

**PROGRAMME OUTCOMES:**

Physical Fitness is one area of study with in exercise Physiology. Physical fitness is the ability of the body system to function efficiently and effectively. Individuals who are physically fit have the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies. Health fitness is important for all individuals through out their life span. The achievement and maintenance of those qualities necessary for an individual to function efficiently and to enhance his or her health through the prevention and remediation of disease are the central focus of health fitness. An increasing body of research supports the contribution of regular, appropriate physical activity to health and quality of life. The awareness of the benefits of physical activity by the public, corporate sector, and medical profession has stimulated the growth of preventive and rehabilitative physical activity programs. Students aspiring to pursue careers in this growing area should familiarize themselves with the types of programs typically offered and the nature of responsibilities associated with them, the many career opportunities available, and strategies to prepare themselves for a fitness and exercise related career.

SEMESTER –I	TOPICS
UNIT - I	<ul style="list-style-type: none"> <li>❖ Concept of Wellness</li> <li>❖ Importance of Wellness</li> <li>❖ Meaning and Definition of Physical Fitness</li> <li>❖ Type of Physical Fitness</li> <li>❖ Component of Physical Fitness</li> <li>❖ Strength, Endurance, Speed, Flexibility</li> <li>❖ Factors affecting Physical Fitness</li> <li>❖ Clothing</li> <li>❖ Importance of Physical Fitness</li> </ul>
UNIT - II	<ul style="list-style-type: none"> <li>❖ Meaning of Warming up</li> <li>❖ Type of Warming up</li> <li>❖ Importance of Warming up</li> <li>❖ Duration of Warming up</li> <li>❖ Methods of Warming up</li> <li>❖ Meaning of Cooling down</li> <li>❖ Methods of Cooling down</li> </ul>
Unit-III	<ul style="list-style-type: none"> <li>❖ When to exercise</li> <li>❖ Type of Exercise</li> <li>❖ Free hand exercise</li> <li>❖ Stretching Exercise</li> </ul>

	<ul style="list-style-type: none"> <li>❖ <b>Callisthenic Exercise.</b></li> <li>❖ <b>Measuring heart rate</b></li> <li>❖ <b>Measuring Blood Pressure.</b></li> <li>❖ <b>Meaning of BMI</b></li> <li>❖ <b>Familiar to Fitness equipment.</b></li> </ul>
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<b>SEMESTER –II</b>	<b>TOPICS</b>
<b>UNIT –I</b>	<ul style="list-style-type: none"> <li>❖ <b>Types of Body Joints</b></li> <li>❖ <b>Major Movement of Joints</b></li> <li>❖ <b>Types of Muscles.</b></li> <li>❖ <b>Structure of Skeletal Muscles.</b></li> <li>❖ <b>Function of Skeletal Muscles.</b></li> <li>❖ <b>Balance Diet</b></li> <li>❖ <b>Elements of Balance Diet</b></li> </ul>
<b>UNIT –II</b>	<ul style="list-style-type: none"> <li>❖ <b>Classification of Skeletal Muscles</b></li> <li>❖ <b>Effect of Training on Muscular system</b></li> <li>❖ <b>Effect of Training on Respiratory system.</b></li> <li>❖ <b>Effect of Training on Circulatory System</b></li> <li>❖ <b>Body Composition</b></li> </ul>
<b>UNIT-III</b>	<ul style="list-style-type: none"> <li>❖ <b>Muscles Exercise.</b></li> <li>❖ <b>Physical Training</b></li> <li>❖ <b>Physical Detraining.</b></li> <li>❖ <b>Effects of Physical Detraining</b></li> <li>❖ <b>Work out with Different Fitness Machines</b></li> </ul>

<b>SEMESTER –III</b>	<b>TOPICS</b>
<b>UNIT-I</b>	<ul style="list-style-type: none"> <li>❖ <b>Meaning and Definition of Sports Training.</b></li> <li>❖ <b>Aims and Objectives of Sports Training</b></li> <li>❖ <b>Characteristics of Sports Training.</b></li> <li>❖ <b>Principle of Sports Training.</b></li> <li>❖ <b>Physical Conditioning</b></li> </ul>
<b>UNIT-II</b>	<ul style="list-style-type: none"> <li>❖ <b>Sports Training Methods</b></li> <li>❖ <b>Development Methods of Strength</b></li> </ul>

	<ul style="list-style-type: none"> <li>❖ Development methods of Speed</li> <li>❖ Development Methods of Endurance</li> <li>❖ Development Methods of Flexibility</li> <li>❖ Muscular Contractions</li> <li>❖ Types of Muscular Contractions</li> </ul>
<b>UNIT-III</b>	<ul style="list-style-type: none"> <li>❖ Application of Training Methods.</li> <li>❖ Aerobics Fitness Dance</li> <li>❖ Zumba Fitness dance</li> <li>❖ Mixed Methods of Fitness.</li> <li>❖ Workout with various Fitness Machines</li> </ul>

<b>SEMESTER –IV</b>	<b>TOPICS</b>
<b>UNIT –I</b>	<ul style="list-style-type: none"> <li>❖ Environmental effect on Fitness.</li> <li>❖ Temperature Variation.</li> <li>❖ Humidity</li> <li>❖ Altitude</li> <li>❖ Type of Altitude</li> <li>❖ Fatigue</li> <li>❖ Nutrition and Fitness</li> </ul>
<b>UNIT-II</b>	<ul style="list-style-type: none"> <li>❖ Meaning of Obesity</li> <li>❖ Type of Obesity</li> <li>❖ Methods of Weight Management</li> <li>❖ Vital capacity</li> <li>❖ Second Wind</li> <li>❖ Oxygen debt</li> <li>❖ Measuring Blood Pressure</li> </ul>
<b>UNIT-III</b>	<ul style="list-style-type: none"> <li>❖ Physical Training at Different Altitude</li> <li>❖ Physiological effect at Altitude</li> <li>❖ Development and Maintenances of Fitness</li> <li>❖ Workout with Different Kinds of Fitness Equipment</li> </ul>

