6.5 POST GRADUATE DIPLOMA IN FITNESS MANAGEMENT – OBJECTIVES

6.5.1 To prepare highly qualified health club managers & fitness experts with profound knowledge in the field of fitness management.

6.5.2 To provide vocational guidance and placement services to the professionals in this field.

6.5.3 To manage the stress and strain.

6.5.4 To maintain the normal health and fitness of the individual and the community.

6.6 IMPORTANT DATES FOR ADMISSION TO POST GRADUATE DIPLOMA IN FITNESS MANAGEMENT (PGDFM) (ONE YEAR)

Last Date of Receipt of Application	:	**13th July 2012**
Reporting Time for Admission Test	:	**9 AM on 14th July 2012**
Dates of Admission Test	:	**14th July 2012**
Venue for Admission Test	:	**L.N.U.P.E. Gwalior**
Commencement of classes	:	**16th July 2012**

6.6.1 NUMBER OF SEATS : Total 15

NOTE: The reserved quota of admission can change as per the government policies from time to time.

6.6.2 ELIGIBILITY FOR ADMISSION

6.6.2.1 The aspirants should have obtained minimum 45% Marks (40% for SC/ST) in Bachelor Degree in any discipline from a recognized University.

6.6.2.2 Married women shall be eligible for admission to the course. (In case, a woman candidate admitted to the course gets pregnant and reaches the stage of expectancy during the course, she will have to discontinue her studies for a minimum period of one year).

6.6.3 ADMISSION PROCEDURE/TESTING AREAS

6.6.3.1 Practical skills : 50 Marks

The applicants will be tested for their basic fitness in relation to Fitness Management practices and Marks will be awarded as per norms on the basis of their performance (Canadian Physical Fitness Test will be used for evaluation).

6.6.3.2 General Awareness (Written Test & Interview) : 50 Marks

Basic knowledge on fitness concepts will be tested in the form of a written test of objective type having a weightage of 40 Marks. Interview having a weightage of 10 Marks shall be conducted by a group of teachers.

NOTE:

I. **Candidates are to note that no call letter for the entrance test shall be sent to them by post.** Candidates who are sure that they fulfill eligibility conditions, may report for admission test as per the stipulated programme at LNUPE, Gwalior.

II. Seats will be filled according to the merit of Admission Test.

III. The candidate must secure minimum of 45% as passing mark in the Admission Test.

6.6.4 FEE STRUCTURE

Each student will pay the fee as given in **ANNEXURE – VIII.**

Besides fee, selected students have to bear their all expenses on their own for Internship for Fitness Training which is a part of that course (Training will be conduced outside Gwalior most probably for a month's period and is compulsory for every student). Students have to find out their training centre.

6.6.5 COURSE CONTENTS

THEORY SUBJECTS

1. Paper – I : Fitness and Wellness
2. Paper – II : Health Club and Management
3. Paper – III : Massage and Health Club
4. Paper – IV : Yoga and Naturopathy
5. Paper – V : Fitness Management.

6.6.6 UNIFORM

The students shall have a common uniform as decided by the University/ Department. After admission they should procure the uniform which would cost around Rs. 3000/-.

6.6.7 AWARD OF DIPLOMA

A candidate will be awarded Diploma by the University after having passed the theory and practical examinations separately.

NOTE:

I. Medium of Examination shall preferably be in English.
II. In case where the Department does not have separate rules, rules of the University would be applicable.