

**SEMESTER-I****BSc-PE-GE-1 (4)-101: FITNESS & WELLNESS**

Max. Marks:100

Credit=4(3Thz+1P)

45 Hrs Theory+30 Hrs Practical

- UNIT – I INTRODUCTION (8 hrs lectures)**
- 1.1 Concept and meaning of fitness and wellness
  - 1.2 Components of fitness and their description
  - 1.3 Components of wellness and their description
  - 1.4 Significance of fitness and wellness in present scenario.
  - 1.5 Fitness and wellness for life
- UNIT – II FITNESS PROFILE, DEVELOPMENT AND MAINTAINENCE OF FOLLOWING (10 hrs lecture)**
- 2.1 Types :- physical ( cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance) motor skill related (speed, power, agility, coordination, endurance, balance)
  - 2.2 Principals of physical fitness
  - 2.3 Benefits of fitness programme
  - 2.4 Obesity (causes and prevention)
  - 2.5 Weight management (role of diet & exercise in maintenance of ideal weight)
- UNIT – III WELLNESS (12 hrs lectures)**
- 3.1 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.
    - Emphasis on proper rest & sleep.
    - Prevention of cancer, cardio-vascular disorders & other diseases.
  - 3.2 Relationship of wellness towards positive lifestyle
  - 3.3 Benefits of wellness
- UNIT – IV BEHAVIOR MODIFICATION (7 hrs lectures)**
- 4.1 Barriers to change
  - 4.2 Process of change (6 stages) SMART
  - 4.3 Technique of change & smart goal setting.
  - 4.4 Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases)
- UNIT – V DAILY SCHEDULE OF ACHIEVING QUALITY OF LIFE & WELLNESS (8 hrs lecture)**
- 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.

**PRACTICAL****30 hrs**

1. **FITNESS LABS:** Various labs testing related to cardio-vascular endurance, flexibility, muscular strength and body composition.
2. **PHYSIOLOGICAL TESTING:** - Blood pressure, VO<sub>2</sub> max, vital capacity, pulse rate.
3. **STRESS MANAGEMENT :-** Yogic practices (asanas, pranayam and meditation)
4. **SURVEY PROJECT:** - Fitness & wellness assessment of local community.
5. **NUTRITIONAL DIET ANALYSIS :-** Given diet

## 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 Black, 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.
- Giam, C.K & The, K.C., *Sport Medicine Exercise and Fitness*, Singapore : P.G. Medical Book, 1994.
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- Harrison, J.C., *Hooked on Fitness*, NY: Parker Pub. Com., 1993.
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- Maud, J.R. and Foster, C., *Physiology Assessment of Human Fitness*, New Delhi, 1995.
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- Sharkey, B.J., *Physiology of Fitness*, Human Kinetics Book, 1990.
- Thani, Lokesh, *Rules of Games and Games and Fitness*, Delhi: Sports, 2003.