<b>Title of course:</b>			<b>Wellness Fitness Training</b>		
<b>Nodal Department of HEI to run course</b>					
<b>Board Area/Sector-</b>			Physical Education		
<b>Sub Sector-</b>			Health Care		
<b>Nature of Course-Independent and Progressive</b>			Progressive		
<b>Name of Suggestive Sector Skill Council</b>			SPEFL- SC		
<b>Aliened NSQF Level</b>			4		
<b>Expected fee of the Course-Free/Paid</b>					
<b>Stipend to Student expected from industry</b>			No		
<b>Number of Seats.....</b>					
<b>Course Code- PSD YS 101</b>			Credits-03(1 Theory,2 Practical)		
<b>Max Mark....100..... Minimum Marks.....</b>			40 : 60		
<b>Name of proposed skill Partner (Please Specify, Name of industry, company etc. for practical/training/internship/OJT.</b>					
<b>Job prospects- Expected field of Occupation where student will be able to Get job after the completing this course in (Please Specify, Name of industry, company etc.)</b>			In Government and Private Sector, in Fitness Center, in research field, in Management sector, in Consultancy, and in fitness club etc.		
<b>Syllabus:-</b>					
<b>Unit</b>	<b>Topics</b>	<b>General/Skill Component</b>	<b>Theory/Practical /OJT/internship /Training</b>	<b>No. of Theory Hours (Total-15 Hours=1 credit)</b>	<b>No. of skill hours (Total=60 Hours=2 credits)</b>
<b>Semester-1</b>					
<b>3 Credits</b>					
I.	Concept of wellness and fitness, Components of physical fitness, importance of physical fitness	General	Theory/Practical	15 Hours	
II.	Warming up and cooling down, Type and methods of warming up, Type of Exercise, importance of warming up	Skill	Theory/Practical		30 Hours
III.	Practical	Skill	Practical/internship /Training		30 Hours
<b>Semester-2</b>					
<b>3 Credits</b>					
I.	Major Movements of Joints, Structural classification of Skeletal Muscles, Muscle exercise, Balance Diet	General	Theory/Practical	15 Hours	
II.	Effect of exercise on body systems, Physical training and Detraining , Body Composition	Skill	Theory/Practical		30 Hours
III.	Practical	Skill	Practical/internship /Training		30 Hours
<b>Semester-3</b>					
<b>3 Credits</b>					

I.	Meaning and Definition of Sports Training, Aims and objective of sports training, Principles of sports training.	General	Theory/Practical	15 Hours	
II	Muscular Contraction ,Sports training methods, New trends in physical fitness, Aerobics fitness Dance, Zumba fitness Dance.	Skill	Theory/Practical		30 Hours
III.	Practical	Skill	Practical/internship /Training		30 Hours

#### Semester-4

#### 3 Credits

I.	Environmental factors of Fitness, Variation in temperature, Different Altitude, Fatigue, Nutrition and Fitness.	General	Theory/Practical	15 Hours	
II	Obesity and weight management, Vital Capacity, Second Wind, Oxygen Debt,.	Skill	Theory/Practical		30 Hours
III.	Practical	Skill	Practical/internship /Training		30 Hours

#### Suggested Readings:

Singh, Hardhyal (1991) Science of sports Training. New Delhi D V S Publication.  
 Dick, Frank W.(1980) Sports Training Principle. Landon Lepus Books  
 Fox, Edward L 1984 Sports Physiology Halt: CBS college Publishing  
 Nieman, David C(1998) The exercise health connection. Champaign IL : Human kinetics  
 Harre, Dietrich (1982) principle of sports training. Berlin: Sportver lag  
 Myshne, David A(1982) Human Anatomy and Physiology. Moscow: MIR Publisher  
 Park, J.E and Park K(1990) Text book of Prevantive and Social Medicine. Jabalpur: Banarsidass Bhanot Publisher  
 S.Dheer, M Basu, R. Kamal, Introduction to health Education, A.P.Publication 1989.  
 Singh, Dr,. Ajmer, Essentials of physical Education, Kalyani Publication, 2003  
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#### Suggested Digital platforms/web link for reading-

[www.aahperd.org](http://www.aahperd.org), [www.nata.org](http://www.nata.org), [www.acsm.org](http://www.acsm.org), [www.naspspa.org](http://www.naspspa.org), [www.aaasponline.org](http://www.aaasponline.org), [www.iaps.net](http://www.iaps.net)  
[www.nassh.org](http://www.nassh.org), [www.nassm.com](http://www.nassm.com), [www.uwm.edu/~aycock/nasss/nasss.html](http://www.uwm.edu/~aycock/nasss/nasss.html)

#### Suggested OJT/internship/Training/Skill partner :

Suggested Continuous Evaluation Methods: <https://ugcmoocs.inflibnet.ac.in/quiz/> , N S Q F, N S D C

#### Course Pre-requisites:

- No pre-requisite required, open to all
- To study this Course, a student must have the Subject.....in class/12<sup>th</sup>/certificate/diploma.
- If progressive to study this course a student must have passed previous courses of this series.

Suggested Equivalent online courses:SWAYAM, U G C, S D C, N S Q F, NISHTHA, IGNOU

Any remarks/suggestions: