



TEERTHANKER MAHAVEER UNIVERSITY

TMIMT College of Physical Education

Value Added course

“KID’S FITNESS TRAINER”

For

U.G Students

Of

TEERTHANKER MAHAVEER UNIVERSITY

2022-23

GUIDELINES

The constantly shifting global environment increases competition and calls for highly developed lateral thinking skills and an entrepreneurial spirit to meet the new challenges. The specific skill sets that are taught to students today with program-specific objectives frequently become obsolete sooner rather than later as a result of the rapid evolution of technology. Every important or relevant topic cannot be effectively covered in a university curriculum. It is crucial for higher education institutions to add to the curriculum so that students can grow as individuals and better prepare for the demands of the workplace.

Numbers of value-added courses are offered by TMIMT College of Physical Education at Teerthanker Mahaveer University. These courses are taught by professionals and assist students in standing out from the competition in the job market by enhancing their resumes. They are largely unrelated to any one field type.

OBJECTIVES

The Value Added Course's key goals are to:

- Give students a better grasp of what businesses expect.
- To increase pupils' employability skills.
- To close the skills gap and prepare students for the workplace.
- To give pupils a chance to build cross-disciplinary abilities.
- Should train kids to be employers, not job seekers.

DURATION

A value-added course lasts 15 hours and is divided into 5 hours of theory and 10 hours of practical instruction. However, the course instructor will choose the ratio of theory to practical, with the department head's consent.

PROCEDURE FOR REGISTRATION

The list of Value Added Courses shall be displayed in the University Website along with the syllabus. A student shall register for a Value Added Course through the concerned Principal of the College. The Principal of the college with the help of the course instructors will prepare the final list for the approval of Associate dean academics. After the approval of Associate dean academics the college Principal will display the schedule in the college notice board.

ATTENDANCE

Same as per our other regular courses, here also the students have to maintain a minimum of 75% attendance during the course otherwise student will fail to get the VAC certificate.

EVALUATION

Assignment	Viva	Attendance	Skill	Total
10	40	10	40	100

GRADING SYSTEM

The grades will be distributed in the following manner:-

Marks	Grade
90-100	A++
80-89	A+
70-79	A
60-69	B++
50-59	B+
40-49	B
39 or below are considered to be fail	

Awarding Certificate

Learners will get a certificates once they have registered for, appeared in the examination and successfully passed. The college students who've completed the Value Added Course will be issued with a Certificate duly signed duly signed by the Authorized signatories.

KID'S FITNESS TRAINER

Duration: - 16 Hrs. Course

Course Type: - VAC-I

Instructor: - Mr. Mukesh Kumar
Contact @ 8755141994

Email: - mukesh.scholar@tmu.ac.in

Registration: - Delivery: - 3 February to 27th March, 2023.

Unit – 1: Introduction

- 1.1 Introduction of kid's fitness.
- 1.2 Introduction of physical fitness & wellness.
- 1.3 Introduction of gross and fine motor skills.
- 1.4 Behavior, gestures & communication during the session.

Unit – 2: Equipment and Props

- 2.1 Playing equipment and props.
- 2.2 Teaching equipment and props.
- 2.3 Equipment related to measurement & evaluation.
- 2.4 First-aid and general medical items.
- 2.5 Safety rules.

Unit – 3: Training methods

- 3.1 Gross motor skill training methods: Sitting, standing, walking, running, jumping, throwing, lifting, and kicking.
- 3.2 Fine motor skill training methods: Grasping, holding and pressing.
- 3.3 Recreation activities: Station training, catching, hitting a particular target, puzzles.
- 3.4 Methods related to the correction of various postural deformities of early ages.

Unit – 4: Measurement of kid's fitness

- 4.1 Measurement of height, body & weight.
- 4.2 Measurement of flexibility (Sit & reach test)
- 4.3 Measurement of basic strength (soft ball throw, vertical jump, SBJ)
- 4.4 Measurement of coordination ability.

