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**A BLENDED COURSE with *UNIQUE FEATURES!***

* Main certification by **BPCA's College of Phy Ed** [NAAC Grade “A” & permanently affiliated to Mumbai Univ.]by **Mumbai University** [NAAC – UGC Grade “A - 5 Star” ranking] and **GĀYO FITNESS ACADEMY**
* Jointly conducted with **BPCA's College of Phy Ed** as an extension of the University of Mumbai approved program – Certificate Course for Personal Fitness Trainers
* Specially designed for India by world authority in S&C – Prof Ian Jeffreys
* Prof Jeffreys will show Strength is not all that matters in S&C. He will provide detailed sports specific approaches in –
  + development of force capacities, speed & agility capacities, endurance capacities
  + seeing the "big picture", zeroing in on the target, transitioning from training to performance
  + analysis of performance and determination of needs
* CCSSC is a comprehensive course that combines a practical, blended approach to S&C – the 10 months-long course comprises online learning, guided home study and project work and in-person teaching.
* **CCSSC has two phases –**

**PREPARATIORY / Foundation PHASE**

**COURSE – I: ANATOMY AND PHYSIOLOGY OF HUMAN BODY**

UNIT I: PRINCIPLES OF ANATOMY

UNIT II: PRINCIPLES OF PHYSIOLOGY

**COURSE – II: EXERCISE & SPORTS KINESIOLOGY & BIOMECHANICS**

UNIT – I: COMPONENTS OF BIOMECHANICS

UNIT – II: BIOMECHANICAL APPLICATIONS

**COURSE – III: SPORTS & PERFORMANCE NUTRITION**

UNIT – 1: INTRODUCTION TO DIETETICS

UNIT – 2: INTRODUCTION TO NUTRITION

UNIT – 3: INTRODUCTION TO SPORTS SUPPLEMENTATION

UNIT – 4: WADA AND NADA REGULATIONS

**COURSE – IV: SPORTS & PERFORMANCE PSYCHOLOGY**

UNIT – 1: MOTIVATION TECHNIQUES

UNIT – 2: RELAXATION AND CONCENTRATION TECHNIQUES

UNIT – 3: GOAL SETTING TECHNIQUES

UNIT – 4: VISUALIZATION

**COURSE V: SPECIAL ISSUES RELATING TO STRENGTH & CONDITIONING**

UNIT – I: Recovery

UNIT – II: Strength & Conditioning for children

UNIT – III: Strength & Conditioning for Special Populations

UNIT – IV: Performing in Extreme Environments

UNIT – V: Physical Assessment and Planning Macrocycles, Mesocycles and Microcycles

**COURSE VI: FACILITY MANAGEMENT**

UNIT – I: Design Considerations

UNIT – II: Maintenance

UNIT – III: Building development plans

UNIT – IV: Human Resources

**COURSE VII: SAFETY AND INJURY PREVENTION and MANAGEMENT**

**MAIN COURSE**

**COURSE VIII: PRACTICAL TRAINING IN S&C MODALITIES**

UNIT – I: STRENGTH TRAINING

UNIT – II: FUNCTIONAL STRENGTH TRAINING

UNIT – III: PLYOMETRICS

UNIT IV: OTHER TRAINING MODALITIES

**COURSE – IX: STRENGTH & CONDITIONING**

UNIT – 1: FOUNDATIONS OF STRENGTH AND CONDITIONING

UNIT – II: DEVELOPMENT OF FORCE CAPACITIES

UNIT – III: DEVELOPMENT OF SPEED AND AGILITY CAPACITIES

UNIT – IV: DEVELOPMENT OF ENDURANCE CAPACITIES

**COURSE X: PLANNING AND PERIODIZING EFFECTIVE PROGRAMS**

* **CCSSC Students get**

**Knowledge Delivery**

Prof. Ian Jeffreys’ teaching will be supported by GĀYO’s senior faculty like Angshuman Dutta, Amruta Deshmukh, Ratnadeep Tagde, Vinita Menon, VM Basheer and galaxy of top coaches.

*NOTE: Currently CCSSC is BEING OFFERED AS BLENDED COURSE – that is, it comprises:*

1. Online:
   * 1. “Live” WEBINARS (face-to-face) supported with PPTs
     2. Live WEBINARS based on Prof Ian Jeffreys’ power-point presentations specifically designed and recorded for CCSSC students
2. GUIDED home study / practice on basis of 1,400 exercise videos
3. Home ASSIGNMENTS including three case studies leading to viva voce and assessment
4. IN-PERSON (offline)

**Learning Resources**

* + 1. “Effective Coaching in Strength and Conditioning: Pathways to Superior Performance” by Prof Ian Jeffreys – original book
    2. 10 eBOOKS
    3. About 1,400 exercise videos
    4. Teaching: Bi-lingual according to State / Venue. Prof Jeffreys will teach in English.
    5. Free professional guidance after enrolment and certification
* **Duration in number of hours of BLENDED learning**

