

University of Mumbai

Website – mu.ac.in
Email id - dr.aams@fort.mu.ac.in
aams3@mu.ac.in



Academic Authorities,
Meetings & Services (AAMS)
Room No. 128, M. G. Road, Fort,
Mumbai – 400 032.
Tel. 022-68320033

Re- accredited with A ++ Grade (CGPA 3.65) by NAAC
Category- I University Status awarded by UGC

No. AAMS_UGS/ICD/2024-25/420

Date : 24th March, 2025.

To,
The Director,
Garware Institute of Career Education
and Development,
Vidyanagari
Santacruz (East)
Mumbai – 400 098.

Sub : B.Sc (Fitness) (Three year) (Sem I & II)

Sir,

With reference to the subject noted above, this is to inform you that the recommendations made by the **Advisory Committee & Board of Management** of Garware Institute of Career Education & Development at its Meeting held on **4th September, 2023** & resolution passed by the **Board of Deans** at its meeting held on **9th August, 2023 vide** Item No. **9.2** have been accepted by the **Academic Council** at its meeting held on **1st November, 2023 vide** Item no. **9.4 (C) 2 (N)** and subsequently approved by the **Management Council** at its meeting held on **5th February, 2024 vide** Item No. **3** that in accordance therewith, in exercise of the powers conferred upon the Management Council under Section 74(4) of the Maharashtra Public Universities Act, 2016 (Mah. Act No. VI of 2017) the following program with Ordinance for Title of the Program, Eligibility and Regulation numbers for Duration of Program, Intake Capacity, Scheme of Examinations, Standard of Passing and Credit Structure along with syllabus of **B.Sc (Fitness) (Sem I & II)** (Appendix – 'A') have been introduced and the same have been brought into force with effect from the academic year **2023-24**.

The New Ordinances & Regulations as per NEP 2020 is as follows :-

Sr. No	Name of the Program	Ordinance no. for Title	Ordinance no. for Eligibility	Duration
A	U.G. Certificate in Fitness	O.GUA – 505 A	O.GUA – 506 A	One year
B	U.G. Diploma in Fitness	O.GUA – 505 B	O.GUA – 506 B	Two year
C	B.Sc (Fitness)	O.GUA – 505 C	O.GUA – 506 C	Three year
D	B.Sc (Hons) (Fitness)	O.GUA – 505 D	O.GUA – 506 D	Four year

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Date: 24th March, 2025

: 2 :

Regulation Nos	
Duration	R.GUA – 511
Intake Capacity	R.GUA – 512
Scheme of examination	R.GUA – 513
Standard of Passing	R.GUA – 514
Credit Structure	R.GUA – 515 A
	R.GUA – 515 B
	R.GUA – 515 C
	R.GUA – 515 D


(Dr. Prasad Karande)
REGISTRAR

A.C/9.4(C)2(N)/01/11/2023

M.C/3/5/2/2024

Copy forwarded with Compliments for information to:-

- 1) The Chairman, Board of Deans
- 2) The Dean, Faculty of Interdisciplinary Studies
- 3) The Director, Board of Examinations and Evaluation,
- 4) The Director, Board of Students Development,
- 5) The Director, Department of Information & Communication Technology,
- 6) The Co-ordinator, MKCL.

Copy forwarded for information and necessary action to :-	
1	The Deputy Registrar, (Admissions, Enrolment, Eligibility and Migration Dept)(AEM), dr@eligi.mu.ac.in
2	The Deputy Registrar, Result unit, Vidyanagari drresults@exam.mu.ac.in
3	The Deputy Registrar, Marks and Certificate Unit,. Vidyanagari dr.verification@mu.ac.in
4	The Deputy Registrar, Appointment Unit, Vidyanagari dr.appointment@exam.mu.ac.in
5	The Deputy Registrar, CAP Unit, Vidyanagari cap.exam@mu.ac.in
6	The Deputy Registrar, College Affiliations & Development Department (CAD), deputyregistrar.uni@gmail.com
7	The Deputy Registrar, PRO, Fort, (Publication Section), Pro@mu.ac.in
8	The Deputy Registrar, Executive Authorities Section (EA) eau120@fort.mu.ac.in He is requested to treat this as action taken report on the concerned resolution adopted by the Academic Council referred to the above circular.
9	The Deputy Registrar, Research Administration & Promotion Cell (RAPC), rapc@mu.ac.in
10	The Deputy Registrar, Academic Appointments & Quality Assurance (AAQA) dy.registrar.tau.fort.mu.ac.in ar.tau@fort.mu.ac.in
11	The Deputy Registrar, College Teachers Approval Unit (CTA), concolsection@gmail.com
12	The Deputy Registrars, Finance & Accounts Section, fort draccounts@fort.mu.ac.in
13	The Deputy Registrar, Election Section, Fort drelection@election.mu.ac.in
14	The Assistant Registrar, Administrative Sub-Campus Thane, thanesubcampus@mu.ac.in
15	The Assistant Registrar, School of Engg. & Applied Sciences, Kalyan, ar.seask@mu.ac.in
16	The Assistant Registrar, Ratnagiri Sub-centre, Ratnagiri, ratnagirisubcentar@gmail.com
17	The Director, Centre for Distance and Online Education (CDOE), Vidyanagari, director@idol.mu.ac.in
18	Director, Innovation, Incubation and Linkages, Dr. Sachin Laddha pinkumanno@gmail.com
19	Director, Department of Lifelong Learning and Extension (DLLE), dlleuniversityofmumbai@gmail.com

