

DEPARTMENT OF PHYSICAL EDUCATION  
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)



SYLLABUS  
VALUE ADDED COURSE  
PHYSICAL FITNESS AND WELLNESS PEBAVAT2

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## SYLLABUS OF VALUE ADDED COURSE PHYSICAL FITNESS AND WELLNESS PEBAVAT2 (02 Credits)

Marks:100 marks

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

- Conceptualise the importance of fitness and wellness in modern era.
- Get advantage with the knowledge of various health benefits through fitness and wellness.
- Develop Skill of Performing 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 –

	THEORY	PRACTICAL	TOTAL
INTERNAL	15	15	30
EXTERNAL	35	35	70
TOTAL	50	50	100

### 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, Karyn Hartiger & 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.