

# Dr. Bhimrao Ambedkar University, Agra

A State University of Uttar Pradesh (Paliwal Park, Agra -282004)
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# A Documentary Support for Matric No. – 1.1.2 employability/ entrepreneurship/ skill development

under the

Criteria - I

(Curriculum Design and Development)

Key Indicator - 1.1

in Matric No. – 1.1.2

# BACHELOR IN PHYSICAL EDUCATION & SPORTS

2022



#### B.P.E.S SEMESTER -I

PAPER -I ENGLISH LANGUAGE (Optional)

Max. Marks: 50 External Marks: 40 Internal Marks: 10 Time: 3 hours

#### Section-A

(1) Story/ Prose

One essay type question on Summary/Character/Incident (one out of two with internal choice.)

- (2) Story/ Prose: Short questions to test student's grasp
- (3) Poetry: Summary (one out of two with internal choice)

Paraphrase/Explanation of a Stanza (one out of two with internal choice)

Section-B

Grammar

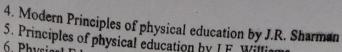
THE GRAMMAR RELATED TO THE TEXT TO TEST THE UNDERSTANDING OF THE LANGUAGE, SYNTAX, TENSES ETC.

#### Section-C

#### Language-in-Use

- 1. Letter-Writing (Personal and Applications)
- 2. Essay: five or six topics to be given, out of which three topics should be related to Sports/physical education.

#### Reference:



5. Principles of physical education by J.F. Williams.

- 6. Physical Education interpretations and objectives by Jay B. Nash. (History or physical education)
- 1. History of physical education by Eraj. Ahmed Khan.
- 2. Brief History of physical education by emmel A. Rice.
- 3. Physical education in India. National Association of Physical education and recreation India.
- 4. History of physical education by F.E. Leonard and George B

# B.P.E.S SEMESTER -I PAPER - JII FOUNDATIONS OF PHYSICAL EDUCATION

Max. Marks: 60 External Marks: 40 Internal Marks: 20 Time: 3 hours

1. Introduction Concept and definition of education and physical education. Terminologies related to physical education. Need and importance of physical education. Place of physical education in Tagore's scheme of education. Modern concept and scope of physical education. Aim and objectives of physical education.

2. Biological Foundation Biological basis office and biological weakness of human in relation to physical activities. Growth and development - Principles, Stages and Affecting factors. Age and Sex difference and physical activities. Concepts and components of physical fitness wellness and active life style. Somatotypes

3. Philosophical Foundation Meaning of philosophy Different schools of philosophy applied to physical education Psychological Foundation Concept of learning and motor learning Laws of learning Learning curve Psychological factors influencing motor learning

4. Sociological Foundation Concept of social institutions and socialization Sports as social institution and their influence on society. Games and sports as Man's cultural heritage Role of games and sports in National and international REFERENCES: • Williams J.F. - Principles of Physical Education



(a)PROPOSED SYLLABUS FOR B.A. ENGLISH CCS University Meerut. (B) Texts Prescribed for Grammar Oxford Practice Grammar by John Eastwood. B.P.E.S SEMESTER -I PAPER -II PRINCIPALS AND HISTORY OF PHYSICAL EDUCATION Max. Marks: 60 External Marks: 40 Internal Marks: 20 Time: 3 hours 1.1 Meaning concept and scope of physical education. 1.2 Importance of physical education as a profession. UNIT-II 2 Physiological Principles: 2.1 Principles governing growth and development significance of age & sex. 2.2 Principles of use; disuse and overuse. 2.3 Human energies and how they are spent 2.4 Fatigue, stress and its effect on physical; mental health; relaxation; flexibility, rhythms and strength. UNIT-III 3. Psychological principles: 3.1 Personality, psycho-social needs for the normal development, success, recognition, security adventurers experience. 3.2 Transfer of training, laws of learning, conditioned reflex, effect of emotions on health, competition; co-operation, age and sex characteristics. UNIT-IV 4. History of physical education:

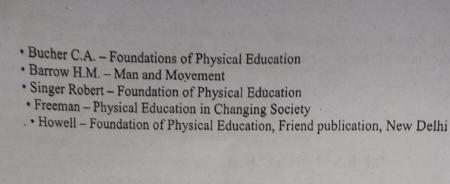
- 4.1 Physical education in ancient civilizations
- 4.2 Ancient India Vedic and Epic period.
- 4.3 Ancient Greece -Sparta and Athons.
- 5. Physical Education in modern India:
- 5.1 Physical education during British period (from 1825 to 1930 A.D.)
- 5.2 Recent Developments in physical education & sports after independence.
- 5.3 Asian Games
- 5.4 Youth movement including youth hostel, Cadet Corps etc.

#### Reference:

(Principles of Physical Education)

- 1. Foundation of physical education by Charles A. Bucher.
- 2. Introduction of Education by J. R. Sharman.
- 3. Physical education by Oberteuffer, Delbert.

(10)



# B.P.E.S SEMESTER –I PAPER –IV STUDY OF OLYMPICS

Max. Marks: 60 External Marks: 40 Internal Marks: 20 Time: 3 hours

#### UNIT-I THE OLYMPIC MOVEMENT

- 1.1 The ancient Olympic games
- 1.2 The Olympic movement
- 1.3 Aims and symbols of the Olympic movement
- 1.4 The International Olympic Committee (IOC)

# UNIT-II STRUCTURE OF THE OLYMPIC MOVEMENT

- 2.1 The National Olympic Committee(NOC)
- 2.2 The International Sports Federations(IFs)
- 2.3 The National Sports Federations(NFs)
- 2.4 Volunteerism

## UNIT-III THE OLYMPIC GAMES

- 3.1 Organization
- 3.2 The international bid process for selecting sites for the games
- 3.3 Participation in Olympic games
- 3.4 Women and sports

#### UNIT-IV IOC PROGRAMMES

- 4.1 Olympic academy
- 4.2 Olympic solidarity
- 4.3 Olympic museum
- 4.4 Paralympic games
- 5.1 Sports for all
- 5.2 Culture, olympism, winning, participation and universality of the games

M

Analication Form for Entrance Exam 2018-19::

5.3 Drug abuse and doping 5.4 Arbitration and dispute resolution

References:

Carto, J.E.L. And Calif, S.D. [ed], Medicine & Sport Science: Physical Structure of Olympic Athletes, London: Karger, 1984

Cliw, Gifford, Summer Olympic" 2004

Daw, Anderson, The story of the Olympics, 2008.

☐ Maranirs David, Rome 1960: The Olympics that changed the world, 2008.

☐ Osbome, Manpope, Ancient Greece and the Olympic, 2004.

Oxlade, chris., Olympic, 1999.

☐ Perrottet, tony, The Naked Olympics: the true story of the Ancient Games, 2004.

☐ Singh, M.K., Indian Women and Sports, Rawat Publication, 1991.

☐ Toropove, Brandon., The Olympic for Beginners, 2008.

□ Wallechineley, Davi, The Complete Book of the Olympic, 1992.

B.P.E.S SEMESTER -II PAPER - I ANATOMY & PHYSIOLOGY

Max. Marks: 60 External Marks: 40 Internal Marks: 20 Time: 3 hours

#### Unit-I

Meaning of anatomy, cell, structure, properties of living matter. The role of anatomy in physical education & sports, anatomy of bones cartilage's, Names and location and functions of bones, kinds of bones, joints end their types, tissues, organs and system of body.

#### Unit-II

Annlomy of muscular system, structure of muscles and their kinds. Properties of muscles. Muscle work and, fatigue, anatomy of respiratory organs, tissue and palmary respiration, anatomy of heart, function of heart, heart beat, stroke volume, cardiac output.

#### Unit-Ill

Anatomy of digestive organs (alimentary canal), structure and functions of excretory system, meaning of endocrine glands and structure of the following glands - pituitary glands, ingroid parathyroid, adunal glands.

Effect of exercise and training on cardiovascular system.

