

PROGRAMME OUTCOMES:

Physical Fitness is one area of study with in exercise Physiology. Physical fitness is the ability of the body system to function efficiently and effectively. Individuals who are physically fit have the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies. Health fitness is important for all individuals through out their life span. The achievement and maintenance of those qualities necessary for an individual to function efficiently and to enhance his or her health through the prevention and remediation of disease are the central focus of health fitness. An increasing body of research supports the contribution of regular, appropriate physical activity to health and quality of life. The awareness of the benefits of physical activity by the public, corporate sector, and medical profession has stimulated the growth of preventive and rehabilitative physical activity programs. Students aspiring to pursue careers in this growing area should familiarize themselves with the types of programs typically offered and the nature of responsibilities associated with them, the many career opportunities available, and strategies to prepare themselves for a fitness and exercise related career.

SEMESTER –I	TOPICS
UNIT - I	<ul style="list-style-type: none"> ❖ Concept of Wellness ❖ Importance of Wellness ❖ Meaning and Definition of Physical Fitness ❖ Type of Physical Fitness ❖ Component of Physical Fitness ❖ Strength, Endurance, Speed, Flexibility ❖ Factors affecting Physical Fitness ❖ Clothing ❖ Importance of Physical Fitness
UNIT - II	<ul style="list-style-type: none"> ❖ Meaning of Warming up ❖ Type of Warming up ❖ Importance of Warming up ❖ Duration of Warming up ❖ Methods of Warming up ❖ Meaning of Cooling down ❖ Methods of Cooling down
Unit-III	<ul style="list-style-type: none"> ❖ When to exercise ❖ Type of Exercise ❖ Free hand exercise ❖ Stretching Exercise

	<ul style="list-style-type: none"> ❖ Callisthenic Exercise. ❖ Measuring heart rate ❖ Measuring Blood Pressure. ❖ Meaning of BMI ❖ Familiar to Fitness equipment.
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SEMESTER –II	TOPICS
UNIT –I	<ul style="list-style-type: none"> ❖ Types of Body Joints ❖ Major Movement of Joints ❖ Types of Muscles. ❖ Structure of Skeletal Muscles. ❖ Function of Skeletal Muscles. ❖ Balance Diet ❖ Elements of Balance Diet
UNIT –II	<ul style="list-style-type: none"> ❖ Classification of Skeletal Muscles ❖ Effect of Training on Muscular system ❖ Effect of Training on Respiratory system. ❖ Effect of Training on Circulatory System ❖ Body Composition
UNIT-III	<ul style="list-style-type: none"> ❖ Muscles Exercise. ❖ Physical Training ❖ Physical Detraining. ❖ Effects of Physical Detraining ❖ Work out with Different Fitness Machines

SEMESTER –III	TOPICS
UNIT-I	<ul style="list-style-type: none"> ❖ Meaning and Definition of Sports Training. ❖ Aims and Objectives of Sports Training ❖ Characteristics of Sports Training. ❖ Principle of Sports Training. ❖ Physical Conditioning
UNIT-II	<ul style="list-style-type: none"> ❖ Sports Training Methods ❖ Development Methods of Strength

	<ul style="list-style-type: none"> ❖ Development methods of Speed ❖ Development Methods of Endurance ❖ Development Methods of Flexibility ❖ Muscular Contractions ❖ Types of Muscular Contractions
UNIT-III	<ul style="list-style-type: none"> ❖ Application of Training Methods. ❖ Aerobics Fitness Dance ❖ Zumba Fitness dance ❖ Mixed Methods of Fitness. ❖ Workout with various Fitness Machines

SEMESTER –IV	TOPICS
UNIT –I	<ul style="list-style-type: none"> ❖ Environmental effect on Fitness. ❖ Temperature Variation. ❖ Humidity ❖ Altitude ❖ Type of Altitude ❖ Fatigue ❖ Nutrition and Fitness
UNIT-II	<ul style="list-style-type: none"> ❖ Meaning of Obesity ❖ Type of Obesity ❖ Methods of Weight Management ❖ Vital capacity ❖ Second Wind ❖ Oxygen debt ❖ Measuring Blood Pressure
UNIT-III	<ul style="list-style-type: none"> ❖ Physical Training at Different Altitude ❖ Physiological effect at Altitude ❖ Development and Maintenances of Fitness ❖ Workout with Different Kinds of Fitness Equipment

