Swan Dive / Grass Hopper
47. Ball Squeeze Prone
48. Side Bends
49. Side Leg Lifts
50. Boomerang
51. Short Spine
52. Ball Lifts
53. Stomach Massage
54. Side Hip Lifts
55. Tootsie Rolls

SECTION IV: Stretches

1. Full Frontal Stretch
2. Huggie Stretch
3. Side Stretch
4. Hamstring Stretch
5. Cat Kneeling
6. Arms Backwards
7. Roly Poly's

Module 1C: Pilates on Reformer

Course duration: Approximately 3 days (18 hours) of classroom instruction in practice, subject to batch strength which is supported by at least 80 hours of off-site practice and assignments.

Learning Resources:

- Illustrated Manual in English
- DVD / Video Clips – currently under development

SECTION I: Introduction Pilates on Reformer

SECTION II Overview of Foundation Exercises

SECTION III: Reformer Set-Up and Safety

SECTION IV: Foundation Exercises

1. Footwork – toes parallel
2. Footwork – heels parallel
3. Footwork – “V” or plié
4. Footwork – Heels side
5. Footwork – slow running
6. Single Leg Footwork – Toes
7. 100 – Curl Up
8. Supine Arm – Triceps
9. Supine Arm – Arms Straight
10. Supine Arm – “V” Position
11. Thighs in Strap – Up / Down
12. Thighs in Strap – Small Circles
13. Thighs in Strap - In / Out
14. Feet in Straps – Up / Down
15. Feet in Straps – Circles
16. Feet in Straps – Baby Frogs
17. Reverse Teaser – Rolls Backs
18. Reverse Teaser – Oblique Roll Backs
19. Stomach Massage – Round Back
20. Knee Stretches - Scooter
21. Elephant – Hamstring Stretch
22. Elephant – Flat Back
23. Short Box Series – Round Back
24. Short Box Series – Flat Back

85. Arm & Abs – Roll Backs with Biceps Curls
86. Arm & Abs – Roll Backs with Twists
87. Standing Skating – Straight Legs
88. Standing Skating – Knees Bent
89. Abs in Straps - Forward
90. Abs in Straps - Oblique
91. Low Swan
92. Side Lying Legs – Adductor Lifts
93. Side Lying Legs – Side Kicks
94. Pelvic Lift – Full Press
95. Pelvic Lift – Lower
96. Mermaid – Upper Thoracic Rotation

SECTION VI: Intermediate Exercise

97. Footwork – Toes Under Bar
98. Footwork – “7s”
99. Footwork – Small Pulses
100. Single Leg Footwork – Leg Extended
101. Single Leg Footwork – Bicycle
102. Core Stability – Legs Only
103. Core Stability – Arms Only
104. 100 – Legs Lower
105. 100 – Progressive Breathing
106. Coordination Prep
107. Rowing Front – Reach Up
108. Arms & Abs – Roll Backs
109. Supine Arms – Triceps 45°
110. Supine Arms – Marching Arms
111. Supine Arms – Cheerleader Arms
112. Abs Control – Curls Up Forwards
113. Abs Control – Single Leg Stretch
114. Feet in Straps – Figure of 8
115. Feet in Straps – Hollywood Legs
116. Feet in Straps – Reverse Frogs
117. Feet in Straps – Short Spine 2
118. Feet in Straps – Short Adductor Stretch
119. Reverse Teaser – Straight Legs
120. Long Box – T Pull
121. Long Box Abs – Tummy Pumps
122. Reverse Long Box – The Swan
123. Reverse Long Box – Push Out
124. Short Box – Climb A Tree
125. Short Box – Side Lifts

SECTION VII: ADVANCED

126. Footwork – Internal/External Rotation
127. Footwork – Moguls
128. Footwork – Half Rises
129. Single Leg Footwork – Bicycle
130. Single Leg Footwork - Fondue
131. The Hundred - Lift/Lower Legs
132. The Hundred – Small Beats
133. Over Head – Arms Down
134. Co-ordination
135. Rowing Front
136. Rowing Back – Round Back
137. Rowing Back – Hinge Back
138. Arms and Abs – Roll back with Open Arms
139. Feet in Straps – Short Spine 3
140. Feet in Straps – Loading Frog Combo 1
141. Feet in Straps – Long Spine 1
142. Feet in Straps – Long Spine 2