Copy for information :-	
1	P.A to Hon'ble Vice-Chancellor, vice-chancellor@mu.ac.in
2	P.A to Pro-Vice-Chancellor pvc@fort.mu.ac.in
3	P.A to Registrar, registrar@fort.mu.ac.in
4	P.A to all Deans of all Faculties
5	P.A to Finance & Account Officers, (F & A.O), camu@accounts.mu.ac.in

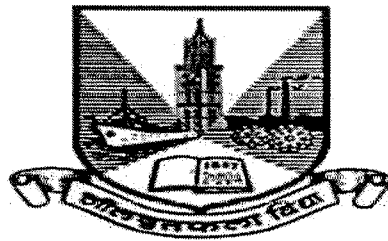
To,

1	The Chairman, Board of Deans pvc@fort.mu.ac.in
2	Faculty of Humanities, Dean 1. Prof.Anil Singh Dranilsingh129@gmail.com Associate Dean 2. Dr.Suchitra Naik Naiksuchitra27@gmail.com 3.Prof.Manisha Karne mkarne@economics.mu.ac.in
	Faculty of Commerce & Management, Dean 1. Dr.Kavita Laghate kavitalaghate@jbims.mu.ac.in Associate Dean 2. Dr.Ravikant Balkrishna Sangurde Ravikant.s.@somaiya.edu 3. Prin.Kishori Bhagat kishoribhagat@rediffmail.com

	Faculty of Science & Technology Dean 1. Prof. Shivram Garje ssgarje@chem.mu.ac.in Associate Dean 2. Dr. Madhav R. Rajwade Madhavr64@gmail.com 3. Prin. Deven Shah sir.deven@gmail.com
	Faculty of Inter-Disciplinary Studies, Dean 1. Dr. Anil K. Singh aksingh@trcl.org.in Associate Dean 2. Prin. Chadrashekhhar Ashok Chakradeo cachakradeo@gmail.com
3	Chairman, Board of Studies,
4	The Director, Board of Examinations and Evaluation, dboee@exam.mu.ac.in
5	The Director, Board of Students Development, dsd@mu.ac.in DSW directr@dsw.mu.ac.in
6	The Director, Department of Information & Communication Technology, director.dict@mu.ac.in

As Per NEP 2020

University of Mumbai



Title of the program

- A- U.G. Certificate in Fitness
- B- U.G. Diploma in Fitness
- C- B.Sc. (Fitness)
- D- B.Sc.(Hons.) (Fitness)

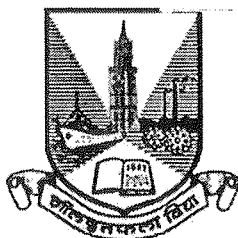
(Garware Institute of Career Education and Development)

**Syllabus for
Semester- Semester I and II**

Ref: GR dated 20th April,2023 for Credit Structure of UG

(with effect from the academic year 2023-24 Progressively)

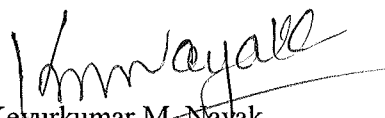
UNIVERSITY OF MUMBAI

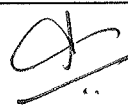


(AS PER NEP 2020)

Sr.No.	Heading	Particulars	
1	Title of program O: <u>GUA- 505 A</u>	A	U.G. Certificate in Fitness
	O: <u>GUA- 505 B</u>	B	U.G. Diploma in Fitness
	O: <u>GUA- 505 C</u>	C	B.Sc. (Fitness)
	O: <u>GUA- 505 D</u>	D	B.Sc.(Hons.) (Fitness)
2	Eligibility O: <u>GUA- 506 A</u>	A	12 th Pass in any stream OR Passed Equivalent Academic Level 4.0 Admissions on the basis of Written Test & Interview. 50% passing marks in the Entrance assessment.
	O: <u>GUA- 506 B</u>	B	1. The candidate who has successfully completed U.G. Certificate in Fitness. OR Passed Equivalent Academic Level 4.5 2. Lateral Entry to be granted to the candidate who's Under Graduate Certificate credits are 60% equivalent to U.G. Diploma in Fitness & he/she earns minimum 8 Credits from U.G. Certificate in Fitness. 3. As per NEP criteria on the basis of RPL-Recognition of Prior Learning, Candidate to be admitted to 2 nd Year subject to He/she securing minimum 50% in the 1 st Year assessment of U.G. Certificate in Fitness.
	O: <u>GUA- 506 C</u>	C	1. The candidate who has successfully completed U.G. Diploma in Fitness. OR Passed Equivalent Academic Level 5.0 2. Lateral Entry to be granted to the candidate who's Under Graduate Diploma credits are 60% equivalent to B.Sc. (Fitness) & he/she earns minimum 8 Credits from U.G. Diploma in Fitness. 3. As per NEP criteria on the basis of RPL-Recognition of Prior Learning, Candidate to be admitted to 3 rd Year subject to He/she securing minimum 50% in the 2 nd Year assessment of U.G. Diploma in Fitness.
	O: <u>GUA- 506 D</u>	D	The candidate who has successfully completed

			B.Sc. Fitness with minimum CGPA of 7.5 OR Passed Equivalent Academic Level 5.5
3	Duration of Program R: <u>GUA- 511</u>	A	1 Year
		B	2 Years
		C	3 Years
		D	4 Years
4	R: <u>GUA- 512</u> Intake Capacity	60	
5	R: <u>GUA- 513</u> Scheme of Examination	NEP 50% Internal – Continuous Evaluation 50% External- Semester End Examination Individual Passing in Internal and External Examination	
6	Standards of Passing R: <u>GUA- 514</u>	50% in each component	
7	Credit Structure R: <u>GUA- 515 A</u> R: <u>GUA- 515 B</u> R : <u>GUA-515 C</u> R: <u>GUA-515 D</u>	Attached herewith	
8	Semesters	A	Sem I & II
		B	Sem I, II, III, & IV
		C	Sem I, II, III, IV, V, & VI
		D	Sem I, II, III, IV, V, VI, VII & VIII
9	Program Academic Level	A	4.5
		B	5.0
		C	5.5
		D	6.0
10	Pattern	Semester	
11	Status	New	
12	To be implemented from Academic Year Progressively	From Academic Year 2023-24	


 Dr. Keyurkumar M. Nayak,
 Director,
 UM-GICED


 Prof.(Dr.) Anil Kumar Singh
 Dean,
 Faculty of Interdisciplinary Studies

PREAMBLE

1) Introduction:

Physical fitness is a general state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, physical activity, and sufficient rest.

The course aims to provide a comprehensive education that prepares individuals to excel as fitness professionals in a variety of roles, catering to the diverse needs of clients and the ever-evolving fitness industry.

2) Program Objectives:

- The objective of this comprehensive fitness training program is to equip individuals with the necessary skills and knowledge to excel in the fitness industry.
- Demonstrate correct forms, posture, and techniques to make exercise effective and injury free
- Promote a co-operative environment amongst the gym user to avoid any conflicts
- Manage and lead the team

3) Course objectives:

- The course objectives of this fitness training program are to provide participants with in-depth knowledge and practical skills in various areas of fitness training.
- Plan and recruit human resources for the fitness center
- Plan the operations of the fitness center
- Create sales plan to meet the revenue goal of the fitness center

4) Course outcomes:

- Develop marketing and promotional activities for customer acquisition
- Manage data and finances of the fitness center
- Manage customer relationship
- Maintain safety standards of the fitness center
- Maintain hygiene and sanitation standards of the fitness center
- Conduct health screening and fitness assessment of the client
- Categorize groups based on their goals and abilities.
- Create a group fitness training plan for the clients
- Conduct group workout sessions to develop specific fitness requirements of the client.
- Guide clients to choose the correct equipment and machines required for their specific workout

5) Credit Structure of the program – (Parishisth-2)

R: GUA-515 A

B. Sc. (Fitness)

FIRST YEAR												
Level	Semester	Major		Minor	OE	VC, SEC (VSEC)	AEC, VEC, IKS	OJT, FP, CEP, CC, RP	Cum. Cr./Sem.	Cumulative		
		Mandatory	Electives									
LEVEL 4.5	SEM 1	Introduction to Fitness Training (T) (2 cr)	—	—	Gym Supply and Value Chain (T) (2cr)	VC: Modern Indian Language including TRL (T) (2 Cr)	AEC: Workout Assistance (T) (2 Cr)	CC: Workspace Environment I (2cr)	22		UG Certificate 40-44	
		Gym Logistics (T) (4Cr)			-----		VEC: Indian Culture and Ethics (T) (2 Cr)					IKS: History of Sports (T) (2cr)
	Cr	6	0	0	4	4	6	2				
	SEM 2	Group fitness training (T) (2 Cr)	—	Health & Safety Education (T) (2 Cr)	CRP &AED (P) (2 Cr)	VC: Fitness Program Planning (P) (2cr)	AEC: Yoga and Fitness (T) (2 Cr)	CC: Workspace Environment II				
Group Fitness Variations (T) (4 Cr)	Nutrition (T) (2 Cr)	SEC: Hygiene & Sanitation (T) (2cr)			VEC: Olympic Movements in Sports (T) (2 Cr)							
	Cr	6	0	2	4	4	4	2				
	Cum. Cr.	12	0	2	8	8	10	4			44	