Title of course:			Wellness Fitness Training		
Nodal Department of HEI to run course					
Board Area/Sector-			Physical Education		
Sub Sector-			Health Care		
Nature of Course-Independent and Progressive			Progressive		
Name of Suggestive Sector Skill Council			SPEFL- SC		
Aliened NSQF Level			4		
Expected fee of the Course-Free/Paid					
Stipend to Student expected from industry			No		
Number of Seats.....					
Course Code- PSD YS 101			Credits-03(1 Theory,2 Practical)		
Max Mark....100..... Minimum Marks.....			40 : 60		
Name of proposed skill Partner (Please Specify, Name of industry, company etc. for practical/training/internship/OJT.					
Job prospects- Expected field of Occupation where student will be able to Get job after the completing this course in (Please Specify, Name of industry, company etc.)			In Government and Private Sector, in Fitness Center, in research field, in Management sector, in Consultancy, and in fitness club etc.		
Syllabus:-					
Unit	Topics	General/Skill Component	Theory/Practical /OJT/internship /Training	No. of Theory Hours (Total-15 Hours=1 credit)	No. of skill hours (Total=60 Hours=2 credits)
Semester-1					
3 Credits					
I.	Concept of wellness and fitness, Components of physical fitness, importance of physical fitness	General	Theory/Practical	15 Hours	
II.	Warming up and cooling down, Type and methods of warming up, Type of Exercise, importance of warming up	Skill	Theory/Practical		30 Hours
III.	Practical	Skill	Practical/internship /Training		30 Hours
Semester-2					
3 Credits					
I.	Major Movements of Joints, Structural classification of Skeletal Muscles, Muscle exercise, Balance Diet	General	Theory/Practical	15 Hours	
II.	Effect of exercise on body systems, Physical training and Detraining , Body Composition	Skill	Theory/Practical		30 Hours
III.	Practical	Skill	Practical/internship /Training		30 Hours
Semester-3					
3 Credits					

I.	Meaning and Definition of Sports Training, Aims and objective of sports training, Principles of sports training.	General	Theory/Practical	15 Hours	
II	Muscular Contraction ,Sports training methods, New trends in physical fitness, Aerobics fitness Dance, Zumba fitness Dance.	Skill	Theory/Practical		30 Hours
III.	Practical	Skill	Practical/internship /Training		30 Hours

Semester-4

3 Credits

I.	Environmental factors of Fitness, Variation in temperature, Different Altitude, Fatigue, Nutrition and Fitness.	General	Theory/Practical	15 Hours	
II	Obesity and weight management, Vital Capacity, Second Wind, Oxygen Debt,.	Skill	Theory/Practical		30 Hours
III.	Practical	Skill	Practical/internship /Training		30 Hours

Suggested Readings:

Singh, Hardhyal (1991) Science of sports Training. New Delhi D V S Publication.
 Dick, Frank W.(1980) Sports Training Principle. Landon Lepus Books
 Fox, Edward L 1984 Sports Physiology Halt: CBS college Publishing
 Nieman, David C(1998) The exercise health connection. Champaign IL : Human kinetics
 Harre, Dietrich (1982) principle of sports training. Berlin: Sportver lag
 Myshne, David A(1982) Human Anatomy and Physiology. Moscow: MIR Publisher
 Park, J.E and Park K(1990) Text book of Prevantive and Social Medicine. Jabalpur: Banarsidass Bhanot Publisher
 S.Dheer, M Basu, R. Kamal, Introduction to health Education, A.P.Publication 1989.
 Singh, Dr,. Ajmer, Essentials of physical Education, Kalyani Publication, 2003
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Suggested Digital platforms/web link for reading-

www.aahperd.org, www.nata.org, www.acsm.org, www.naspspa.org, www.aaasponline.org, www.iaps.net
www.nassh.org, www.nassm.com, www.uwm.edu/~aycock/nasss/nasss.html

Suggested OJT/internship/Training/Skill partner :

Suggested Continuous Evaluation Methods: <https://ugcmoocs.inflibnet.ac.in/quiz/> , N S Q F, N S D C

Course Pre-requisites:

- No pre-requisite required, open to all
- To study this Course, a student must have the Subject.....in class/12th/certificate/diploma.
- If progressive to study this course a student must have passed previous courses of this series.

Suggested Equivalent online courses:SWAYAM, U G C, S D C, N S Q F, NISHTHA, IGNOU

Any remarks/suggestions: