

Semester	I / II /III/IV	Course Code	24PEUV0002
Course Title	Health and Fitness		
No. of Credits	0+1	No.of Contact hours per week	1
New Course / Revised Course	Revised Course	Percentage of Revision effected	50
Category	Credit course		
Scope of the Course	Skill Development		
Cognitive Levels addressed by the Course	K-1 & K-2		
Course Objectives	The Course aims to Gain knowledge about the health and Fitness activities		
Unit	Content		No of Hours
I	Concept of Health & Fitness: Health related physical fitness components and its assessment		3
II	Weight Management and Recreation: BMI - Underweight – Obesity - waist-to-hip ratio(WHR) - Minor games		4
III	Core Strength: Isometric Strength: Isometric Push-up - wall push - Plank – Static Lunge - Side Plank – Wall sit – Calf raise hold - Bridge - Lateral Shoulder raise - Isometric exercise for neck - Medicine ball exercises		3
IV	Anaerobic Fitness: Short sprints – 4 X 100meters Brisk Walking - Repeated Jumps – Sideward and backward Walk/Run for 4 X 100meters - 10meters Shuttle Run - 4 X 50 meters Rope Skipping		4
V	Cardiac fitness and Tool: 6minute walk - Introduction to Yo –Yo intermittent recovery (Level-1)tests – 3-4 Kms of brisk walk / 3500steps		2
References	<p>Text Books:</p> <ol style="list-style-type: none"> 1. Barry L. Johnson, and Jack K. Nelson. (1988). Practical Measurements for Evaluation in Physical Education, (3rdED). Delhi: Surjeet Publications. 2. James R.Morrow, Jr., Allen W.Jackson, James G.Disch and Dale.P.Mood. (2000). Measurement and Evaluation in Human Performance, (2ED). Champaign Illinois: Human Kinetics Publishers Inc. 3. Jay Hoffman. (2002). Physiological Aspects of Sports Training Performance. Champaign Illinois: Human Kinetics Publishers Inc. 4. Lee E. Brown, Vance Ferrigno, Juan Carlos Santana. (2000). Training for speed, Agility and Quickness. Champaign Illinois: Human Kinetics Publishers Inc. 		

	5. Thomas R. Baechle. (1994). Essentials of Strength Training and Conditioning. Champaign Illinois: Human Kinetics Publishers Inc.
	<p>References Books:</p> <ol style="list-style-type: none"> 1. Edward L. Fox, Richard W. Bowers and Merle L. Foss. (1989). The Physiological Basis of Physical Education and Athletics, (3rdED). New York: W.M.C. Brown Publishers. 2. Kamlesh, M.L. (1987). Management Concepts Physical Education and Sport. Metropolitan Book Co., Pvt., Ltd., Nethaji Subhash Marg, New Delhi. 3. Tudor O. Bompa, and Coracchia Lorenzo. (1998). Serious Strength Training. Champaign Illinois: Human Kinetics Publishers Inc.
	<p>Web Resources:</p> <ol style="list-style-type: none"> 1. https://www.iaaf.org/home 2. https://www.topendsports.com/testing/tests/yo-yo-endurance.htm 3. https://barbend.com/isometric-exercises/ 4. https://www.medicalnewstoday.com/articles/6-minute-walk-test#scoring 5. https://www.thoracic.org/patients/patient-resources/resources/six-minute-walk-test.pdf
Course Outcomes	<p>Students should be able to</p> <ol style="list-style-type: none"> 1. To able to know about health and fitness. 2. Know about weight management and minor games. 3. Learn the strength activities. 4. Self aggravated to take part in various fitness activities. 5. Understand the latest fitness tools.

Pattern

First CFA	Second CFA		Total Marks 50
	25 Marks		
25 marks	Test 20marks	Assignment 5marks	