TOTAL: approximately 325 to 350 hours. Total – about 10 months

**PREPARATORY – Courses I to VII**

* Duration: 5 Months (maximum)
* Working Hours: 5 hours in a day
* Theory: 150 Hours
* Practical: 100 Hours
* Total Hours: 250 including classroom (100 hours), home & online study and practice (150 hours)

**MAIN COURSE – Courses VIII to X**

* Duration: 5 Months (maximum)
* Working Hours: 6 hours in a day
* Theory: 100 Hours
* Practical: 200 Hours
* Total Hours: 300 including classroom (100 hours), home & online study and practice (200 hours)
* **Certifications and Fees\***:

**\*FEE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. ADD GST AS APPLICABLE. CHECK FEE PRIOR TO ENROLMENT.**

GFA-BPCACPE certificate

+ 10 Workshop Certificates ₹ 58,000

**Optional:**

NSQF LEVEL 4 CERT

(RPL SKILLS INDIA - SPEFL-SC) ₹ 4,500 OPTIONAL but

ADVISABLE for Domestic Indian market. Students registered in Govt of India’s National Skills Register.

\*Add other fees and 18% GST as applicable. *Call us for fee details and payment facility.*

* **Student Eligibility**
* Must have passed 10 + 2 years of School Education
* Must hold National / International Certification in –
  + Fitness Education certification equivalent to Gāyo / ISSA / NASC / NASM, etc and have minimum three years of training experience
  + Sports Coaching certificate in IOC recognized Sports or Indian Sports from SAI and / or national / world federations of relevant sport
* Must be physically fit
* Must have passion for fitness / sport
* Physically Challenged persons can apply if they have exposure to fitness / sport
* BEFORE EXAMINATION, must attend and be certified in First Aid & CPR with AED
* **Summary of TERMS AND CONDITIONS**

1. For COURSE FEES payable see above. Student will pay GST as applicable
2. The CCSSC Certificate is issued by University of Mumbai to only those students who –
   1. attend the full course with minimum of 50% attendance in each of the Guided Learning sections, and
   2. pass the Course Exams with at least 50%.
3. We strongly recommend that student enrols to Skills India National Skills Qualification Level 4 (NSQF L4) also known as Registration of Prior Learning (RPL) so that his / her name is entered in the Government of India’s National Skills Register.
4. CCFT Examination and Passing Grades awarded will be as follows. *Examination system will be modified according to lockdown, social distancing, travel requirements. For example, ONLINE PROCTORED exams may replace in-person, classroom exams:* 
   1. Home Study Assignments:
      1. Practical Training ion various formats: practice execution and its delivery to client – at least 5 to be video recorded (maximum marks 300)
      2. 3 Case Studies Preparation – in not more than 1,500 words each (maximum marks 100 each)
   2. Online – proctored assessment – 3 Theory MCQs papers (maximum marks 100 each)
   3. In Classroom Assessment (maximum marks 100)

Student will be assessed for in-classroom interaction, punctuality, social skills, etc, on basis of OSCE principles

**Assessment Grades:**

Assessment will be done on basis of University of Mumbai academic standards – as percentage of total marks obtained out of maximum 1,000 marks.

Zero to 39.99% Grade F (FAIL) – 40 to 44.99 Grade E - 45 to 49.99 Grade D – 50 to 54.99 Grade C - 55 to 59.99 Grade B – 60 to 69.99 Grade A - 70 to 100 - Grade O (Outstanding)

NSQF Level 4 (Skills India – NSDC – SPEFL): Minimum 70% out of maximum 60 marks (61 questions to be attempted in 90 minutes in examination which is administered through student’s smart phone.

**Certification**

Upon successful completion of the CCSSC, student will be certified for the following –

* University of Mumbai approved certificate by Gāyo Fitness Academy and BPCACPE: **Certificate in Strength & Sports Conditioning Level 1**
* Practical Training Workshops – as per CCSSC syllabus

1. Student may appeal against the Grade awarded as per prescribed procedure and payment of appeal fee ₹5,000. Conditions apply.
2. Faculty / dates and timings of lectures / webinars and workshops may change due to reasons beyond our control.
3. CCSSC CERTIFICATE IS NOT RENEWABLE. During each three years period, student must attend 30 hours (CEUs) of additional training.
4. Please visit [www.gayofitnessacademy.com](http://www.gayofitnessacademy.com) for CEUs workshops and applicable fees.
5. Skills India NSQF / RPL certification is awarded subject to additional examination.
6. Please see Terms & Conditions of Enrolment.
7. Please visit [www.gayofitnessacademy.com](http://www.gayofitnessacademy.com) for full CCSSC syllabus.
8. We may revert to full classroom teaching as soon as lockdown, social distancing and travel restrictions permit. No additional fees will be payable for classroom delivery
9. Terms & Conditions / Rules & Regulations and Fees are subject to change without prior notice and will be applicable to student as on current date – not as on date of earlier enrolment, if any.

**Call us on for information and enrolment process!**

**MUMBAI:** GĀYO FITNESS ACADEMY NATIONAL Admin Office: +91 81048 39793

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