- 143. Feet in Straps – Long Adductor Stretch
- 144. Single Foot in Straps – Small Circles
- 145. Single Foot in Straps – Baby Frog
- 146. Single Foot in Straps – Baby Frog 2
- 147. Single Foot in Straps – Full Frog
- 148. Reverse Teaser - Oblique
- 149. Long Box – Half Circles
- 150. Reverse Long Box – Arm Circles
- 151. Long Box - Backstroke
- 152. Long Box – Reverse Backstroke
- 153. Long Box – Teaser 1
- 154. Long Box – Teaser 2
- 155. Short Box – The Hinge
- 156. Short Box – Side Lift
- 157. Stomach Massage – Reach up
- 158. Stomach Massage – Tendon Stretch
- 159. Core Stability – Arms and Legs
- 160. Abdominal Control – Scissors Oblique
- 161. Back Splits
- 162. Standing Side Splits – Internal Rotation
- 163. Standing Side Splits – The Hinge
- 164. Standing Side Splits – Scary Crab
- 165. The Corkscrew
- 166. Knee Stretches – Knees Off
- 167. Reverse Knee Stretches – Oblique
- 168. Elephant – Single Leg
- 169. Elephant – Ultimate Elephant
- 170. Long Stretch
- 171. Up Stretch
- 172. Down Stretch
- 173. Long Back Stretch
- 174. Tendon Stretch 1
- 175. Tendon Stretch 2
- 176. Arm Work – Triceps Back
- 177. Arm Work – Biceps
- 178. Arm Work – Arm Circles
- 179. Arm Work – Cross Arm Pull
- 180. Arm Work – Thigh Stretch
- 181. Side Arm Work – Twist Up/Down
- 182. Side Arm Work – Triceps Side
- 183. Side Arm Work – Draw A Sword
- 184. Side Arm Work – Push Out/Twist
- 185. Snake Prep 2
- 186. Pelvic Lift – Single Leg
- 187. Pelvic Lift – Side Leg Extended
- 188. Balance Control – Arms Only
- 189. The Runner – Single Arm
- 190. Front Splits
- 191. Hamstring Pull – Leg Pull Side
- 192. Long Box – Hamstring Curls 1
- 193. Long Box – Hamstring Curls 2
- 194. Hip Flexor Stretch Series – Front Leg Straight
- 195. Mermaid – Adding Push Ups

B-3

CERTIFICATE COURSE FOR BODY BUILDING COACHING – CCBBC

The CCBBC is conducted by GAYO FITNESS ACADEMY with an internationally respected Faculty that includes Kim Marie Pauline, Georgina D'Abreo and Bernat Scorus. The Faculty is led by V. M. Basheer, one of India's most successful international bodybuilders and bodybuilding coaches.

CCBBC India's only SPECIALIST course for Bodybuilding Coaches!

Student Eligibility

- Must have passed 10 + 2 years of Education
 - Must hold National / International Fitness Education certification equivalent to ISSA - GFA TPTP / ISSA / ACE / ACSM / NASM / K11 etc and have minimum three years of training experience OR
 - Must hold nationally recognized coaching certificate in IOC recognized Sports or Indian Sports
 - Must be physically fit
 - Must have Competitive Bodybuilding experience
 - Must have passion for fitness / sport
 - Physically Challenged persons can apply if they have exposure to fitness / sport
 - BEFORE EXAMINATION, must attend and be certified in First Aid & CPR with AED by First Aid International (UK) / equivalent
- Exceptions may be entertained subject to University, Academy rules and international standards

Course Duration:

- TOTAL: approximately 325 to 350 hours.
- Approximately 225 hours of classroom (onsite) instruction both in theory and practice, subject to batch strength
- 100 hours of off-site / home assignments

Learning Resources:

- English Notes with Translation in Hindi / State language
- Teaching: Bi-lingual according to State / Venue
- DVDs to support individual practical training workshops – see UNIT III below

Examinations:

- Home Study Assignments to be video recorded**
 - 1) Client Assessment (maximum marks 100)
 - 2) Client Training (maximum marks 100)
 - 3) Case Study Preparation – in not more than 1,000 words (maximum marks 100)
- In Classroom Assessment** (maximum marks 100)
Student will be assessed for in-classroom interaction, punctuality, social skills, etc, on basis of OSCE principles
- End-Course Assessments**
 - 1) Theory – Multiple Choice Q&As – 100 questions to be answered in 120 minutes (maximum marks 200)
 - 2) Oral
 - a. Case Study Presentation not more than (maximum marks 100)
 - b. Questions will be asked on basis of Coaching Case Study Presentation (maximum marks 100)
- 3) TOTAL MARKS: 800**

Assessment Grades:

Assessment will be done on basis of University of Mumbai academic standards – as percentage of total marks obtained out of maximum 800 marks.

