

CENTRAL BOARD OF SECONDARY EDUCATION

(An autonomous Organisation under the Union Ministry of Human Resource Development, Govt. of India)
"SHIKSHA KENDRA" 2, COMMUNITY CENTER, PREET VIHAR, DELHI-110092
Tel. 011-22050061

CBSE/Sports/2012-2013/Cir.No.24

27.03.2012

All the Head of Schools
Affiliated to CBSE

Subject: Fitness & Gym Operation - Introduction of Vocational Course - reg.

This has reference to the Board's circular no.18 dated 09.03.2011 in regard to the introduction of vocational course in sports. The title of the course informed earlier has been changed.

Vocational qualifications are work-related qualifications. They're designed to allow you to learn the skills that employers are looking for so as to develop employability skills and to create career opportunities in the field of sports.

Hence the Board proposes to introduce "**Fitness & Gym Operation**" a vocational course in Sports from the session 2012-13.

The content of the proposed course for class XI (**Annexure-A**) and class XII (**Annexure-B**) consisting of five units in theory section and the practical element focusing on working in a Gym can be downloaded from the Board's web site www.cbse.nic.in The Board intends to publish the text book soon.

Salient features in regard to the proposed course are as under:

1. The schools applying will be required to begin the above course at class XI from the session 2012-13.
2. The schools should have a permanent Post Graduate Teacher in Physical Education on roll.
3. The schools opting for the course should have a Gym as a minimum infrastructure within the school premises and should include minimum requirement mentioned under practical part in annexures 'A' & 'B'.
4. The Physical Education Teacher of the school will have to under go two in-house Orientation Programs each of 15 days duration. The first program will be held in May-June 2012 and the second in May-June 2013 at the venue to be informed by the Board. The schools shall bear the cost for attending the course.
5. The students that opt for the subject will have to undergo 15 days of in-house Internship Training in the Institution/Gym designated by the Board and to be held during the summer vacation falling in between class XI & XII. The schools/students shall bear the cost for attending the Internship training.

The aforesaid course will initially be introduced in 50 selected schools in class XI from the academic session 2012-13. And based on the feedback received from these pilot schools it will be extended to other affiliated schools in the county and abroad from the session 2013-14.

The Board is discussing the issue with various organisations for the Joint Certification of the course - partially or fully.

Continued.....

The schools that are interested in introducing the above course in class XI from the academic session 2012-13 may fill in the **Annexure-C** available on Board's web site and forward it to the undersigned so as to reach on or **before 30 April 2012**.

Best wishes

Pushkar Vohra
Assistant Education Officer
Physical Education & Sports

Copy with a request to respective Heads of Directorates/KVS/NVS/CTSA as indicated below to also disseminate the information to all concerned schools under their jurisdiction:

- 01 The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-110 016
- 02 The Commissioner, Navodya Vidyalaya Samiti, A-28, Kailash Colony, New Delhi
- 03 The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110054
- 04 The Director of Public Instructions (Schools), Union Territory Secretariat, Sector-9, Chandigarh-160017.
- 05 The Director of Education, Govt. of Sikkim, Gangtok, Sikkim-737101
- 06 The Director of School Education, Govt of Arunachal Pradesh, Itanagar-791111.
- 07 The Director of Education, Govt. of Andaman and Nicobar Islands, Port Blair
- 08 The Secretary, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini, Delhi-110 085
- 09 All Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
- 10 All Education Officers of the Academic Branch, CBSE
- 11 All Asstt. Education Officers, CBSE
- 12 The Library and Information Officer, CBSE
- 13 E.O. to Chairman CBSE
- 14 P.A. to C.E., CBSE
- 15 D.O. to Secretary, CBSE
- 16 P.A. to Director (Vocational) CBSE
- 17 P.A. to Director (Academic) CBSE
- 18 P.A. to HOD (EDUSAT) CBSE
- 19 P.A. to HOD (AIEEE) CBSE
- 20 PRO, CBSE

Assistant Education Officer

ANNEXURE-A

CENTRAL BOARD OF SECONDARY EDUCATION, DELHI

Fitness & Gym Operation - Class XI

Theory - 60 Marks

Unit I - Health, Fitness & Wellness Phenomenon

1. Health, Fitness & Wellness - Meaning, Definition & Importance
2. Introduction to Physical Activity, Exercise & Physical Fitness
3. Factors Affecting Physical Fitness & Wellness
4. Principles & Benefits of Health Related Fitness

