

# **SHORT TERM VOCATIONAL CERTIFICATE COURSE**

## **FITNESS TRAINING AND NUTRITION THERAPIST** (06 months Duration)

Prepared by



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**HYDERABAD, TELANGANA**

# **FITNESS TRAINING AND NUTRITION THERAPIST**

**NAME OF THE COURSE:** Fitness Training & Nutrition Therapist

**SECTOR:** Healthcare

**COURSE CODE:** FTNT

**ENTRY QUALIFICATION/ELIGIBILITY:** 10+2 students who want to gain knowledge on Fitness & Nutrition

**PRE-REQUISITES:** Basic knowledge of nutrition and human anatomy

**DURATION:** 6 MONTHS (240 Hours)

**TERMINAL COMPETENCE:** After completing this course, students will be able to work as **fitness trainers** or choose to start his/her own fitness and nutrition academy.

## **Introduction:**

This course is your gateway to understanding the fundamental principles of physical fitness and healthy diet. Throughout this program, you'll explore the science behind exercise and diet, learn practical strategies for incorporating fitness into your daily routine, and discover the keys to maintain a balanced and nourishing diet. Get ready to embark on a journey towards better health and well-being!

## **Objectives:**

- To provide a comprehensive understanding of fitness and nutrition principles.
- To promote health and well-being through physical activity and balanced nutrition
- To prepare students for careers in the fitness industry
- To get awareness of their own health
- To offer specialized knowledge in sports nutrition and special populations
- To instill ethical and professional standards in students
- To develop critical thinking and problem-solving skills
- To integrate a holistic approach to health and wellness
- To foster a culture of continued learning and professional development

## **Skills:**

- Knowledge of fitness principles and exercise physiology

- Proficiency in creating balanced meal plans and providing nutritional guidance
- Ability to design personalized exercise programs for clients
- Effective communication skills for interacting with clients
- Critical thinking to analyze fitness and nutrition scenarios
- Problem-solving skills to overcome challenges in client progress
- Techniques for coaching and motivating clients towards their goals
- Adaptability to adjust plans based on client needs
- Ethical practice in all interactions
- Awareness of the importance of continuous learning and professional development

## **SCHEME OF INSTRUCTION/MODULE:**

**1. Communicative English: 40 hours**

**2. Course: 200 hours (06 months)**

Duration of Course	Theory		On the Job Training		Total	
	Hours	weightage	Hours	weightage	Hours	weightage
Module-1	60	30%	140	70%	200	100%

## **Fitness and Nutrition**

Welcome to the holistic Fitness Training and Nutrition Course, where we believe that true health and vitality stem from a balanced approach to fitness and nutrition. In this course, we will delve into not only the physical aspects of exercise and diet but also the mental, emotional, and spiritual dimensions of well-being. By exploring the interconnectedness of mind, body, and spirit, you will learn how to cultivate a harmonious relationship with yourself and your environment. Get ready to embark on a transformative journey that will empower you to nourish your body, invigorate your spirit, and thrive in all areas of your life!

## **Outcomes of Fitness & Nutrition Course:**

1. Certified Fitness Professional: Eligible for roles as personal trainers or nutrition consultants.
2. Client Coaching: Design customized fitness and nutrition plans.
3. Career Paths: Pursue roles as personal trainers, nutrition consultants, or wellness coaches.
4. Entrepreneurship: Start your own coaching business.
5. Continued Learning: Opportunities for advanced certifications and professional development.

## **SYLLABUS**

### **Module 1: Foundations of Fitness and Nutrition (Month 1)**

#### Week 1-2: Basics of Fitness and Nutrition

- Introduction to Fitness: Definitions and Benefits
- Overview of Physical Fitness Components
- Introduction to Nutrition Science
- Importance of Exercise and Diet in Overall Health

#### Week 3-4: Anatomy and Physiology

- Overview of Human Anatomy
- Understanding Body Systems and Functions
- Physiology of Exercise and Nutrition
- Energy Systems and Metabolism

### **Module 2: Assessment and Testing (Month 2)**

#### Week 1-3: Fitness Assessment and Testing

- Conducting Physical Assessments
- Fitness Testing Protocols and Procedures
- Interpreting Assessment Results
- Functional Movement Screening

