

# SKILL ENHANCEMENT COURSE (SEC-3)

## SEMESTER V

**BES-S501**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **GYM SETUP**

#### **Unit – I**

Health Club/ Gym Setup- Introduction

Basic guidelines

Funding/ Budget

Purpose- To whom- society, Institution, Professional & Personal

#### **Unit – II**

External Environment- Building Lay out and Area

Internal Environment- Critical Factors, Space, Floor, Sanitation, Heating and Ventilation, Lighting, Storage and Seating area for Spectators

#### **Unit – III**

Equipment care- Electronic

Equipment care-Station equipment

Equipment Maintenance- Electronic

Equipment Maintenance-Station equipment

Special Care during Gym activities

#### **Unit – IV**

Various exercises on various equipment's.

Equipment's for warming up and cooling down

Procedure of exercising.

Time table for exercising.

Precautions during exercising.

#### **Suggested Readings:**

Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000

Uppal, A.K., "Principles of sports training" Singh, Hardayal. "Sciences of Sports training",  
Cornwell. T.B, (2014). Sponsorship in marketing: Effective communications through sports,  
arts and events. Routledge Publishers, USA