Unit II - Health & Fitness Profiling

1. Test Selection & Administration Protocols - Pre Testing, Testing & Post Testing
2. Body Composition Measurement (Obesity) - Fat Percentage; BMI & Waist Hip Ratio
3. Cardio-respiratory Fitness Testing
4. Muscle Fitness Testing
5. Musculo-skeletal Flexibility Testing

Unit III - Physiology of Exercise & Training

1. Energy System - Aerobics & Anaerobic
2. Introduction of Skeletal System, Muscular System & Function of Heart
3. Effect of Exercise & Training (Cardio, Strength & Flexibility) on These Systems
4. Fundamental Movements & its Muscles Involvement

Unit IV - Structure of Health Related Fitness & Wellness Program

1. Planning - Fitness & Wellness Program
2. Importance of Warming Up & Limbering Down Phase
3. Protocols & Development - Cardio-respiratory Endurance, Strength & Flexibility Phase
4. Safety Measure & Injuries Management

Unit V - Diet & Nutrition

1. Concept of Diet, Nutrition & Health
2. Introduction to Environment & Occupational Health
3. Balance Diet & Its Components
4. Menu Planning

Continued.....

Practical - 40 Marks

Ist Term

1. Location & Establishment of Gym (Publicity, Policy, Reception, Information)
2. Local Gym Visits - Procurement, Placement, Handling & Maintenance of Gym Equipments
3. Body Composition Analysis (Obesity) - Fat Percentage (Skin fold Method & Bio-electrical Method), Body Mass Index (Body Weight & Height Measurements) and Waist & Hip Ratio (Waist & Hip Girth Measurements)
4. Desire Body Weight Prediction

IInd Term

1. CPR and Cryo-therapy
2. Fitness Testing - Cardio-respiratory Endurance (Treadmill One Mile Walk Test, Treadmill One Mile Jog Test for Gym & Modified 3 Min Step Test for Fitness Aerobics), Muscular Strength (One Repetition Maximum), Muscular Endurance (Push-ups Test, Sit-ups Test & Free Hand Squats Test) and Muskuloskeletal Flexibility (Sit and Reach Test)
3. Exercise Planning & Prescription - Health, Fitness, Aerobics & Weight Management
4. Balance Diet, Menu Plan, Prescription

IIIrd Term

1. Weight Training Exercises
2. Cardio Training Exercises
3. Floor Exercises Training
4. Swiss Ball Exercises Training

Minimum Equipment Required for Setting-up a Gym

<p>Cardio Equipments</p> <ol style="list-style-type: none"> 1. Treadmill - 01 2. Upright Bike - 01 <p>Fitness Aerobics Equipments</p> <ol style="list-style-type: none"> 1. Music System - 01 2. Steps - 10 <p>Miscellaneous</p> <ol style="list-style-type: none"> 1. Swiss Ball - 01 2. Medicine Ball - 01 (08 lbs) 3. Exercise Mat - 06 	<p>Strength Equipments</p> <ol style="list-style-type: none"> 1. Multi Gym - 04 Stations 2. Small Barbell - 02 3. Big Barbell - 02 4. Weight Plates - 2.5, 5.0, 7.5, 10.0 Kgs (One Set Each) 5. Flat Bench - 01 6. Incline Bench - 01 7. Decline Bench - 01 8. Dumble - 2.5, 5.0, 7.5, 10.0, 12.5 & 15 Kgs (One Pair Each) 9. Thera Band - Level 2 & Level 3 (One Set Each) <p>Health & Fitness Profiling Equipments</p> <ol style="list-style-type: none"> 1. Anthropometric Rod 2. Skin fold Calliper 3. Body Composition Analyser Machine (Tanita) 4. Weighing Scale 5. Steel Measuring Tape
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ANNEXURE - B

CENTRAL BOARD OF SECONDARY EDUCATION, DELHI

Fitness & Gym Operation - Class XII

Theory - 60 Marks

Unit I - Weight Management

1. Energy and Activity, Calculating Calorie Intake and Expenditure
2. Obesity and its Related Problems
3. Weight Management Programs
4. Concept of Dietary Aids and Gimmicks