#### Week 4-5: Nutrition Assessment and Counseling

- Dietary Assessment Methods
- Nutritional Counseling Techniques
- Creating Personalized Nutrition Plans
- Behavioral Nutrition Counseling

### **Module 3: Exercise Prescription and Programming (Month 3)**

Week 1-3: Principles of Exercise Prescription

- Fundamentals of Exercise Programming
- Exercise Selection and Progression
- Designing Effective Workout Plans
- Goal Setting and Behavior Change Strategies

Week 4: Practical Application in Fitness Facilities

- Hands-on Training: Implementing Fitness Programs
- Conducting Fitness Assessments and Consultations
- Group Fitness Instruction and Leadership

### **Module 4: Advanced Concepts in Fitness (Month 4)**

Week 1-2: Advanced Exercise Prescription

- Periodization and Training Progression
- Specialized Training Programs
- Injury Prevention Strategies
- Exercise for Special Populations (e.g., Pregnant Women, Seniors)

Week 3-4: Exercise Techniques and Modalities

- Strength Training Techniques
- Cardiovascular Exercise Modalities
- Flexibility and Mobility Training
- Alternative Exercise Modalities (e.g., Pilates, Tai Chi)

### **Module 5: Advanced Concepts in Nutrition (Month 5)**

Week 1-2: Advanced Nutrition Concepts

- Nutritional Strategies for Performance Enhancement
- Nutritional Supplements and Ergogenic Aids
- Nutritional Interventions for Chronic Conditions
- Nutrition for Special Populations (e.g., Athletes, Vegetarians)

#### Week 3-4: Case Studies and Practicum

- Analyzing Case Studies
- Developing Action Plans
- Practical Experience with Real Clients
- Client Communication and Motivation Techniques

### **Module 6: Final Assessments and Certification (Month 6)**

#### Week 1-2: Comprehensive Assessments

- Comprehensive Written Exam
- Practical Assessments and Demonstrations
- Final Project Presentation

#### Week 3-4: Certification

- Awarding Credentials to Successful Candidates
- Career Development and Job Placement Assistance

### **Assessments:**

- Weekly Quizzes and Assignments to Reinforce Learning
- Mid-Term and Final Exams to Evaluate Knowledge
- Practical Assessments: Designing and Leading Fitness Sessions, Creating Meal Plans

This curriculum provides a holistic and comprehensive education in fitness and nutrition therapy, combining theoretical knowledge with practical experience to prepare students for successful careers in the field.

### **List of Instruments**

<b>S. No.</b>	<b>Item</b>	<b>Quantity</b>
1	Gym Equipment	As required
2	Basic Medical Equipment	As required
3	First Aid Medical Kit	01 Unit

### **Qualifications of Teaching Faculty:**

1. Graduation from any recognized university with an aggregate of 55% marks (Nutrition and Fitness Certifications)
2. 3+ Years of experience in the clinical setup of academics or gyms.

### **Reference books: Basics of Gym and Fitness: In Depth Look and Guidance for Gym and Nutrition**

### **Division of Marks:**

Theory: 100 Max. Marks

1. Communicative English: 20 marks
2. Short Questions: 6 x 5 M = 30 marks
3. Long Questions: 4 x 10M = 40 marks
4. Multiple Choice Questions: 10 x 1M=10 marks

Practical: 100 Max. Marks

1. External: 40 marks
2. Record/ Mini Project & Viva: 10 marks
3. Internship/OJT: 50 marks

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**REGD. NO:**

**TIME:3 HRS**

**MAX MARKS: 100**

**FITNESS TRAINING AND NUTRITION THERAPIST  
MODEL QUESTION PAPER (THEORY)**

**SECTION- A**

**COMMUNICATIVE ENGLISH**

**20 MARKS**

**SECTION- B**

**Note:** a) Answer ALL questions.

b) Each question carries **5 Marks**.