- Less than 49.99 - Grade D (FAIL)
 - 50 - 54.99 - Grade C
 - 55 - 59.99 - Grade B
 - 60 - 69.99 - Grade A
 - 70 - 100 - Grade O (Outstanding)
- NSQF Level 4 (Skills India – NSDC – SPEFL)
- Minimum 70% out of maximum 60 marks (61 questions to be attempted in 60 minutes in examination which is administered through student's smart phone.

Certifications:

Upon successful completion of the CCPFT, student will be certified for the following –

- Gayo Fitness Academy Certificate for Bodybuilding Coaches co-signed by International Faculty
- Practical Training Workshops –
 - “AST 1” Advanced Strength Training – Level 1
 - “FST” Functional Strength Training
 - “PLY” Plyometrics for Agility & Power
 - “FACPR” Emergency First Aid & CPR with AED

- National Skills Qualification (NSQF) Level 4has
 - Optional but HIGHLY RECOMMENDED even if you plan to work in India
 - MANDATORY if you plan to work abroad for which purpose you will seek certification/s from the following

CERTIFICATION RENEWAL

CCBBC needs to be renewed every THREE YEARS by paying the renewal fee of ₹1,000 and attending at least 20 hours of CONTINUING EDUCATION / CONTINUING PROFESSIONAL DEVELOPMENT (additional training) in the 3-years period of certificate validity.

The EREPS certificate needs to be renewed every year by paying renewal fee. Other accreditation certificate providers like REPS INDIA will have their own conditions for renewal.

Student may like to select any of the Training Workshops listed. Student has three years to attend the minimum number of 20 hours of training.

COURSE CONTENT

UNIT I: ANATOMY & PHYSIOLOGY

- 12) Structure of the Human Body
- 13) Human Body Systems
 - a. Endocrine
 - b. Nervous
 - c. Musculo-Skeletal
- 14) Physiology of the Human Body
 - a. Energy Systems
 - b. Muscle Structure
 - c. Muscle Composition
 - d. Training effects – anaerobic and aerobic
- 15) Exercise Physiology/ in Bodybuilding
 - a. Physiology of Muscle Hypertrophy
 - b. Proprioception and Neuromuscular Control

UNIT II: KINESIOLOGY & BIOMECHANICS

- 9) Principles of Exercise Kinesiology
- 10) Application of Principles of biomechanics in Exercise
- 11) Application of Kinesiology & Biomechanics in Bodybuilding
 - a. Triceps
 - b. Biceps
 - c. Pectorals
 - d. Back
 - e. Thigh
 - f. Legs
 - g. Abdominals
 - h. Trapezius & Neck muscles
 - i. Hips

UNIT III: STRENGTH TRAINING FOR BODYBUILDING

- 1) Approaches to Strength Training
- 2) Strength Training for Bodybuilding
 - Weight Training
 - Olympic Lifting
 - Plyometrics
 - Functional Strength Training
- 3) Warm up & Cool Down Exercises
- 4) Stretching Exercises
- 5) Breathing and Muscle Relaxation Techniques
- 6) Cardiovascular Training
- 7) Exercises for –
 - Abs
 - Arms
 - Trapezius & Back
 - Lower Back
 - Glutes
 - Chest
 - Legs

- Shoulders
- Minor Muscles

UNIT IV: APPLICATIONS OF ALLOMETRY & ANTHROPOMETRICS

- 1) Tools used for measurements
- 2) Corporal size
- 3) Anthropometric Characteristics of the Body
- 4) Somatotypes
- 5) Body proportions

UNIT V: ASSESSMENT & PERIODIZATION

- 1) Principles of Assessment
- 2) Principles of Periodization
- 3) Off-Season Training
- 4) Pre-Season Training
- 5) In-Season Training
- 6) Posting
- 7) Split Training

UNIT VI: DIET & NUTRITION

- 1) Principles of Dietetics
- 2) Nutrition Management
- 3) Supplementation in Bodybuilding
- 4) Steroids in Bodybuilding
 - a. Physiology
 - b. Effects of steroids on performance, personality
 - c. Medical issues
 - d. WADA and NADA regulations

UNIT VII: POSING

- 1) Flexing
- 2) Music Cueing
- 3) Choreography
- 4) Post-Posing Trauma Management

UNIT VIII: CONTESTS

- 1) Types of Contests and their Rules
- 2) Training considerations for Men and Women for --
 - Bodybuilding
 - Physique
 - Figure & Bikini contests