Exit Option: Award of UG Certificate in Major with 40-44 Credits and an additional 4 Credits Core NSQF Course / Internship OR Continue with Major and Minor

R: GUA- 515 B
SECOND YEAR

Level	Semester	Major Mandatory	Elective 5	Minor	OE	VSC, SEC (VSEC)	AEC, VEC, IKS	OJT, FP, CEP, CC, RP	Cum. Cr./ Sem.	Cumulative	
LEVEL 5.0	SEM 3	Foundation of Strength and Conditioning (T) (4 Cr) Fitness Training, Health, and safety education (T) (4 Cr)	—	Injury Prevention, Rehabilitation and Management (T) (4 Cr)	Doping agents in sports (T) (2 Cr)	VC: Smart Tools (T) (2 Cr)	AEC: Health Performance Analysis (T) (2 Cr)	FP: Field Project -I (P) (2 Cr) CC: Personality development and grooming -I (P) (2 Cr)	22	88	UG Diploma 80-88
	Cr	8	0	4	2	2	2	4			
	SEM 4	Individual fitness training & Principles of personalized fitness training (T) (4 Cr) Fitness Goal Techniques (T) (4 Cr)	—	Emergency Aid and Risk Management (T) (4 Cr)	POCSO (T) (2 Cr)	SEC: Individual Fitness Analysis (T) (2 Cr)	AEC: Professional Communication Skills (T) (2 Cr)	CEP: Health and Sanitation Program (T) (2 Cr) CC: Community Engagement for fit India (T) (2 Cr)	22		
	Cr	8	0	4	2	2	2	4			
	Total Cr in 2nd Year	16	0	8	4	4	4	8			44
	Cum. Cr.	28	0	10	12	12	14	12	88		

Exit Option: Award of UG Diploma in Major and Minor with 80- 88 Cr and an additional 4 credit core NSQF course / Internship OR Continue with Major and Minor

R: GUA-515 C

THIRD YEAR											
Level	Semester	Major Mandatory	Electives	Minor	OE	VSC, SEC (VSEC)	AEC, VEC, IKS	OJT, FP, CEP, CC, RP	Cum. Cr./ Sem.	Cumulative	
LEVEL 5.5	SEM 5	Fitness industry and fitness centre operation (T) (4cr) Lifestyle and Nutritional Management (T) (4CR)	Sales Promotion and Promotional Marketing (T) (4cr)	Fitness HRM and financial Data Analysis (T) (4cr)		Intramurals, Extra Murals, and Tournaments (T) (4CR)	—	CEP: In house Project – Review Study (P) (2 Cr)	22	132	UG Degree 120 – 132
	Cr	8	4	4	0	4	0	2	22		
	SEM 6	Basic Statistics (T) (4Cr) Customer Relationship Management (T) (4Cr) Standard Safety Practices (P) (2 Cr)	Leadership Training (T) (4Cr)	Female Athlete in sports (T) (4cr)				OJT: Internship (P) (4 Cr)			
	Cr	10	4	4	0	0	0	4			
	Total Cr in 3rd Year	18	8	8	0	4	0	6			
	Cum. Cr.	46	8	18	12	16	14	18	132		

Exit Option: Award of UG Degree in Major with 120 -132 Cr OR Continue with Major and Minor

R: GUA- 515 D
FOURTH YEAR

Level	Semester	Major		Minor	OE	VSC, SEC (VSE C)	AEC, VEC, IKS	OJT, FP, CEP, CC, RP	Cum. Cr./ Sem.	Cumul ative	
		Mandatory	Electiv es								
Level 6.0	SEM 7	Sports Training (T) (4 Cr) Sport Psychology (T) (4 Cr) Balance and Flexibility Test (P) (6 Cr)	Sports Coachin g (T) (4 Cr)	Research Methodo logy (T) (4 Cr)				Industry Field visit and Report (4 Cr)	26	178	4 Years Bachelor (Honors) degree
	Cr	14	4	4	0	0	0	4			
	SEM 8	Strategy Planning in Sports (T) (4 Cr) JCR Test (P) (2 Cr) Yoga (P) (6 Cr)	Sports Camps and Athletic Meet (T) (4Cr)					Industry Field visit and Report (4 Cr)	20		
	Cr	12	4	0	0	0	0	4			
	Total Cr in 4th Year	26	8	4	0	0	0	8		46	
	Cum. Credit	72	16	22	12	16	14	26			178

