

**SKILL ENHANCEMENT COURSE**  
**(SEC-3) (Opt any one)**  
**SEMESTER V**  
**GYM SETUP**

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

**BES-S501**

Time allowed: 3Hrs

**The Course learning outcomes (COs):** On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following.....

**CO-1.** Memorizing the Importance of Gym Setup.

**CO-2.** Describing the Basic guidelines of Gym Setup.

**CO-3.** Acquiring the knowledge of Layout of Gym.

**CO-4.** Determining the Internal and External environment of Gym.

**CO-5.** Categorizing the Equipment's.

**CO-6.** Estimating the Procedure, Time table and Precautions of exercising.

**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