

PHYSICAL FITNESS

&

WELLNESS



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**AGHOREKAMINI PRAKASHCHANDRA
MAHAVIDYALAYA**



ADD ON COURSE

2019-20

ON

PHYSICAL FITNESS

ORGANIZED BY

DEPARTMENT OF PHYSICAL EDUCATION

IN ASSOCIATION WITH

**IQAC, AGHOREKAMINI PRAKASHCHANDRA
MAHAVIDYALAYA**



COURSE TITLE: PHYSICAL FITNESS AND WELLNESS

COURSE DURATION: 36 HOURS (FROM 01/12/2019 TO 27/12/2019)

COURSE OFFERED BY: **Dept. Of Physical Education**
A.K.P.C. Mahavidyalaya, Bengai, Hooghly

PARTICIPATING TEACHERS:

1. PROF. KARTICK PAUL

2. PROF. RAJKUMAR DE

3. PROF. RUMA RANI DEY MANDAL

COURSE COORDINATOR: PROF. RUMA RANI DEY MANDAL

PROF. RAJKUMAR DEY, PROF. KARTICK PAUL

SYLLABUS

Theory

UNIT I : BASIC CONCEPT OF FITNESS

Definition-Meaning- Concept of fitness and wellness Need and Importance of Fitness – Benefits of fitness - Factors influencing Fitness, Basic concept of wellness, Role of various factors in wellness, components of wellness, Relationship of fitness and health Physical fitness and wellness, Principles of Exercise in Physical Fitness

UNIT II : COMPONENTS OF FITNESS

Basic Physical Fitness Components – Health related fitness – Muscular strength and endurance, flexibility, cardio respiratory endurance - Skill related fitness – Speed, strength, endurance, agility, power, coordination and reaction time. Development of Physical Fitness through Games and Sports

UNIT III : EXERCISE PROGRAMME AND NUTRITION FOR FITNESS AND WELLNESS

Exercise under indoor/outdoor - Exercise program for different Age level- Exercise Prescription for Hypertensive, Diabetics and Obesity persons. Components of Nutrition - Types of Nutrition - Eating disorder - Diet chart - Unhealthy Dietary Items

UNIT IV : ASSESSMENT ON FITNESS COMPONENTS

Assessment on Health related fitness components - Cardio Respiratory Endurance Muscular Strength, Muscular Endurance, Flexibility and Body Composition - Assessment of Skill related fitness components - Agility, Balance, Coordination, Power, Reaction Time and Speed.

UNIT V : Process of development of motor fitness component

Meaning of Motor Fitness and components of motor fitness. Strength training- Meaning and methods of strength development, Endurance training - Meaning and methods of endurance development , Flexibility and Body Composition- Meaning and methods of development.

PRACTICAL

UNIT VI : Fitness Evaluation and Activities

General Warm up, Limbering down exercises. Free hand exercises, Stretching exercises Swiss ball exercises Fitness Evaluation –Measuring Cardio respiratory fitness, 1.5 mile run test, 1mile walk test, The Step test, Assessment of Flexibility, Skin-fold test, BMI Aerobic activities – Walking, Jogging, cycling etc. / Anaerobic Activities – Circuit Training, Strength Activities, Agility and Coordinative activities, Body conditioning activities like Calisthenics, Flexibility exercises. Physical Activity for Special population.

UNIT VII : MOTOR FITNESS TESTS AND SPORTS SKILL TESTS

Motor Fitness Tests - AAHPERD health related Physical fitness test - JCR test- Barrow motor ability test - Kraus Weber test - Harvard step test - Cooper 12 minutes run & walk test. Tests of Specific Sports Skills - Johnson's Basketball ability Test - Henry Friedal field Hockey test - McDonald Soccer test - Modified Brady Volleyball test -French Short serve test.

UNIT VIII : GENERAL AND SPECIFIC FITNESS ACTIVITY

Warm - Up and Warm – Down – Exercise : Neck bending, shoulder bending, neck rotation, shoulder movement, trunk movement, knee movement, ankle movement, Stretching – General and Specific -Teaching Fitness Activity – Free Weight, Machines, Calisthenics ,Aerobic Exercise ,Anaerobic Exercise , Exercise for games and sports.

MODULES:

THEORY & PRACTICAL

UNIT- I

Definition-Meaning- Concept of fitness and wellness Need and Importance of Fitness – Benefits of fitness - Factors influencing Fitness, Basic concept of wellness, Role of various factors in wellness,

components of wellness, Relationship of fitness and health Physical fitness and wellness, Principles of Exercise in Physical Fitness

(Time: 4 Hours)

UNIT- 2

Basic Physical Fitness Components – Health related fitness – Muscular strength and endurance, flexibility, cardio respiratory endurance - Skill related fitness – Speed, strength, endurance, agility, power, coordination and reaction time. Development of Physical Fitness through Games and Sports

(Time: 6 Hours)

UNIT- 3

Exercise under indoor/outdoor - Exercise program for different Age level- Exercise Prescription for Hypertensive, Diabetics and Obesity persons. Components of Nutrition - Types of Nutrition - Eating disorder - Diet chart - Unhealthy Dietary Items

Assessment on Health related fitness components - Cardio Respiratory Endurance Muscular Strength, Muscular Endurance, Flexibility and Body Composition - Assessment of Skill related fitness components - Agility, Balance, Coordination, Power, Reaction Time and Speed.