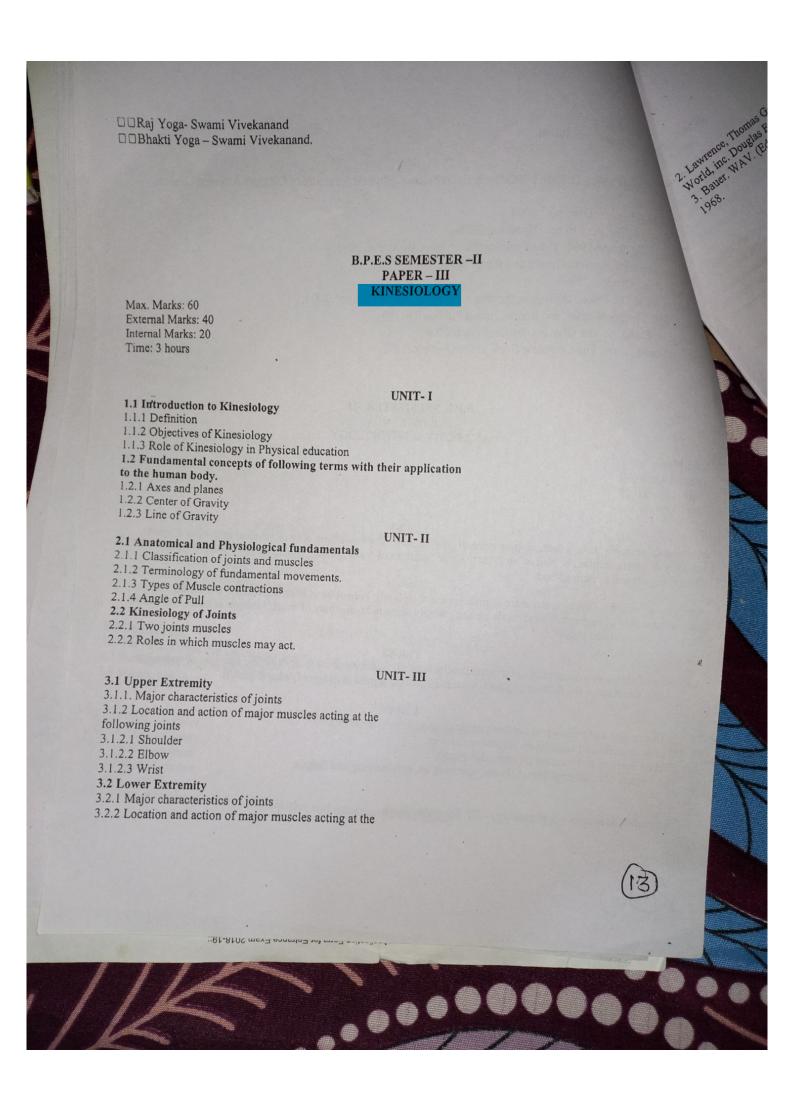
o Effect of exercise and training on respiratory system.

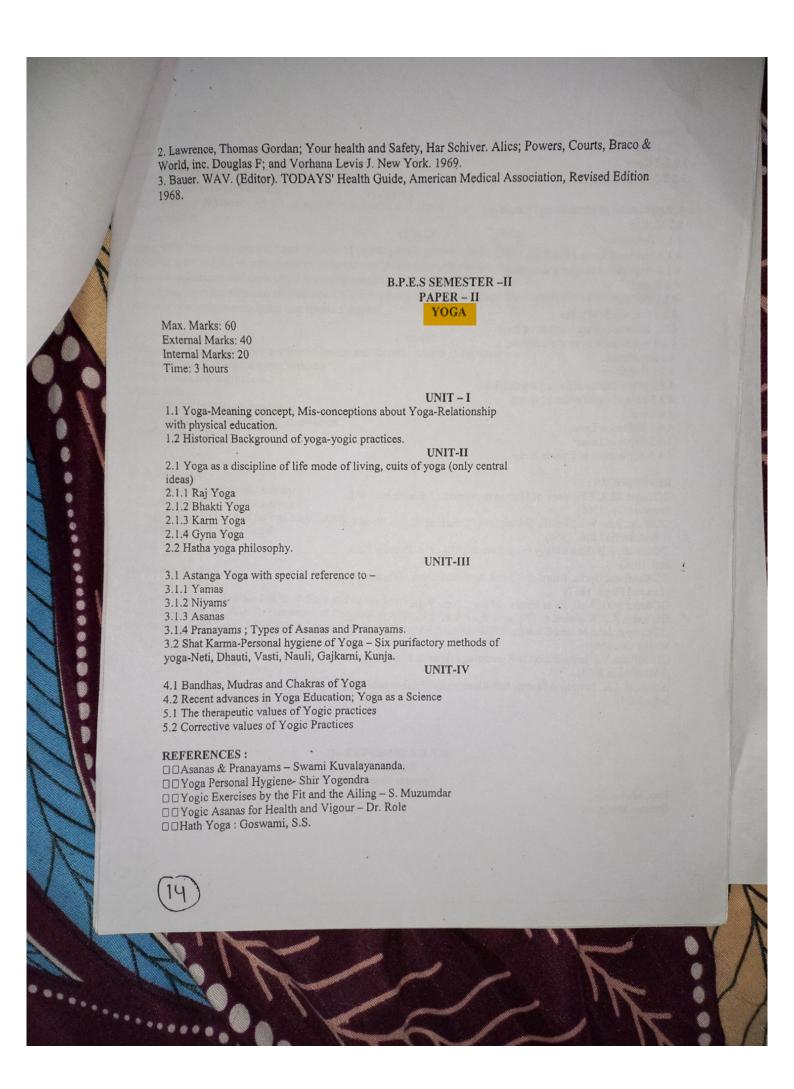
o Effect of exercise and training on muscular system

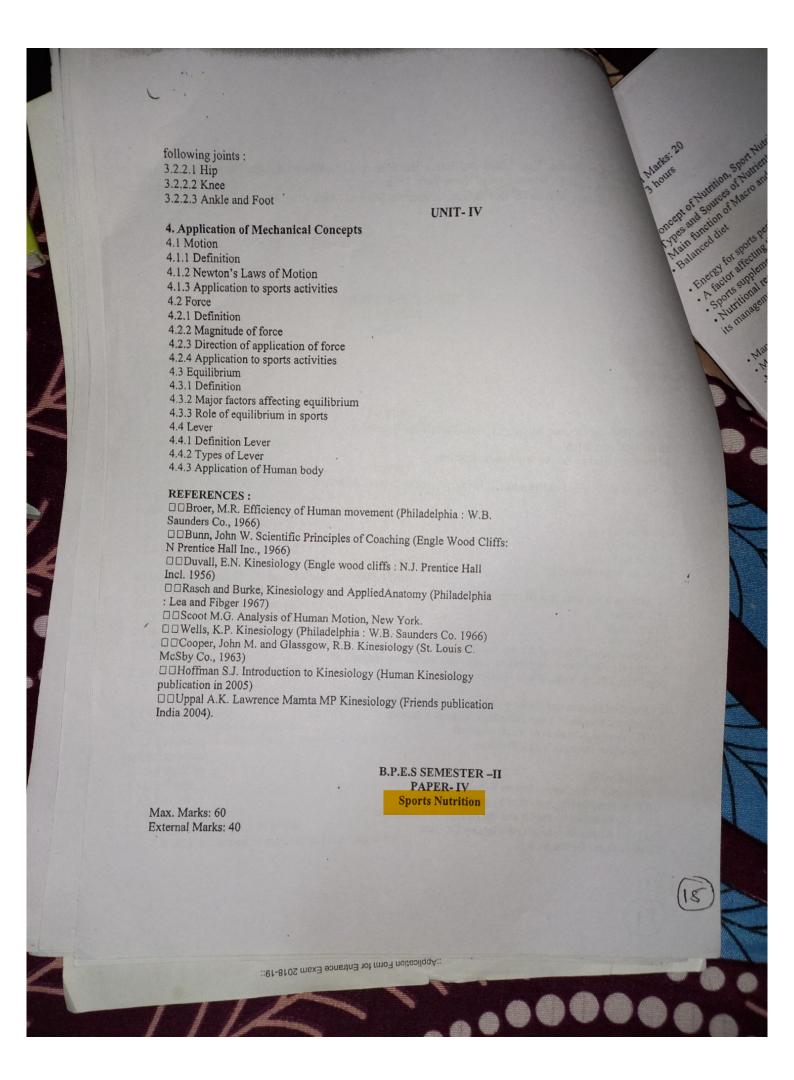
o Physiological concept of physical fitness, warming up, conditioning and fatigue.

