

SYLLABUS (35 HOURS)

MODULE 1

Fitness, Health & Wellness. Modern concept of Fitness, Health & Wellness management. Physical health and Mental Health. Components of Physical Fitness

MODULE 2

Systems of Human Body, Physical Activity, Role of Physical Activity in Human Body, Hypokinetic Diseases and Prevention. Human body posture-, Importance of Good posture and Management. Weight Gain and Weight Loss, Lean Body Mass, BMI

MODULE 3

Psychological components and Mental Health. Psychological Stress-Prevention & Management. Meditation. Importance of meditation in Mental Health & Wellbeing. Concentration, Techniques to improve concentration. Relationship building-family, society & peer group.

MODULE 4

Nutrition. Classification of nutrients, Role nutrients in human body, Nutritional values of different food items. Diet, Balanced diet, Positive diet and Negative diet. Fluid intake and balance in human body.

MODULE 5 (PRACTICAL)

Introduction to various physical activities, Stretching, Rotations, Mobility exercises, Basic asanas of yoga, Warm up, cool down, Exercise setting and charting.

MODULE 6 (PRACTICAL)

Development of physical fitness components – speed, strength, Endurance, Flexibility and Coordination

REFERENCES

- Breath: James Nestor, 2020
- The new rules of lifting: Lou Scholar, 2007
- The Worlds fittest book: Ros Medgly, 2018
- Handbook of Physical Education: David Kirk, 2013

** E- certificate will be provided to all students on completion of the course with 50% marks in the final examination and timely submission of assignments.