Dr. Keyurkumar M. Nayak,
Director,
UM-GICED

Prof.(Dr.) Anil Kumar Singh
Dean,
Faculty of Interdisciplinary Studies

Subject Code	Core Subject	Assessment Pattern			Teaching Hours			
	Topics	Internal Marks 50	External Marks 50	Total Marks (CA) 50/100	Theory Hours	Practical hours	Total Hours	Total Credits
Major Mandatory								
BSSFTS1MJP1	Introduction to Fitness Management	50	50	100	60	–	30	2
BSSFTS1MJP2	Gym Logistics	50	50	100	30	–	60	4
Open Elective (OE)								
BSSFTS1P3	Gym Supply & Value Chain	50	50	100	30	–	30	2
BSSFTS1P4	First Aid and Rehabilitation	50	50	100	30	–	30	2
Vocational Courses (VC)								
BSSFTS1P5	Modern Indian Language	50	50	100	30	–	30	2
Skill Enhancement Courses (SEC)								
BSSFTS1P6	Theory of Games	50	50	100	30	–	30	2
Ability Enhancement Courses (AEC)								
BSSFTS1P7	Workout Assistance	50	50	100	30	–	30	2
Value Education Course (VEC)								
BSSFTS1P8	Indian Culture and Ethics	50	50	100	30	–	30	2
Indian Knowledge System (IKS)								
BSSFTS1P9	History of Sports	50	50	100	30	–	30	2
Co-curricular Courses (CC)								
BSSFTS1P10	Workspace Environment – I	50	50	100	10	20	30	2
	Total	500	500	1000	310	20	330	22

Subject Code	Core Subject	Assessment Pattern			Teaching Hours			
	Topics	Internal Marks 50	External Marks 50	Total Marks (CA) 50/100	Theory Hours	Practical hours	Total Hours	Total Credits
Major Mandatory								
BSSFTS2MJP1 1	Group Fitness Training	50	50	100	60	—	30	2
BSSFTS2MJP1 2	Group Fitness Variation	50	50	100	30	—	60	4
Minor								
BSSFTS2MRP1 3	Health and Sanitation Education	50	50	100	30	—	30	2
Open Elective (OE)								
BSSFTS2P14	CPR and AED	50	50	100	10	20	30	2
BSSFTS2P15	Nutrition	50	50	100	30	—	30	2
Vocational Courses (VC)								
BSSFTS2P16	Fitness Program Planning	50	50	100	10	20	30	2
Skill Enhancement Courses (SEC)								
BSSFTS2P17	Hygiene and Sanitation	50	50	100	30	—	30	2
Ability Enhancement Courses (AEC)								
BSSFTS2P18	Yoga and Fitness	50	50	100	30	—	30	2
Value Education Course (VEC)								
BSSFTS2P19	Olympic Movements in Sports	50	50	100	30	—	30	2
Co-curricular Courses (CC)								
BSSFTS2P20	Workspace Environment - II	50	50	100	10	20	30	2
	Total	500	500	1000	270	60	330	22

Subject Code	Core Subject	Assessment Pattern			Teaching Hours			
	Topics	Internal Marks 50	External Marks 50	Total Marks (CA) 50/100	Theory Hours	Practical hours	Total Hours	Total Credits
Major Mandatory								
BSSFTS3MJP 21	Foundation of Strength and Conditioning	50	50	100	60	—	60	4
BSSFTS3MJP 22	Fitness Training, Health and Safety Education	50	50	100	60	—	60	4
Minor								
BSSFTS3MRP 23	Injury Prevention, Rehabilitation and Management	50	50	100	60	—	60	4
Open Elective (OE)								
BSSFTS3P24	Doping Agents in Sports	50	50	100	30	—	30	2
-	-	-	-	-	-	-	-	-
Vocational Courses (VC)								
BSSFTS3P25	Smart Tools	50	50	100	30	—	30	2
Skill Enhancement Courses (SEC)								
Ability Enhancement Courses (AEC)								
BSSFTS3P26	Health Performance Analysis	50	50	100	30	—	30	2
Field Project (FP)								
BSSFTS3P27	Field Project – I	—	—	—	—	30	30	2
Co-curricular Courses (CC)								
BSSFTS3P28	Personality Development and Grooming	50	50	100	10	20	30	2
	Total	350	350	700	280	50	330	22

Subject Code	Core Subject	Assessment Pattern			Teaching Hours			
	Topics	Internal Marks 50	External Marks 50	Total Marks (CA) 50/100	Theory Hours	Practical hours	Total Hours	Total Credits
Major Mandatory								
BSSFTS4MJP 29	Individual fitness Training and Principles of Personalized Fitness Training	50	50	100	60	–	60	4
BSSFTS4MJP 30	Fitness Goal Techniques	50	50	100	60	–	60	4
Minor								
BSSFTS4MRP 31	Emergency Aid and Risk Management	50	50	100	60	–	60	4
Open Elective (OE)								
BSSFTS4P32	POCSO	50	50	100	30	–	30	2
Skill Enhancement Courses (SEC)								
BSSFTS4P33	Individual Fitness Analysis	50	50	100	30	–	30	2
Ability Enhancement Courses (AEC)								
BSSFTS4P34	Professional Communication Skills	50	50	100	30	–	30	2
Curriculum Enhancement Program (CEP)								
BSSFTS4P35	Health and Sanitation Program	50	50	100	30	–	30	2
Co-curricular Courses (CC)								
BSSFTS4P36	Community Engagement For Fit India	50	50	100	10	20	30	2
	Total	400	400	800	310	20	330	22