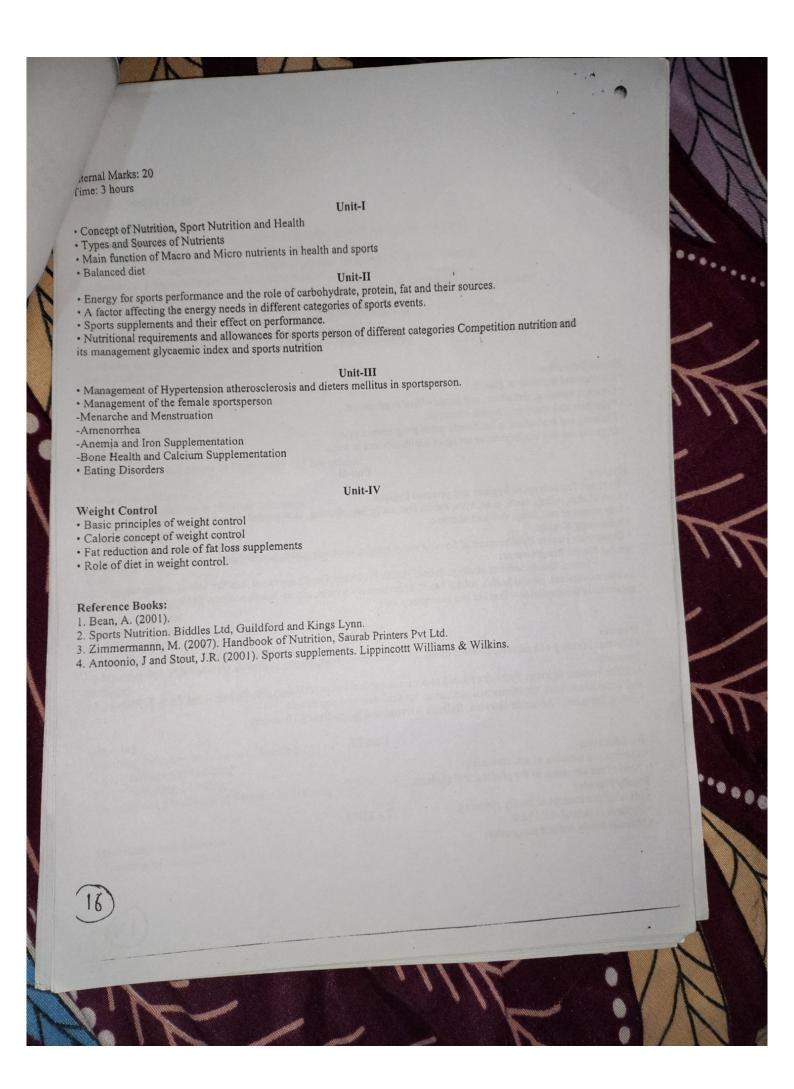
1. Introduction to anatomy & physiology - Dr. Shemsher Singh.











### B.P.E.S SEMESTER – III PAPER – I HEALTH EDUCATION

#### Unit-I

#### Health Education

- · Concept and meaning of Health.
- · Concept, meaning, definition, and scope of health education.
- · Principles and practice of health education.
- Planning and evaluation in health education programmes.
- · Organisation and administrative set up of health services in India

#### Unit-II

#### Hygiene

- · Hygiene: The concept of hygiene and personal hygiene.
- · Care of skin, mouth, teeth, nose, eyes, hands, feet, nails, hair clothing, vital genital organs etc.
- · Importance of rest, sleep, diet and exercise.

#### Community Health:

· Community Health: Brief account of housing water supply, sewerage and refuse disposal.

#### **School Health Programmes:**

• School Health Service: History, School Health Problems. Health appraisal, healthy school envir nutritional services, mental health, school health programmes/services, school health records, Safety measures in the playfields – first aid and emergency care

#### Unit-III

#### Diseases

- Disease: Meaning of a disease, diseases cycle, epidemiological trials, modes of disease transmission and immunity.
- Health Problem in India: Problems related to communicable diseases: (HIV- AIDs, Hepatitis, Malaria, Ral and Tetanus) nutrition, environmental sanitation, medical care and population.
- Eating Disorders Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorders

#### Unit-IV

#### Sex Education

- · Concept and meaning of sex education
- · Need of sex education to the professional students.

#### Family Planning

- · Meaning and concept of family planning.
- · Methods to control child birth
- · National family welfare programme

:: Application Form for Entrance Exam 2018-19::

Mother and child health care

ference Books: hingh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab. 'andey, P.K. and Gongopadhay, S. R. "Health Education for School Children", Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi. 'ark, J.E. and Park, K. "Text Book of Preventive and Social Medicine", (1985) Bnasidar 91 Bhanot, blisher, Jabalpur-1985

B.P.E.S SEMESTER - III PAPER - II SPORTS PSYCHOLOGY

ax. Marks: 60 ternal Marks: 40 ernal Marks: 20 me: 3 hours

UNIT-I

#### Introduction:

eaning definition and nature of Psychology and Educational ychology. ychology as a Science. portance of Psychology in Physical Education.

UNIT-II

#### Growth and Development:

1.1 Meaning of growth and development.

- 1.2. Physical, Mental & Social development during following ges :-
- 1.2.1 Early childhood
- .2.2 Middle childhood
- .2.3 Late childhood
- .2.4 Adolescences

#### ! Individual Differences:

- 2.1 Meaning of the term individual difference
- 2.2 Heredity and Environment as causes of Individual fferences
- 2.3 Interaction of Heredity and Environment

UNIT - III

#### Learning

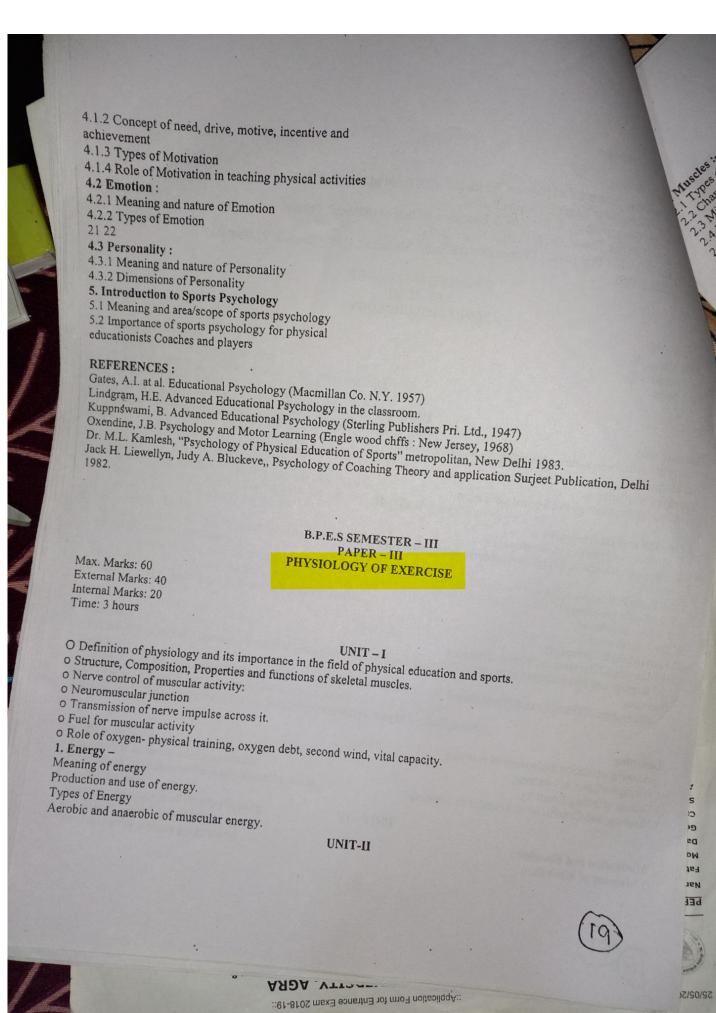
- Meaning definition and nature of learning
- ? Principles/Laws of Learning
- Factors affecting Learning
- Meaning and Conditions of Transfer to Training

UNIT-IV

### | Motivation and Emotion :

.1 Meaning of Motivation





2. Muscles :-

2.1 Types of muscles

- 2.2 Characteristics of skeletal muscles, innervation and blood supply.
- 2.3 Microscopic structure of muscles fiber, sensory organ of muscle.
- 2.4 Biochemical changes in muscles during exercise, second wind.

