

# **CERTIFICATE COURSE IN “BASICS OF Physical Activity and Health Management”**

Total Duration: 30 hours

## **Module I**

Physical Activity and Health Management, Health – Definition & Details, Dimensions of Health, Physical Dimension – Physical Activity, Balanced Diet, Daily Life Style, Sleep & Hereditary End Environment, Mental Dimension, Emotional Dimension, Social Dimension and Spiritual Dimension.

## **Module II**

Physical Activity- Definition & Details, Exercise – Definition & Details, Types of Exercises – Aerobic Exercises and Anaerobic Exercises. Physical Fitness- Definition and Details, Components of Fitness – Speed, Strength, Endurance, Flexibility and Body Composition.

## **Module III**

Benefits of Physical Activity. Effect on Muscles and Bones, Effect on Body Energy Level. Effect on Body Weight Loss. Effect of Psychological Factors. Hypokinetic Diseases and Physical Activity. Exercise and Brain Health. Relaxation and Sleep Quality. Exercise Effect on Heart and Lungs. Physical Activity and Fitness. Effect on Immunity.

## **Module IV (Practical)**

Warm Up and Cooldown, Demonstration and Performance

## **Module V (Practical)**

Introduction of Basic Fitness Exercises, Demonstration and Performance

## Aim and Objectives

1. To aware the society about health and healthy practices
2. To aware the society about benefits of exercises
3. To make the individual train themselves and advice others

## Outcome or Benefits

1. Health promotion and awareness
2. Occupational benefits- Individuals may got opportunities in Health Clubs, Community Health Programme, Personal Training Industry.
3. Opportunities for further studies