Subject Code	Core Subject	Assessment Pattern			Teaching Hours			
	Topics	Internal Marks 50	External Marks 50	Total Marks (CA) 50/100	Theory Hours	Practical hours	Total Hours	Total Credits
Major Mandatory								
BSSFTS5MJP 37	Fitness Industry and Fitness Centre Operation	50	50	100	60	—	60	4
BSSFTS5MJP 38	Lifestyle and Nutritional Management	50	50	100	60	—	60	4
Major Electives								
BSSFTS5P39	Sales Promotions & Promotion Marketing	50	50	100	60	—	60	4
Minor								
BSSFTS5MRP 40	Fitness HRM and Financial Data Analysis	50	50	100	60	—	60	4
Vocational Courses (VC)								
BSSFTS5P41	Intramurals, Extra murals and Tournaments	50	50	100	60	—	60	4
Curricular Enhancement Program (CEP)								
BSSFTS5P42	In house Project	50	50	100	10	20	30	2
	Total	300	300	600	310	20	330	22

Subject Code	Core Subject	Assessment Pattern			Teaching Hours			
	Topics	Internal Marks 50	External Marks 50	Total Marks (CA) 50/100	Theory Hours	Practical hours	Total Hours	Total Credits
Major Mandatory								
BSSFTS6MJP 43	Basic Statistics	50	50	100	60	–	60	4
BSSFTS6MJP 44	Customer Relationship Management	50	50	100	60	–	60	4
BSSFTS6P45	Standard Safety Practices	50	50	100	10	20	30	2
Major Electives								
BSSFTS6P46	Leadership Training	50	50	100	60	–	60	4
Minor								
BSSFTS6MRP 47	Female Athlete in Sports	50	50	100	60	–	60	4
On-The Job Training (OJT)								
BSSFTS6P48	Internship	50	50	100	60	–	60	4
	Total	300	300	600	310	20	330	22

Subject Code	Core Subject	Assessment Pattern			Teaching Hours			
	Topics	Internal Marks 50	External Marks 50	Total Marks (CA) 50/100	Theory Hours	Practical hours	Total Hours	Total Credits
Major Mandatory								
BSSFTS7MJP 49	Sports Training	50	50	100	60	–	60	4
BSSFTS7MJP 50	Sports Psychology	50	50	100	60	–	60	4
BSSFTS7P51	Balance and Flexibility Test	50	50	100	30	60	90	6
Major Electives								
BSSFTS7P52	Sports Coaching	50	50	100	60	–	60	4
Minor								
BSSFTS7MRP 53	Research Methodology	50	50	100	60		60	4
Field Project (FP)								
BSSFTS7P54	Industry Field Visit and Report	50	50	100	–	–	60	4
	Total	300	300	600	270	60	330	26

Subject Code	Core Subject	Assessment Pattern			Teaching Hours			
	Topics	Internal Marks 50	External Marks 50	Total Marks (CA) 50/100	Theory Hours	Practical hours	Total Hours	Total Credits
Major Mandatory								
BSSFTS8MJP 55	Strategy Planning in Sports	50	50	100	60	--	60	4
BSSFTS8MJP 56	JCR	50	50	100	–	30	30	2
BSSFTS8MJP 57	Yoga	50	50	100	30	60	90	6
Major Electives								
BSSFTS8P58	Sports Camp and Athletics Meet	50	50	100	60	---	60	4
Field Project (FP)								
BSSFTS8P59	Industry Field Visit and Report	50	50	100	10	50	60	4
	Total	250	250	500	160	140	300	20

Sem.I

SEMESTER- I

Sr. No.	Modules	No. of Hours	Session of 2 Hours each
1.	Introduction & Importance for fitness training	30	15
	<ul style="list-style-type: none"> • Types of fitness Training • Roles and responsibilities of the Trainer • Fundamentals of Training • Principles of Exercise 		
2.	<ul style="list-style-type: none"> • Gym Logistics and Value Chain 	60	30
	<ul style="list-style-type: none"> • Types of training • Gym equipment's • Equipment Management • Specific fitness exercises • Importance of warm up cool down sessions 		
3.	First Aid, Trauma response & Rehabilitation	30	15
	<ul style="list-style-type: none"> • Types of injuries • Postural deformities • First aid • Disabilities and Rehabilitation • Physiotherapy and therapeutic exercises 		
4	Work space Environment	30	15
	<ul style="list-style-type: none"> • Environmental friendly materials • Waste management • Common sources of pollution • Resource management 		
5.	Workout assistance	30	15
	<ul style="list-style-type: none"> • Introduction to Workout. • Types of workout • Workout benefits • Fitness Assessment 		
6.	Gym logistics	30	15

	<ul style="list-style-type: none"> • Types of training • Types of Gym Equipment • Equipment Management • Maintenance & Error Reporting 		
7.	History of Sports	30	15
	<ul style="list-style-type: none"> • Ancient Roots • Mughal Period • British Period • National Sports Policies • All India Council of Sports, NSNIS, National Coaching Scheme, Kunzuru Committee. Kothari Commission. 		
8.	Modern Indian Language	30	15
	<ul style="list-style-type: none"> • Theory of Communication • Obstacles to Communication in Business World • Business Correspondence • Language and Writing Skills 		
9.	Indian Culture and Ethics	30	15
	<ul style="list-style-type: none"> • Indian Ethos – An Overview • Work Ethics and Values • Stress Management • Indian Systems of Learning 		

Sem.II

SEMESTER- II

Sr. No.	Modules	No. of hours	Session of 2 Hours each
1.	Group Fitness Training	30	15
	<ul style="list-style-type: none"> ● Introduction to group fitness exercise/aerobic exercise, Evolution of group exercise, ● Types of working Environment, ● Role and responsibilities of group exercise in the fitness industry, ● Create healthy marketing tactics for group exercise 		
2.	Group Fitness Variations	60	30
	<ul style="list-style-type: none"> ● Mental Benefits of Group Exercise ● Physical Benefits of Group Exercise ● Group fitness class design / class structure and content ● Principles and techniques of group exercise 		
3.	Health & Safety Education	30	15
	<ul style="list-style-type: none"> ● Meaning & Definition of Health ● Dimensions of Health ● Objectives of Health Education ● Scope of Health Education ● Principles of Health Education 		
4.	CPR & AED	30	15
	<ul style="list-style-type: none"> ● First Aid Requirements ● Types of injuries ● CPR Demonstration ● Emergency Evacuation Protocol 		
5.	Nutrition	30	15
	<ul style="list-style-type: none"> ● Nutrition and its importance ● Micro and Macro Nutrients ● Fitness screening ● Your Ideal Weight ● Eating for Competitions 		

6.	Fitness Program Planning	30	15
	<ul style="list-style-type: none"> • Group fitness training program • Cardiorespiratory training • Categories of programs • Categorization of Clients 		
7.	Hygiene and Sanitation	30	15
	<ul style="list-style-type: none"> • Understanding Hygiene & sanitation • Sanitizing Agents • Environment in gym • First aid for common injuries. 		
8.	Yoga & Fitness	30	15
	<ul style="list-style-type: none"> • Meaning and history of yoga • Ashtang yoga • Types of yoga • Types of Pranayam • Benefits of Yoga • Basic principles of yoga • Stages & sequences of asanas • Asanas 		
9.	Olympic Movements in Sports	30	15
	<ul style="list-style-type: none"> • Olympic movement • The IOC mission • International Federation • Olympic Committees • Olympic Games 		
10.	Workspace Environment	30	15
	<ul style="list-style-type: none"> • Understanding Pollution & its effects • Non-recyclable Waste • Environment friendly Material • Safety & Maintenance of equipment 		

List of Books

Book Name	Author
Business of Sports	Vinit Karnik & Vishnu Govind
Essentials of Physical Education	Kalyani Publication
Foundation of Physical Education	Dr. M.L. Kamlesh
Test, Evaluation Accreditation and Measurements	Dr. D.K. Kansal

PASSING PERFORMANCE GRADING :

The Performance Grading of the learner shall be on ten point scale be adopted uniformly.

Letter Grades and Grade Point

Semester GPA/ Program CGPA Semester / Program	% of Marks	Alpha-Sign/Letter Grade Result	Grading Point
9.00 – 10.00	90.0 - 100	O (Outstanding)	10
8.00 - < 9.00	80.0 < 90.0	A+ (Excellent)	9
7.00 - < 8.00	70.0 < 80.0	A (Very Good)	8
6.00 - < 7.00	60.0 < 70.0	B+ (Good)	7
5.50 - < 6.00	55.0 < 60.0	B (Average)	6
5.00 - < 5.50	50.0 < 55.0	C (Pass)	5
Below 5.00	Below 50	F (Fail)	0
AB (Absent)		Absent	

NOTE : VC : Vocational Courses, SEC : Skill Enhancement Courses, AEC : Ability Enhancement Courses, VEC : Value Education Courses, VSC : Vocational Skill Course, IKS : Indian Knowledge System, OJT: On The Job Training, FP: Field Projects.

The performance grading shall be based on the aggregate performance of Internal Assessment and Semester End Examination.

The Semester Grade Point Average (SGPA) will be calculated in the following manner:

$SGPA = \sum CG / \sum C$ for a semester, where C is Credit Point and G is Grade Point for the Course/ Subject.

The Cumulative Grade Point Average (CGPA) will be calculated in the following manner: $CGPA = \sum CG / \sum C$ for all semesters taken together.

PASSING STANDARD FOR ALL COURSES :

Passing 50% in each subject /Course separate Progressive Evaluation (PE)/Internal Evaluation and Semester-End/Final Evaluation (FE) examination.

- A. Carry forward of marks in case of learner who fails in the Internal Assessments and/ or Semester-end examination in one or more subjects (whichever component the learner has failed although passing is on total marks).
- B. A learner who PASSES in the Internal Examination but FAILS in the Semester-end

Examination of the Course shall reappear for the Semester-End Examination of that Course. However, his/her marks of internal examinations shall be carried over and he/she shall be entitled for grade obtained by him/her on passing.

- C. A learner who PASSES in the Semester-end Examination but FAILS in the Internal Assessment of the course shall reappear for the Internal Examination of that Course. However, his/her marks of Semester-End Examination shall be carried over and he/she shall be entitled for grade obtained by him/her on passing

ALLOWED TO KEEP TERMS (ATKT)

- A. A learner shall be allowed to keep term for Semester II irrespective of number of heads/courses of failure in the Semester I.
- B. A learner shall be allowed to keep term for Semester III wherever applicable if he/she passes each of Semester I and Semester II.

OR

- C. A learner shall be allowed to keep term for Semester III wherever applicable irrespective of number of heads/courses of failure in the Semester I & Semester II.
- D. A learner shall be allowed to keep term for Semester IV wherever applicable if he/she passes each of Semester I, Semester II and Semester III.

OR

- E. A learner shall be allowed to keep term for Semester IV wherever applicable irrespective of number of heads/courses of failure in the Semester I, Semester II, and Semester III
- F. A learner shall be allowed to keep term for Semester V wherever applicable if he/she passes each of Semester I, Semester II, Semester III and Semester IV.

OR

- G. A learner shall be allowed to keep term for Semester V wherever applicable irrespective of number of heads/courses of failure in the Semester I, Semester II, Semester III, and Semester IV.
- H. The result of Semester VI wherever applicable OR final semester shall be kept in abeyance until the learner passes each of Semester I, Semester II, Semester III, Semester IV, Semester V wherever applicable.

OR

- I. A learner shall be allowed to keep term for Semester VI wherever applicable irrespective of number of heads/courses of failure in the Semester I, Semester II, Semester III, Semester IV and Semester V.

University of Mumbai's
Garware Institute of Career Education and Development
Board of Studies – Committee members
Course Name: BSC Fitness
Date- 14th June, 2023 & Time- 11.00 am

Sr. No.	Name	Signature
1	Dr. Keyurkumar Nayak Director, UM-GICED and Chairman-BOS	<i>Km Nayak</i>
2	Smt. Shilpa Borkar, Placement Officer	<i>Shilpa</i>
3	Mr. Amitava Pal Associate Dean	<i>Amitava</i>
4	Ms. Avanti Desai Program Head	
5	Mr. Karan Mange Industry Experts	<i>Karan</i>
6	Mr. Krishna Kejriwal Alumni	<i>Krishna</i>
7	Mr. Bhavesh Tanavade Alumni	<i>Bhavesh</i>
8	Ms. Malini Jain Adjunct faculty	<i>Malini</i>
9	Ms. Kinjal Mehta Assistant professor	<i>Kinjal</i>
10	Ms. Arpi Shah Subject Experts	<i>Arpi</i>
11	Ms. Mansi Kalgutkar Subject Experts	<i>Mansi</i>

BSE - INTERNAL



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Keyurkumar M. Nayak
Dr. Keyurkumar M. Nayak,
Director,
UM-GICED

Anil Kumar Singh
Prof.(Dr.) Anil Kumar Singh
Dean,
Faculty of Interdisciplinary Studies

Appendix B

Justification for B.Sc. (Fitness)

1.	Necessity for starting the course	The University of Mumbai's Garware Institute of Career Education & Development plans to introduce a four years full time B.Sc. Fitness. The course aims to provide a comprehensive education that prepares individuals to excel as fitness professionals in a variety of roles, catering to the diverse needs of clients and the ever-evolving fitness industry.
2.	Whether the UGC has recommended the course:	Yes, UGC has recommended the course as per gazette no. DL(N)-04/0007/2003-05 dated 11th July 2014. UGC encourages the incorporation of skill oriented and value-added courses to develop skilled manpower.
3.	Whether all the courses have commenced from the academic year 2023-2024	Yes, it would be commencing from the Academic year 2023-24 as per NEP 2020.
4.	The courses started by the University are self-financed, whether adequate number of eligible permanent faculties are available?	Yes, this course is self-financed. The expert visiting faculty from industries come to teach this course.
5.	To give details regarding the duration of the Course and is it possible to compress the course?	The duration of the course is four years (Eight Semesters). It cannot be further compressed.
6.	The intake capacity of each course and no. of admissions given in the current academic year:	The intake capacity of this course is 120 students. The admission procedure is still ongoing.
7.	Opportunities of Employability/ Employment available after undertaking these courses:	The candidate can explore a range of job opportunities in the fitness and wellness industry. Some potential career paths that can be considered are as Personal Trainer, Group Fitness Instructor, Strength and Conditioning Coach, Corporate Wellness Coordinator, Fitness Consultant, Fitness Manager, Health Coach, Rehabilitation Specialist, Wellness Retreat Coordinator, Fitness Writer/Blogger, etc.,

Dr. Keyurkumar M. Nayak,
Director,
UM-GICED

Prof.(Dr.) Anil Kumar Singh
Dean,
Faculty of Interdisciplinary Studies