2.5 Muscles fatigue and recovery process, debt.

**UNIT-III** 

3. Circulatory System:

- 3.1 Functioning of heart during exercise.
- 3.1.1 Stoke volume
- 3.1.2 Cardiac output
- 3.1.3 Pulse rate
- 3.2 Effect of training on functioning of heart.
- 3.3 Blood-constituents, Role during exercise-Blood lacta CO2 in blood, O2 carriage in body Oxyhemoglobin, Blood pressure changes during exercise.

UNIT-IV

4. Respiratory System:

- 4.1 General functioning of the system-Various measures & capacities like Vital capacity, tidal air, residual air, inspiration and expired air pressure.
- 4.2 Transportation of gases.
- 4.2.1 At lung level
- 4.2.2 At Cellular level
- 4.3 Changes during exercise in respiratory system.
- 4.4 Effect of long term training on respiratory capacities.

#### Reference:

- · Physiology of Exercises by Maccurdy and Mekenzh.
- · Physiology of Exercise by Karpovich.
- · Sports physiology by Fox
- · Exercise physiology by Morehanse & Miller.
- · Physiological Basis of Physical Education and Athletics by
- Mathews and Fox.
- · Exercise Physiology by David H. Clarke.

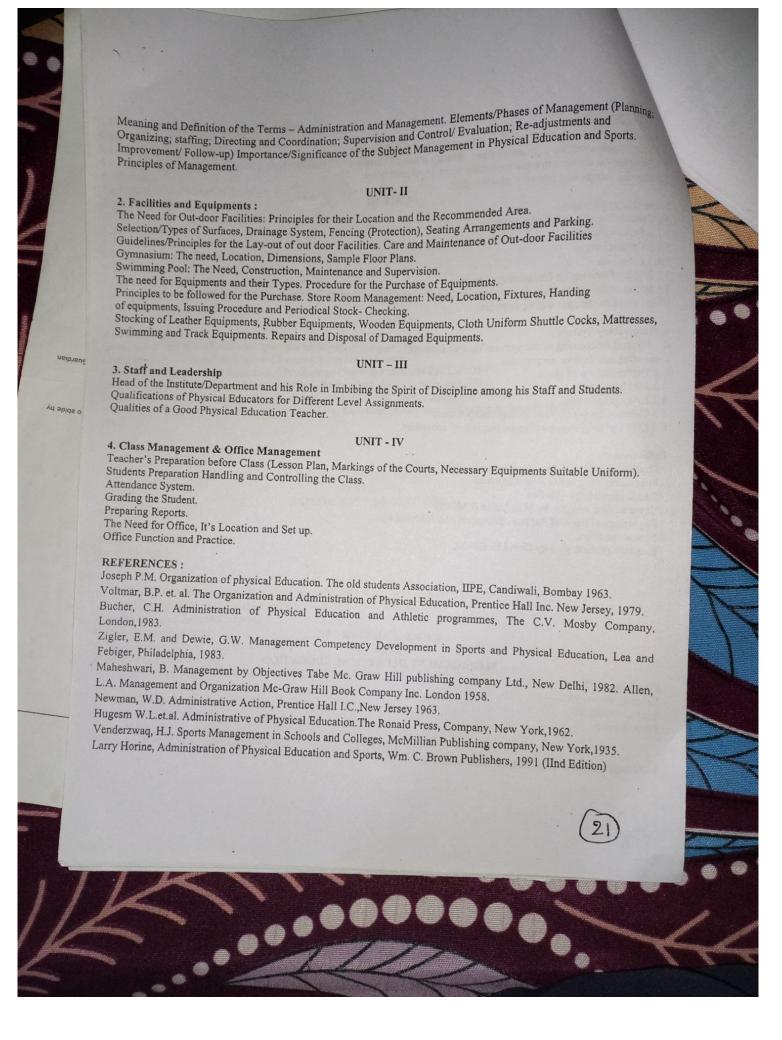
B.P.E.S SEMESTER - III PAPER - IV

Max. Marks: 60 External Marks: 40 Internal Marks: 20 Time: 3 hours

UNIT-I

1 Management and Organizational Structure:





#### B.P.E.S SEMESTER -IV

#### PAPER - I

#### FUNDAMENTAL OF COMPUTER AND ITS USE IN PHYSICAL EDUCATION

Max. Marks: 60 External Marks: 40 Internal Marks: 20 Time: 3 hours

IINIT-I

1. Introduction to Computers
Brief history of development of computers
Generations of computers
Types of components of a computer system
Basic components of a computer system
Memory RAM – ROM, and other types of memory.

Operating system
Need of software, types of software
Types of virus, virus detection and prevention

Binary number system

UNIT-II

#### 2. Introduction to Windows

Using mouse and moving icons on the screen.

My computer, recycle bin, status bar.

Start menu selection, running an application

Window explorer to view files, folders and directories, creating and renaming of files and folders. Operating and closing of different windows, minimize, restore and maximize forms of windows.

Basic components of a window: Desktop, frame, Title bar, menu bar, status bar, scroll bars, using right button of the mouse.

Creating shortcut, basic windows accessories: power point presentation, notepad, paint, calculator, word pad, using clipboard.

UNIT-III

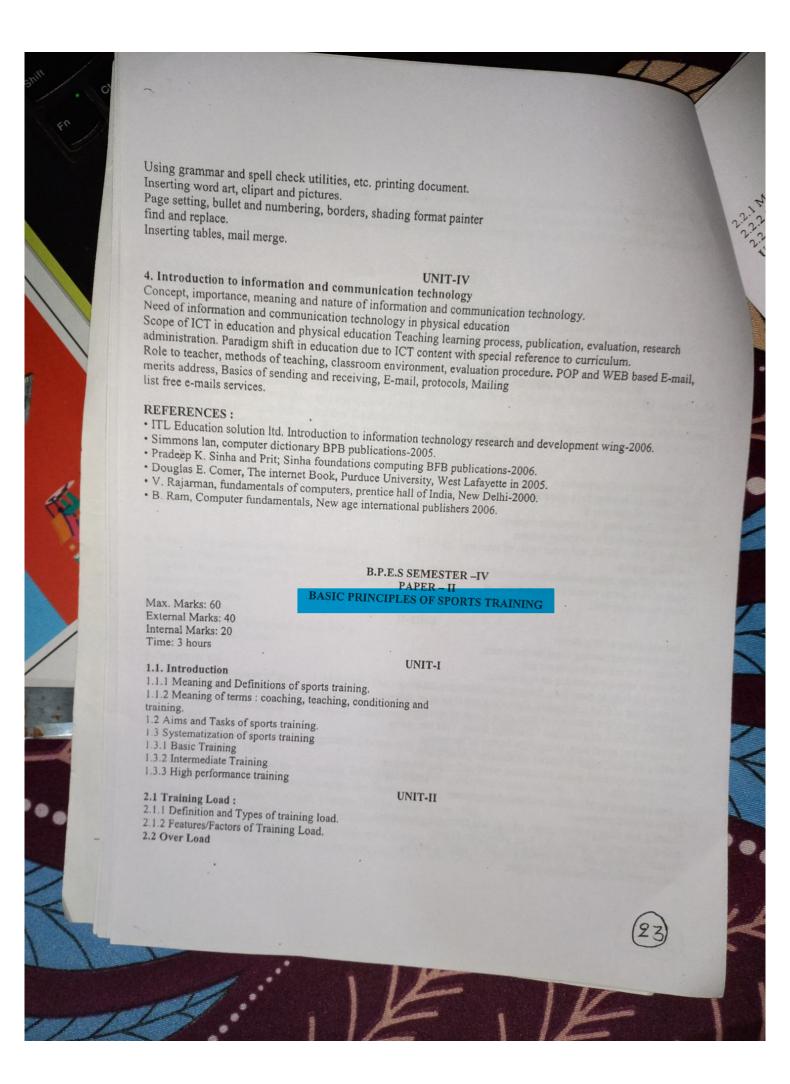
#### 3. Introduction to Ms-office and word processor

