

DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF VALUE ADDED COURSE
PHYSICAL FITNESS AND WELLNESS (VAC) 02 Credits
Marks:100 marks

Course Objectives: The objective of this course is to provide a clear understanding of fitness and wellness knowledge to the students. This course will also provide the knowledge about the importance of physical activity, exercise and sports.

Course Outcomes: At the end of the course, students will be able to-

- Understand importance of fitness and wellness in modern era.
- Get advantage with the knowledge of various health benefits through fitness and wellness.
- Understand different principles of physical activity and exercise program.

Unit I

- Meaning, definition and importance of Physical Fitness.
- Components of Physical fitness.
- Factors affecting Physical fitness.
- Warming up and cooling down

Unit II

- Meaning, definition and importance of Wellness.
- Components of wellness.
- Obesity: meaning, definition.
- Causes and management of obesity.

Unit III

Practical:

- Fitness drills for lower limbs.
- Fitness drills for upper limbs.
- Fitness drills for core muscles.
- Callisthenics exercises.

Unit IV

Practical:

- JCR Test
- Shuttle run test
- Sit and reach test
- Speed test
- Cooper-12 minute run test

ASSESSMENT –Practical and theory: 50 marks each.

Reference:

- David K. Miller & T. Earl Allen, *Fitness, A life time commitment*, Surjeet Publication Delhi 1989.
- Dr. A.K. Uppal, *Physical Fitness*, Friends Publications (India), 1992.
- Warner W.K. Oeger&Sharon A. Hoeger, *Fitness and Wellness*, Morton Publishing Company, 1990.
- Elizabeth & Ken day, *Sports fitness for women*, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, KarynHartiger& Katherine A. Smith, *Fitness Fun*, Human Kinetics Publishers 2002.
- Lawrence, Debbie, *Exercise to Music*. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. *90 day fitness plan*, D.K. publishing, Inc. 95, Madison Avenue, New York 2001.