(Time: 7 Hours)

UNIT- 4

Meaning of Motor Fitness and components of motor fitness. Strength training- Meaning and methods of strength development, Endurance training - Meaning and methods of endurance development , Flexibility and Body Composition- Meaning and methods of development.

(Time: 5 Hours)

UNIT- 5

General Warm up, Limbering down exercises. Free hand exercises, Stretching exercises Swiss ball exercises Fitness Evaluation –Measuring Cardio respiratory fitness, 1.5 mile run test, 1mile walk test, The Step

test, Assessment of Flexibility, Skin-fold test, BMI Aerobic activities – Walking, Jogging, cycling etc. / Anaerobic Activities – Circuit Training, Strength Activities, Agility and Coordinative activities, Body conditioning activities like Calisthenics, Flexibility exercises. Physical Activity for Special population.

(Time: 7 Hours)

UNIT- 6

Warm - Up and Warm – Down – Exercise : Neck bending, shoulder bending, neck rotation, shoulder movement, trunk movement, knee movement, ankle movement, Stretching – General and Specific -Teaching Fitness Activity – Free Weight, Machines, Calisthenics ,Aerobic Exercise ,Anaerobic Exercise , Exercise for games and sports.

Motor Fitness Tests - AAHPERD health related Physical fitness test - JCR test- Barrow motor ability test - Kraus Weber test - Harvard step test - Cooper 12 minutes run & walk test. Tests of Specific Sports Skills - Johnson’s Basketball ability Test - Henry Friedal field Hockey test - McDonald Soccer test - Modified Brady Volleyball test -French Short serve

(Time: 7 Hours)

Programme Outcomes

PO1. Physical Fitness and Wellness: Students learn appropriate nutrition to maintain fitness, types of exercises namely aerobic and anaerobic along with their components.

PO2. Fitness Training: Students learn with great enthusiasm the various training methodology and can use them both for general and specific fitness development.

PO1. Understand the dimensions of wellness and strategies to improve them

PO1. Demonstrate an understanding of the physiological benefits of exercise, physical activity, physical fitness and wellness

PO1. Develop a scientifically sound individualized program of exercise for increasing and maintaining physical fitness, Evaluate physical fitness factors

PO1. Be aware of the safety requirements when participating in selected sports and fitness activities

PO1. Conduct an assessment of the physical fitness, activity level and lifestyle of the client using standardized protocols, to build an individualized exercise program

PO1. Instruct individual clients and groups in the correct techniques for executing fitness and training programs to achieve results that meet their goals for fitness, active living, and wellness.

COURSE OUTCOME

Learning Outcomes:

After successfully completing this course, the student will be able to:

- **CO1 : To know an introduction of Physical fitness.**
- **CO2 :To know an introduction of Wellness**
- **CO3 : Describe how the components of physical fitness impact health and wellness.**

- **CO4 : Acquire the knowledge of assessing the health and fitness related components**
- **CO5 : Know the diet and nutrition for fitness.**
- **CO6 :To understand about Aerobic exercise**
- **CO7 :To understand about Anaerobic exercise.**
- **CO8 : To understand about fitness and wellness**
- **CO9 : Demonstrate the specific sports skill test**
- **CO10 : Identify the concepts of fitness components**
- **CO11 : Develop the skills of planning the fitness training**
- **CO12 : To understand relationship between fitness and wellness.**
- **CO13 : Evaluate health related fitness in order to make changes in lifestyle as well as to cure some diseases**
- **CO14 : Describe how the components of physical fitness impact health and wellness.**
- **CO15 : Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.**
- **CO16 : Plan, implement, and evaluate a personal fitness program.**
- **CO17 : To learn the specific skills and/or the techniques of physical fitness.**
- **CO18 : By actively participating in this class, the student may gain health benefits such as increased cardiovascular endurance, improved body composition, increased flexibility, increased muscular endurance and increased muscular strength.**
- **CO19 : Participating in activity classes leads to a healthier lifestyle.**
- **CO20 : To learn the fundamentals, skills, and strategies of learning and obtaining physical fitness.**

MODE OF EVALUATION:

After the completion of course, written examination will be taken for 60 Marks and practical marks will be conducted for 35 Marks and a viva will be conducted for 05 Marks. On the basis of marks obtained for written examination and viva, the results will be prepared. The gradation system for the declaration of results will be as follows:

GRADING SYSTEM

Level	Excellent	Very Good	Good	Above Average	Average	Below Average	Poor	Fail
Grade	A+	A	B+	B	C	D	E	F
Marks range	90-100	80-89	70-79	60-69	50-59	40-49	33-40	0-32



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