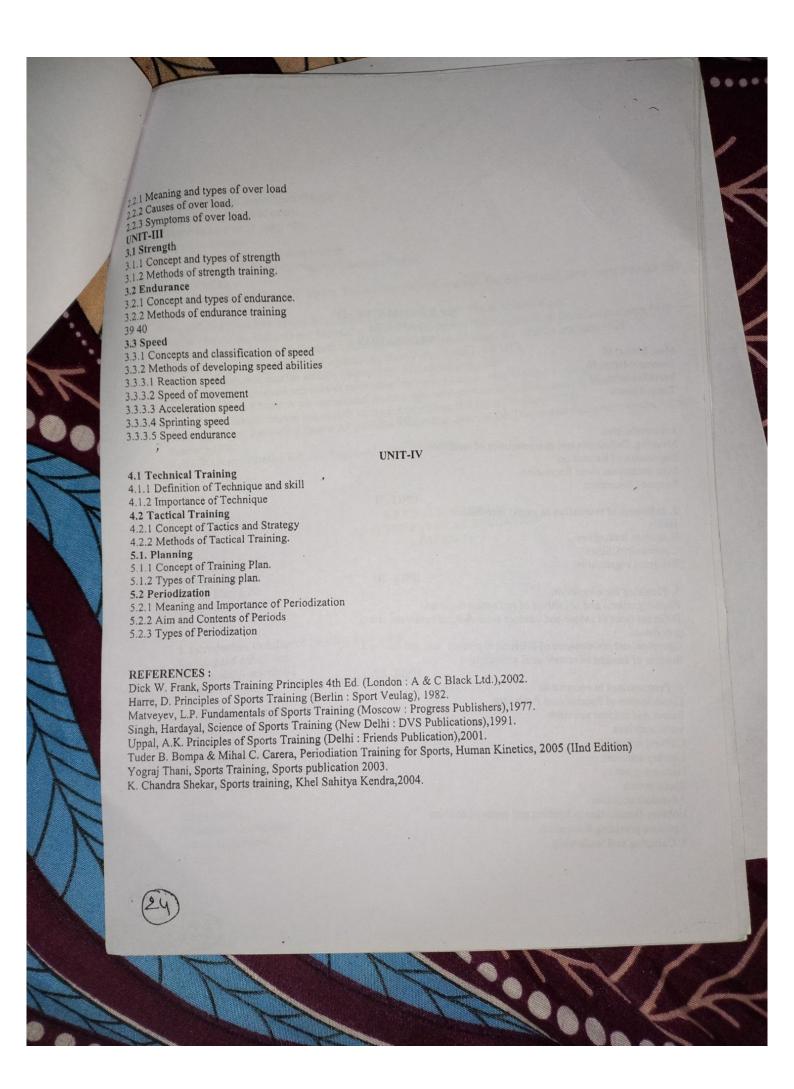
Types of word processor

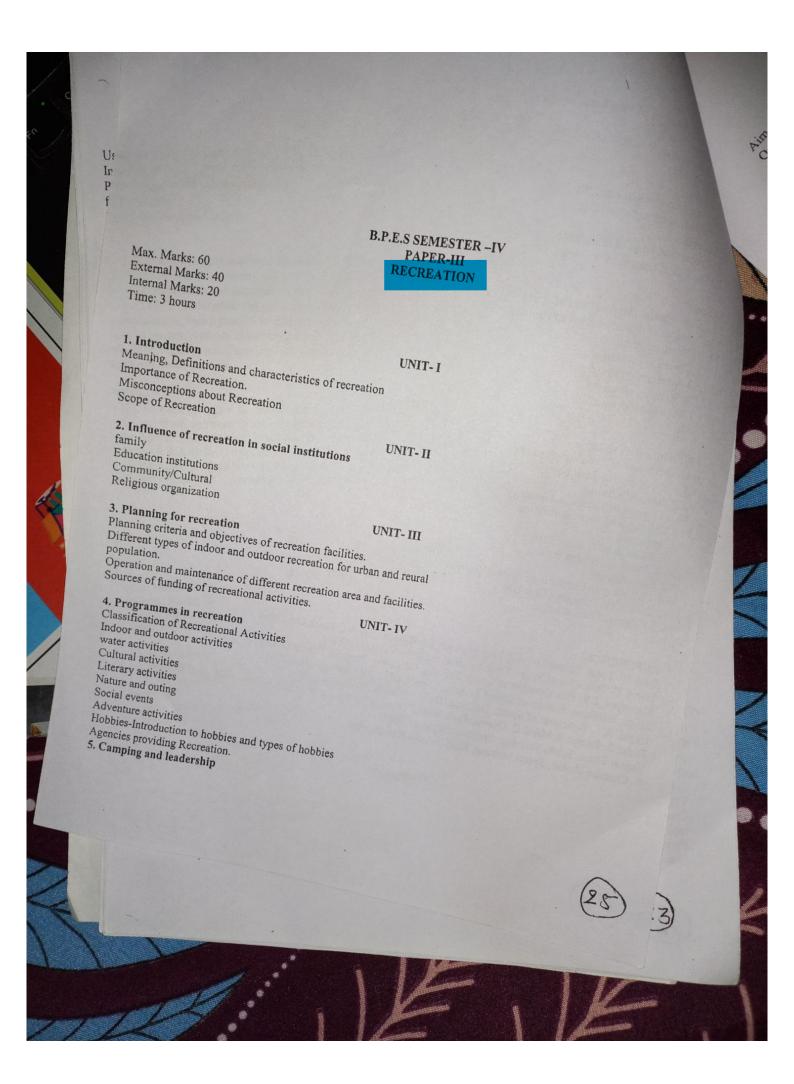
Creating and saving a documents, editing and formatting document including changing colour, size font, alignment of text.

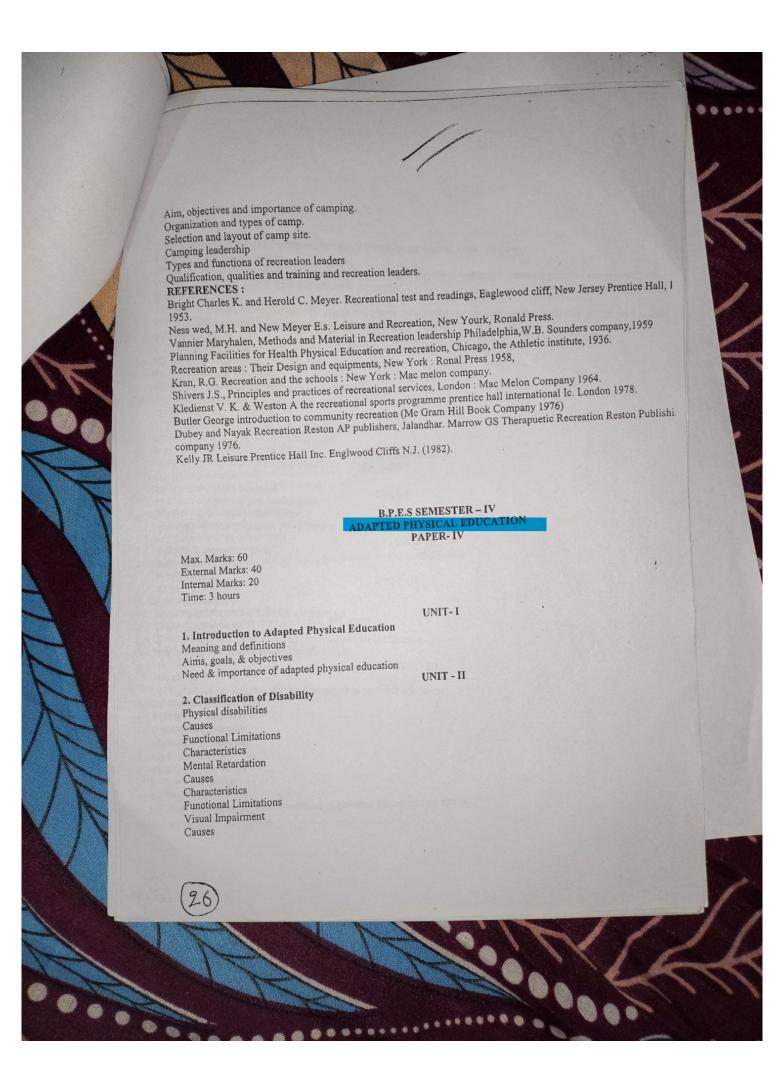
Formatting paragraphs with line or paragraph spacing adding headers and footers, numbering pages.











Characteristics Functional Limitations Hearing Impairment Causes Characteristics **Functional Limitations** Behavioral Disorders Adjustment problems Personality disorder Modifications for teaching and programming in physical education and sports

UNIT-III

3. Adapted physical education programme Guiding principles for adapted physical education programme

(AAPHER Principles) Physical Education program for disabled for

Elementary school

43 44

Middle school

High School

College & University level

**UNIT-IV** 

## 4. Co-curricular Activities for disabled

outdoor programme for the disabled Adventure based outdoor programme Rhythm and dance activities

#### 5.1 Rehabilitation

- 5.1.1 Aims and objectives of rehabilitation council of India.
- 5.1.2 Meaning of functional and occupational rehabilitation

# 5.2 Governmental Welfare Programme

5.2.1.1 Provision of Special rights and privilege for

disabled through legislations.

- 5.2.1.2 Social welfare programme for disabled
- 5.2.1.3 Mass public education /Awareness programme
- 5.2.1.4 Education approach
- 5.2.1.5 Service approach
- 5.2.1.6 Legislative approach

Morbey-St. Lauis Mirrauri. Arthur G. Miller and James, Teaching Physical Activities to Impaired Youth, John Wilage Auxter, Byler, Howtting, Adapted Physical Education and Reactions,

Konal W. French, & Paul J., Special Physical Education, Charles E. Merrics Publishing Co. Edinburgh, Ohio. Arthur S.Daniles and Euily, Adapted Physical Education, Harpet

Anoop Jain, Adapted physical Education, sports publications, Ashok Vihar, Delhi-52. & R.W. Publisher-New York.

B.P.E.S SEMESTER - V PAPER- I SPORTS SOCIOLOGY

Max. Marks: 60 External Marks: 40 Internal Marks: 20 Time: 3 hours

#### 1. Concept of Sociology

1.1 Meaning, nature and scope of sociology

1.2 Methods of sociology and their relationship with other social sciences.

1.3 Effect of various social forces on personality development.

1.4 Sport - medium of socio-cultural change.

#### UNIT-II

UNIT-I

2. Introduction to sports sociology

2.1 Meaning and scope of sports sociology

2.2 Sports sociology as a discipline

2.3 Sports as a social occurrence

2.4 Effect of appearance, sociability and specialization on sport participation

#### UNIT-III

3. Sports and society

3.1 Socialization through games and sports

3.2 Recreation and its scope through games and sports.

3.3 Sport as an element of sociéty

3.4 Sport as an element of cultural development

3.5 Sport as an art.

#### **UNIT-IV**

4. Social factors concerning sports in society

4.1 Social stratification in sports

4.2 Demonstration in sports

4.3 Sport and women

4.4 Sport and children

4.5 Sport and older adults

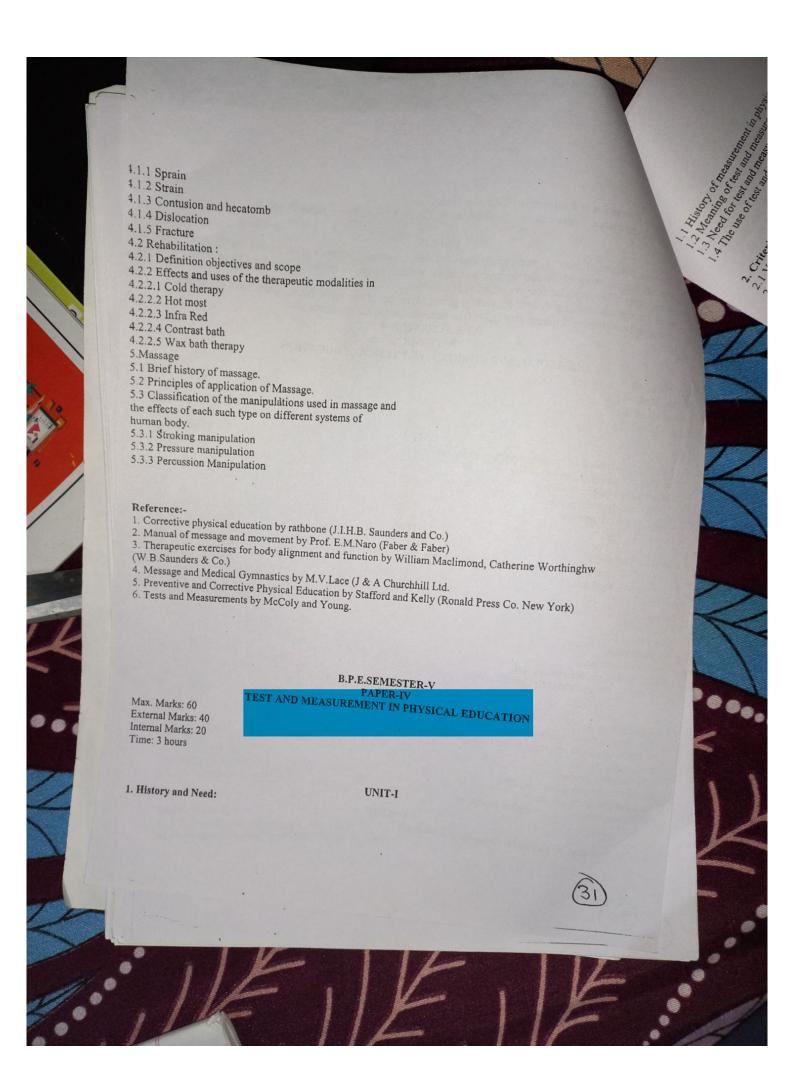
#### REFERENCES:

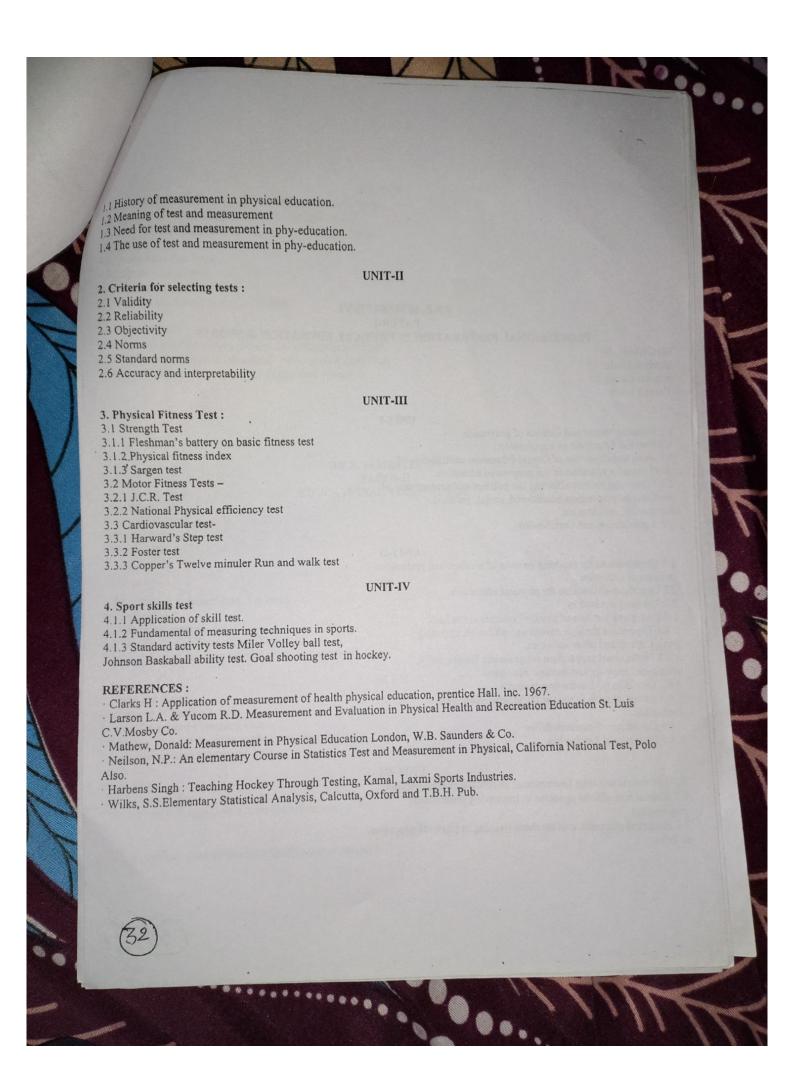
□ Sharma, S.R., Sociological foundation in physical education and sports, friends publication, New Delhi.

