

SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)
SEM- 1 (GE-2)

GYM MANAGEMENT

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
2	SEM- 1 (GE-2) GYM MANAGEMENT	04	3	0	1	XII Pass	NIL

Learning Objective:

This course aims to provide understanding through practical knowledge and practices regarding management of gymnasium.

Learning Outcomes:

- Learner can evaluate the application strategies for the establishment of a gym
- Learner would become a better manager to handle tools, equipment, and other gym facilities.
- The learner can understand and develop the origin of the gym in modern times.
- Learner will be able to understand how to plan gym-based exercise & programs.
- Learner can practice facility management, project management, and space.
- Learner can achieve team-building, decision-making, and leadership skills.

SYLLABUS

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

Unit-I: Historical Development of Gymnasium

(11 hrs. lectures)

1.1 History and Origin of Gym Culture.

1.2 Modern trends in Gymnasium.

1.3 Significance of Gym culture in the modern scenario

Unit-II: Establishment and Management of Gym

(12 hrs. lectures)

2.1 Principles for Establishing a Gym

2.2 Qualities & Qualifications of a Gym Instructor.

2.3 Introduction to Gym Equipment, Flooring & Facilities

2.4 Sections of a Gym - Cardio Section, Weight Section and Floor Section

Unit-III: Facility Management in a Gym

(11 hrs. lectures)

3.1 Financial Management – Importance of Budget

3.2 Implementing a Maintenance Program with special reference to insurance and AMC

3.3 Injury Risk and Management in a Gym

Unit-IV: Operations and Marketing in a Gym

(11 hrs. lectures)

4.1 Marketing, sales and services for the gym facility.

4.2 Gym Membership

4.3 Promotional activities

PRACTICALS

(30 hrs.)

1. Write a report on a Visit to a Gym,
2. Introduction to Equipment and Preparation of a Report.
3. Design a daily life routine workout in GYM

Suggested Readings:

1. Book: Agarwal M., Arora S., Gupta B (2018) "Posture; Athletic Care And First Aid", Vivechan Publications (INDIA) ISBN: 978-9-38391-490-6.
2. Book: Agarwal M., Arora S., Singh N. (2017), "Aerobics; Fitness & Style", Friends Publications (INDIA) ISBN: 978-81-7216-459-1.
3. "Sports Nutrition and Weight Management", ISBN: 978-93-88269-53-7, Year (2019), published by Sports Publication, DaryaGanj, New Delhi-110002
4. Handbook of "Exercise Therapy and Rehabilitation", ISBN: 978-93-88269-54-4, Year 2019 published by Sports Publication, Daryaganj, New Delhi-110002
5. Kumar, P. (2021,2022). "Fitness & Exercise Management" Friends Publications (India)
6. Alexandria, Virginia, (1994) "The Gym Workout" Published by Time-Life Books.
7. Ann Goodsell "Your Personal Trainer".
8. Carol Kennedy Armbruster. Mary M. Yoke (2009) "Methods of Group Exercise Instruction".
9. Philip Mazzurco (1985) "Exerstyle".
10. Refus, Inc, "The Body in Motion" Published by Time Life Books.
11. Sheela Kumari, (2009) "Fitness, Aerobics & Gym Operations", New Delhi, Khel Sahitya Kendra.
12. Sunil Bharihoke, (2002) "The Gym".
13. Time life books, (2004) "Gym workout", London times life books.
14. Time life books, (2005) "staying flexible", London, time life books.
15. Time life books, (2005) "super firm tough workouts", London times life books.
16. Wayne L. Westcott, Thomas R. Bachle, (2007) "Strength Training".
17. Shaw D. (2018) "Fundamental Statistics in Physical Education and Sports Sciences" Sports Publication, ISBN: 81-86190-57-0.
18. Shaw D. (2020) "Physical Education Practical Manual for Class XI" Prachi Publication, ISBN: 978-8193-7698-0-5.
19. Shaw D. (2020) "Physical Education for Class XII" Prachi Publication, ISBN: 978-81-7730-848-8.
20. Shaw D. (2020) "Physical Education for Class XI" Prachi Publication, ISBN: 978-81-7730-847-1.
21. Shaw D. (2020) "Physical Education Practical Manual for Class XII" Prachi Publication, ISBN: 978-81-937698-1-2.
22. Shaw D. (2020) "Parable Global English Hindi Dictionary of Physical Education & Sports Sciences" Khel Sahitya Kendra, ISBN: 978-93-90461-18-9.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.