Unit II - Health Planning

1. Health Education and Communication
2. Health Related Issues
3. Health Care for Community
4. Health Planning and Management

Unit III - Fitness Aerobics

1. Understanding of Various Forms of Fitness Aerobics - Floor Aerobics, Steps Aerobics & Weight Aerobics
2. Improvement of Fitness Aerobics
3. Benefits of Fitness Aerobics
4. Concept & Development of Music Sense - Beat Counting Skill, Block Concept & Selection of Music

Unit IV - Well Being and Dimensions of Modified Life Style

1. Well Being in Different Context: Active Life Style, Body Image and Environment
2. Stress Management Through Relaxation, Meditation, Yoga, Recreational Activities
3. Well Being Through Leadership Activities, Camping, Adventure Sports and Other Training Programmes
4. Psychology of Activity and Quality of Life

Unit V - Gym Operations

1. Marketing, Clientage, Enrolments, Record Keeping, Social Activities, Public Relations, Individual/Group Grooming Programme
2. Basic Concept of Financial Management - Costing and Balance Sheet
3. Gym Instructor Qualification, Qualities, Pay Roll, Performance, Evaluation, Grooming and Presentation
4. Self Evaluation, Personal Health and Well Being

Continued.....

Practical - 40 Marks

Ist Term

1. Basic Floor & Step Aerobics - Music Sense and Class Structure
2. Two Weeks Summer Vacation Training in Commercial Gym - Grooming & Client Handling
3. Tele Marketing and Etiquettes
4. Prepare a Gym Clients Health Fitness Profile Report (Any Five)

IInd Term

1. Weight Aerobics and Choreography
2. Power Yoga and Asna
3. Exercise Schedule for Weight Management
4. School Health Program - Anti Obesity Day or World Heart Day

IIIrd Term

1. Wellness Relaxation Techniques - Progressive Regressive Muscle Relaxation Technique, Muscle Relaxation Technique with Music & Passive Muscle Stretching Relaxation Technique
2. Injuries - Rehabilitation & Management
3. Project & Assignment

Minimum Equipment Required for Setting-up a Gym

<p>Cardio Equipments</p> <ol style="list-style-type: none"> 1. Treadmill - 01 2. Upright Bike - 01 <p>Fitness Aerobics Equipments</p> <ol style="list-style-type: none"> 1. Music System - 01 2. Steps - 10 <p>Miscellaneous</p> <ol style="list-style-type: none"> 1. Swiss Ball - 01 2. Medicine Ball - 01 (08 lbs) 3. Exercise Mat - 06 	<p>Strength Equipments</p> <ol style="list-style-type: none"> 1. Multi Gym - 04 Stations 2. Small Barbell - 02 3. Big Barbell - 02 4. Weight Plates - 2.5, 5.0, 7.5, 10.0 Kgs (One Set Each) 5. Flat Bench - 01 6. Incline Bench - 01 7. Decline Bench - 01 8. Dumble - 2.5, 5.0, 7.5, 10.0, 12.5 & 15 Kgs (One Pair Each) 9. Thera Band - Level 2 & Level 3 (One Set Each) <p>Health & Fitness Profiling Equipments</p> <ol style="list-style-type: none"> 1. Anthropometric Rod 2. Skin fold Calliper 3. Body Composition Analyser Machine (Tanita) 4. Weighing Scale 5. Steel Measuring Tape
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ANNEXURE - C

**Central Board of Secondary Education
2, Community Centre, Preet Vihar, Delhi-110092**

Introduction of Vocational Course in Sports - "Fitness & Gym Operation" - 2012

1	Name of the School & complete Address with pin code no.	:	
2	Affiliation Number	:	
3	Name of the Principal	:	
4	Phone Numbers Mobile Number E-mail	:	
5	Name of the teacher who will be taking up this course and her/his qualifications	:	
6	Total play area available with schools	:	
7	Name the Sports & Games disciplines facilities available with the school	:	
8	Is Gym already exists in the school campus?	:	Yes / No
9	If Yes; size of the Gym	:	
10	List out the equipments available in the Gym	:	
11	Signatures of the school Principal and school seal	:	

Note:

1. The above performa may be sent to the Assistant Education Officer (Physical Education & Sports) CBSE, 2, Community Centre, Preet Vihar, Delhi-110092.
2. The Performa complete in all respects must reach Board on or before 30 April 2012.