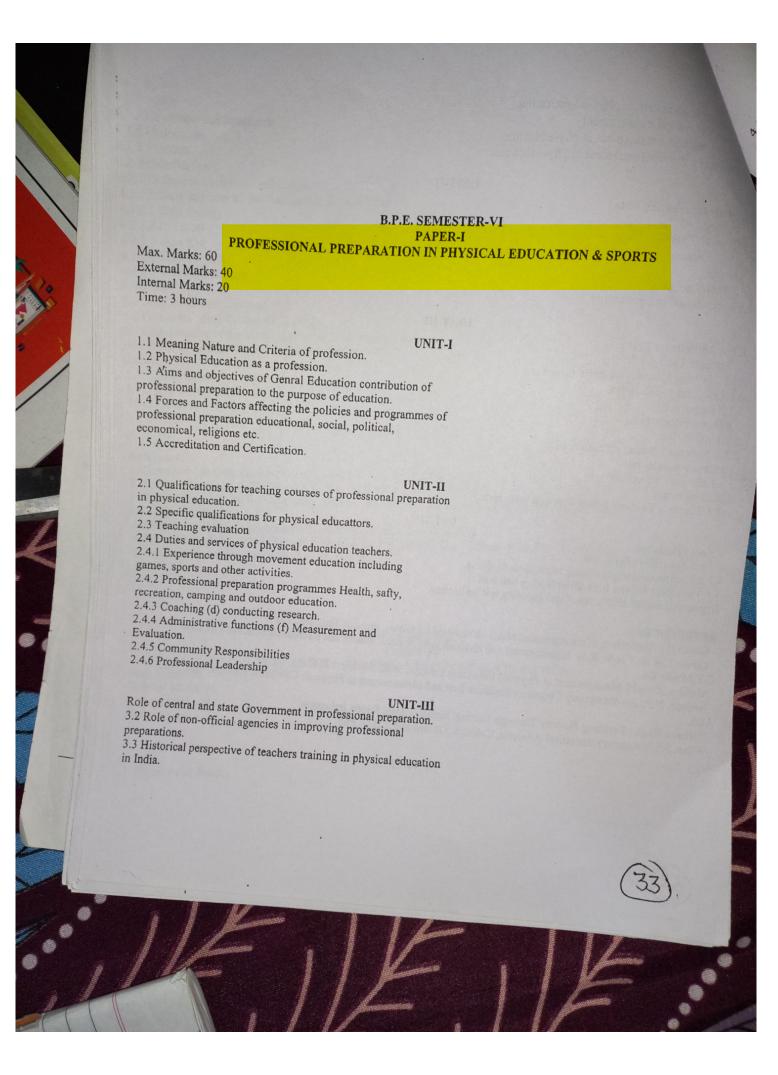


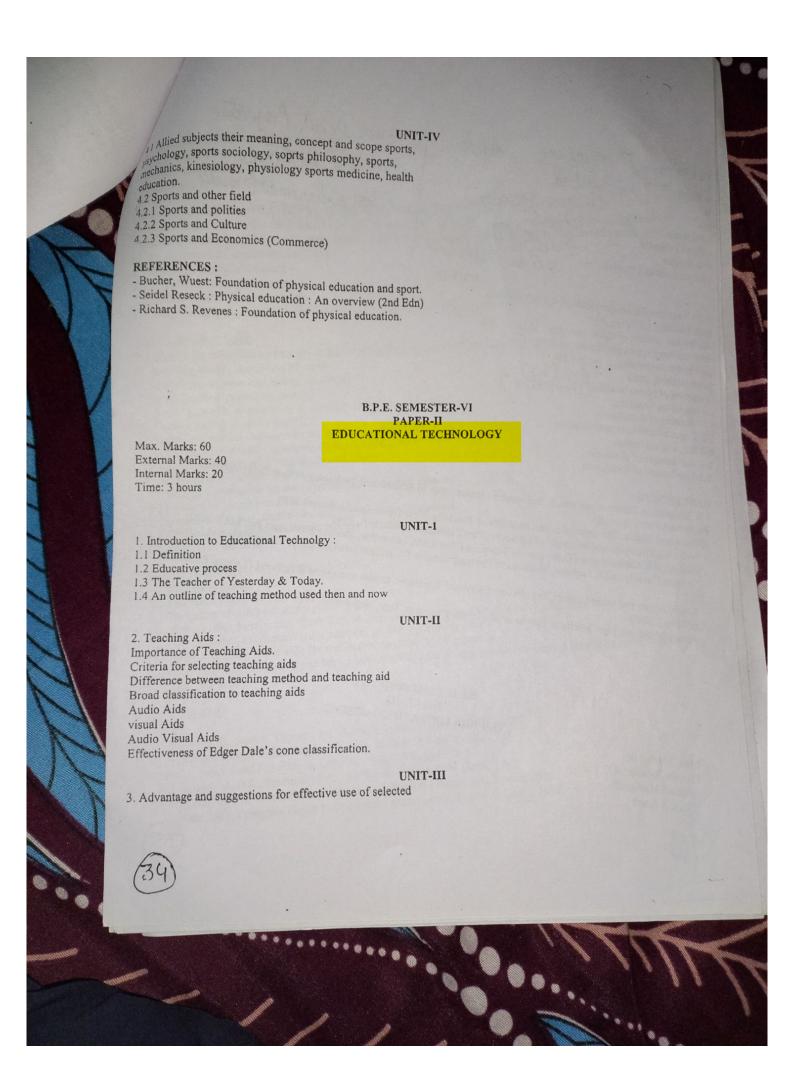
□ Singh, Kawaljeet, Sociology of sports, Friends publication, New Delhi. □□Sing, Bhupinder, Sports Sociology-An Indian perspective, Friends publication, New Delhi. □□Yobu, A, Sociology of Sports, Friends publication, New Delhi. B.P.E. SEMESTER-V PAPER-II METHOD OF PHYSICAL EDUCATION Max. Marks: 60 External Marks: 40 Internal Marks: 20 Time: 3 hours 1. Physical Educational Method: UNIT-I 1.1 Definitions - Scope and importance of method in Physical education: 1.2 Teaching Techniques in Physical Education 1.2.1 Lecturer Method 1.2.2 Command Method 1.2.3 Demonstration Method 1.2.4 Limitation Method 1.2.5 Project Method 1.2.6 Discussion Method 1.2.7 Group Directed Practice Method 1.3 Teaching Procedure in Physical Education: 1.3.1 Whole Method 1.3.2 Whole part whole method 1.3.3 Part whole method 1.3.4 Stage whole method 2. Classification:-UNIT-II 2.1 Classification of pupils for routine physical Education activities and competitions 2.2 Various method of classification 2.3 Advantage and disadvantage of classification. Lesson Planning: UNIT-III a) i) Types of lessons: Knowledge lesson, Drill lesson, skill lesson, Review lesson, Appreciation lesson. ii) Planning and observation of Class- Room Teaching lesson.