**6X5M=30 MARKS**

1. Describe the process of conducting a fitness assessment. Include the key components of a fitness assessment, such as cardiovascular endurance, muscular strength, and flexibility.
2. Discuss the role of macronutrients in the diet. Explain the functions of proteins, carbohydrates, and fats in the body, and provide examples of food sources for each macronutrient.
3. What factors should be considered when designing an exercise program for an older adult? How does age-related physiological changes influence exercise prescription?
4. How does protein intake influence muscle growth and repair?
5. What role does sleep play in supporting overall health and fitness?



6. What is the recommended amount of physical activity for adults per week, according to global health guidelines?

### **SECTION- C**

**Note:** a) Answer any **Four** questions.

b) Each question carries **10 Marks**.

**4X10M=40 MARKS**

1. Describe the process of glycogen synthesis and storage in the body. Explain how carbohydrate intake and exercise influence glycogen levels and utilization during physical activity.
2. Discuss the role of micronutrients, such as vitamins and minerals, in supporting exercise performance and recovery. Provide examples of key micronutrients and their functions in the body.
3. What are mind-body exercises, and how do they promote stress reduction and mental well-being?
4. Discuss the potential risks and benefits of popular dietary supplements, such as protein powders, creatine, and omega-3 fatty acids. What factors should individuals consider when deciding whether to use dietary supplements, and how can they ensure their safety and efficacy?
5. What are the risks of excessive exercise and overtraining, and how can they be prevented?
6. How do mindfulness practices promote stress reduction and emotional regulation?

## **SECTION-D**

**10X1=10 Marks**

**1. What is the primary function of carbohydrates in the body?**

- a) Energy production                      b) Muscle repair
- c) Hormone regulation                      d) Immune system support

**2. Which of the following is a fat-soluble vitamin?**

- a) Vitamin C                      b) Vitamin B12
- c) Vitamin D                      d) Vitamin K

**3. Which micronutrient is essential for the formation of healthy red blood cells?**

- a) Iron                      b) Calcium
- c) Zinc                      d) Magnesium

**4. What type of exercise primarily targets muscle strength and endurance?**

- a) Aerobic exercise                      b) Flexibility exercises
- c) Resistance training                      d) Balance exercises

**5. What is the primary source of dietary fiber?**

- a) Dairy products                      b) Meat
- c) Fruits and vegetables                      d) Grains

**6. Which of the following is a symptom of dehydration?**

- a) Increased thirst                      b) Dry skin
- c) Headache                      d) All of the above

**7. Which of the following minerals is important for muscle contraction?**

- a) Sodium                      b) Potassium
- c) Calcium                      d) Iron

**8. Which of the following is a symptom of vitamin C deficiency?**

- a) Scurvy                      b) Rickets
- c) Beriberi                      d) Night blindness

**9. What is the purpose of dynamic stretching before a workout?**

- a) To increase muscle strength
- b) To improve cardiovascular endurance
- c) To enhance flexibility and range of motion
- d) To decrease heart rate

**10. Which of the following is a benefit of regular physical activity?**

- a) Increased risk of chronic diseases
- b) Decreased bone density
- c) Improved mood and mental health
- d) Decreased flexibility

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**FITNESS TRAINING AND NUTRITION THERAPIST  
MODEL QUESTION PAPER (PRACTICAL)**

**Note:** a) Answer ALL questions.

b) Each question carries **10 Marks**.

**4X10=40MARKS**

1. Demonstrate a series of dynamic stretches for the lower body, targeting major muscle groups such as the quadriceps, hamstrings, and calves.
2. Conduct a fitness assessment for a client, including measurements of body composition, cardiovascular endurance, muscular strength, and flexibility. Interpret the results and provide recommendations based on the findings.
3. Perform and coach a series of functional movement exercises, such as squats, lunges, and shoulder presses, using free weights, resistance bands, or bodyweight. Emphasize proper movement patterns and alignment to prevent injury.
4. Design and implement a high-intensity interval training (HIIT) workout for a client, incorporating cardio intervals (such as sprints or jumping jacks) and strength exercises (such as push-ups or squats). Monitor intensity levels and encourage participants to push themselves safely within their fitness limits.

**Record/Mini Project & Viva**

**10 Marks**

**Internship/OJT**

**50 Marks**