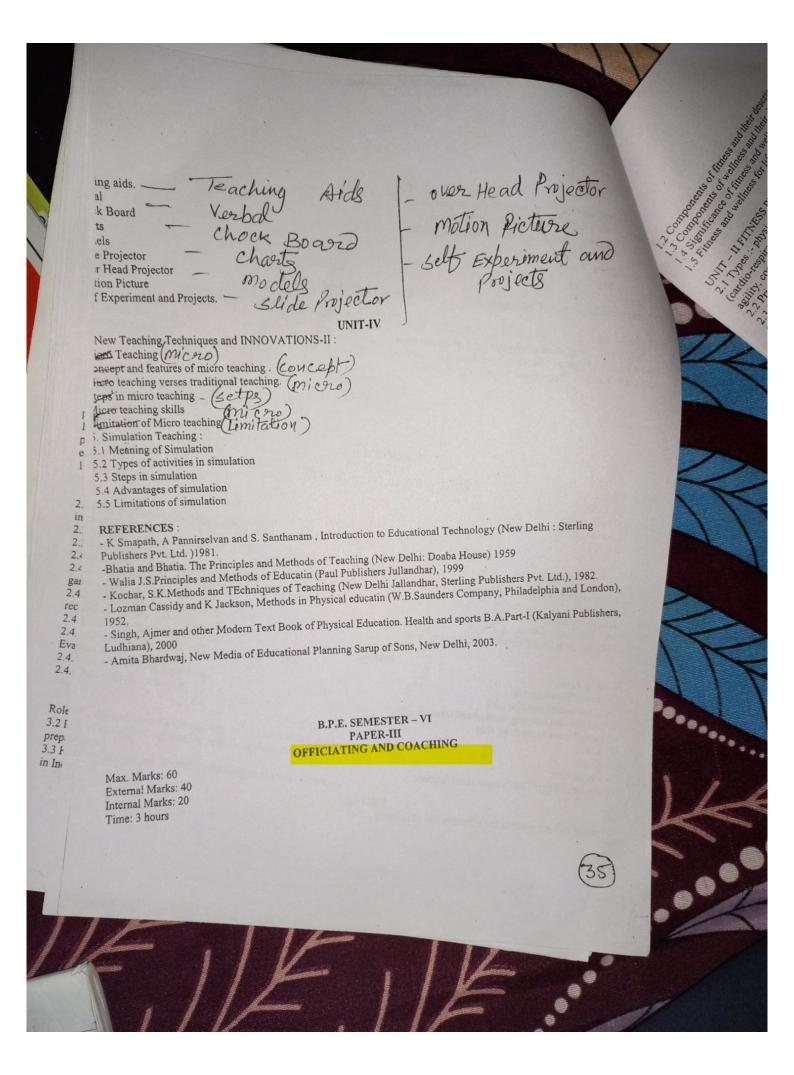
planning and observation of field Activity Teaching lesson. b) Teaching aids-importance, Types and uses, Audio-Visuals, Charts, Models, Films, Black Board, etc. **UNIT-IV** 4.1 Tournaments and competitions: Group competitions and their importance, Methods of organizing competitions types of tournaments, methods of conducting tournaments 4.2 Methods of conducting intra- Mural and Extra mural completions, games of law organization, organization of excursions. 51. Construction and marking of play field for various games, laying out of running's. Track, construction of jumping pits preparing and markings of different play fields. The admeasurements and requirements. **B.P.E.SEMESTER-V** REMEDIAL AND CORRECTIVE PHYSICAL EDUCATION Max. Marks: 60 External Marks: 40 Internal Marks: 20 Time: 3 hours UNIT-I 1.1 Meaning, importance and scope of posture education. 1.2 concept and classification of posture-1.2.1 Correct and incorrect postue-1.2.2 Static and dynamic posture-1.2.3 Body type and posture-**UNIT-II** 2. Postural Deformities: A study of Physical defects in posture and the corrections to be arrived at - Kyphosis Lordosis Scolliosis Flat foot. Bowed legs Knocked knees Corrective exercise Assessment of posture-posture test. Therapeutic exercise and their classification. UNIT-III 3.1 Sports Injuries: 3.1.1. Introduction to sports injuries 3.1.2 Role of trained personnel in the management of the sports injuries 3.2 Prevention injuries: 3.2.1 Factors causing sports injuries 3.2.2 Factors sports injuries 3.2.3 Complications of incomplete treatment **UNIT-IV** 4.1 Common sport injuries and their immediate treatment











Components of fitness and their description	
Components of wellness and their description	
Significance of fitness and wellness in present scenario	
Fitness and wellness for life	
HIT - II FITNESS PROFILE, DEVELOPMENT AND MAINTAINENCE OF FOLLOW	UDIC
Types:- physical (cardio respiratory, strength, speed agility, flexibility, power, muscul	VING
ardio-respiratory, flexibility, body composition, muscular strength and endurance) motor	skill related (speed power
ility, coordination, endurance, balance)	skili related (speed, power,
2 Principals of physical fitness	
3 Benefits of fitness programme	
4 Obesity (causes and prevention)	
5 Weight management (role of diet & exercise in maintenance of ideal weight)	
NIT – III WELLNESS	
.1 Identifying dimensions of wellness, achieving and maintenance of wellness	
Adopting healthy & positive lifestyle.	
Identifying stressors and managing stress	
Staying safe & preventing injuries	
Knowledge of Nutrition & its implication on healthy lifestyle	
☐ Factors leading to eating disorders ☐ Hazards of substance abuse (smoking, alcohol & tobacco)	
☐ Adoption of spirituality principals & their remedial measures	
☐ Yogic practices for achieving health and fitness	
Worthwhile use of leisure time.	
Sexuality – preventive measures for sexual transmitted diseases.	
T - bis an proper rest & sleen	
Drawention of cancer cardio-vascular disorders could diseases.	
3.2 Relationship of wellness towards positive lifestyle	
3.3 Benefits of wellness	
UNIT - IV BEHAVIOR MODIFICATION	
4.1 Damiars to change	
12 Process of change (6 stages) SMARI	
4.3 Technique of change & smart god streaming and treatment of inactivity disease	ses)
4.4 Healthy lifestyle approach. The actinude gender, age &occupation.	
<ul> <li>5.1 Daily schedule based upon one's attitude, gender, age &amp;coordinates</li> <li>5.2 Basic – module: - Time split for rest, sleep, diet, activity &amp; recreation.</li> <li>5.2 Principles to achieve quality of life:- positive attitude, daily regular exercise, control of the state of the</li></ul>	ver food habits & healthy
5.2 Basic - module: - Time spirit of life:- positive attitude, daily regular exercise, control of life:- positive attitude, daily regular exercise, and life attitude, and life attitude, and life attitude, and life attitude, daily regular exercise, and life attitude, and life a	
5.3 Principles to achieve quarty	
hygienic practices.	
REFERENCES 2002	
Dalhi : 11BSPD, 2002.	
☐ Anderson, B., Stretch Yourself for Health & Fitness, Delli . OBST 1, 1997.  ☐ Austin and Noble, Swimming For Fitness, Madras: All India Pub., 1997.  ☐ Austin and Noble, Swimming For Fitness, London: A & C Block, 1999.	
Austin and Noble, Swiftness London: A & C Block, 1999.	
Bean, Anita, Food Brown 1994.	
Callino Flood, D.R., Concepts of Physical Filliess, A & C Black, 1998.	
☐ Callno Flood, D.K., Practical Manager of Physical Fitness, WC Blown, 1998. ☐ Cox, Corbin, C.B & Indsey, R., Concepts of Physical Fitness, WC Blown, 1998. ☐ Diffore, Judy, Complete Guide to Postnatal Fitness, London: A & C Black, 1998. ☐ Diffore, Judy, Complete Guide to Postnatal Fitness, London: A & C Black, 1998.	
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Components of fitness and their description Components of wellness and their description Significance of fitness and wellness in present scenario. Fitness and wellness for life IIT – II FITNESS PROFILE, DEVELOPMENT AND MAINTAINENCE OF FOLLOWING Types :- physical ( cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related irdio-respiratory, flexibility, body composition, muscular strength and endurance) motor skill related (speed, power, ility, coordination, endurance, balance) ? Principals of physical fitness Benefits of fitness programme 4 Obesity (causes and prevention) 5 Weight management (role of diet & exercise in maintenance of ideal weight) NIT - III WELLNESS 1 Identifying dimensions of wellness, achieving and maintenance of wellness Adopting healthy & positive lifestyle. Identifying stressors and managing stress Staying safe & preventing injuries Knowledge of Nutrition & its implication on healthy lifestyle Factors leading to eating disorders Hazards of substance abuse (smoking, alcohol & tobacco) Adoption of spirituality principals & their remedial measures Yogic practices for achieving health and fitness Worthwhile use of leisure time. Sexuality - preventive measures for sexual transmitted diseases. 1 Emphasis on proper rest &sleep. Prevention of cancer, cardio-vascular disorders &other diseases. .2 Relationship of wellness towards positive lifestyle 3.3 Benefits of wellness JNIT - IV BEHAVIOR MODIFICATION 1.1 Barriers to change 1.2 Process of change (6 stages) SMART 1.3 Technique of change & smart goal setting. 1.4 Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases) 5.1 Daily schedule based upon one's attitude, gender, age &occupation. 5.2 Basic - module: - Time split for rest, sleep, diet, activity & recreation. 5.3 Principles to achieve quality of life:- positive attitude, daily regular exercise, control over food habits & healthy hygienic practices. REFERENCES Fitness ☐ Anderson, B., Stretch Yourself for Health & Fitness, Delhi : UBSPD, 2002. ☐ Austin and Noble, Swimming For Fitness, Madras: All India Pub., 1997. ☐ Bean, Anita, Food For Fitness, London: A & C Block, 1999. ☐ Callno Flood, D.K., Practical Math For Health Fitness, New Delhi, 1996. Cox, Corbin, C.B & Indsey, R., Concepts of Physical Fitness, WC Brown, 1994. ☐ Difiore, Judy, Complete Guide to Postnatal Fitness, London : A & C Black, 1998.

