

CURRICULAM PLANNER

PROGRAMME NAME	B.A. (HONS) II YEAR SEM-4
COURSE NAME	FITNESS & EXERCISE MANAGEMENT (GE)
SEMESTER DURATION	JAN – APRIL

Week	Topic	Teaching Methodology	Continuous Evaluation
Weeks 1-3	Unit-1: Physical Fitness <ul style="list-style-type: none"> ➤ Concept and Significance of Physical Fitness ➤ Components of Physical Fitness, Assessment of Health Related Physical Fitness Components - Cardio-respiratory Endurance, Body Composition, Muscular Strength, Muscular Endurance, Flexibility ➤ Principles of Training. Development of Fitness 	Using: Lectures; PPTs; Audio-visual	Practice Tests
Weeks 4-6	Unit-II : Suggested Exercises for Fitness <ul style="list-style-type: none"> ➤ Exercises for developing Cardio-respiratory Endurance, Weight Management, Resistance Training, Flexibility ➤ Exercises for Children, Youth, Adults, Women, Senior citizens Exercises for Coronary Heart Disease, Obesity, Diabetes, Asthma and Pulmonary Disease 	Using: Lectures; PPTs; Audio-visual; Group Discussions;	MCQs; Q&A Sessions
Weeks 7-8	Unit-III : Exercise Programming and Management <ul style="list-style-type: none"> ➤ Health Appraisal, Setting Fitness Goals, Measuring Energy Expenditure ➤ Behaviour Modification, Fitness Module, Prevention of Injuries and First-Aid ➤ Evaluation of the implemented programme of fitness and Report generating 	Using: Lectures; PPTs; Audio-visual; Group Discussions	Q&A Sessions; MCQs
Weeks 9-10	PART B: PRACTICAL <ul style="list-style-type: none"> ➤ Assessment of Wellness and Fitness for Life: Lifestyle Assessment Inventory (Assessment Activity -1), Physical Activity Readiness Questionnaire (PAR-Q), 	Using: Group Discussions; Brainstorming	Practice Tests; Written Assignments

	Functional Fitness Test for Senior Citizens		
SEMESTER BREAK			
Weeks 11-13	➤ Evaluation of Fitness: Cooper's 9/12 min. (Girls Boys) Run Walk Test, Sit and Reach Test Modified Sit & Reach Test, Modified Sit-ups (one minute), Pull-ups/ Flexed Arm Hang (one minute), Body Mass Index (BMI), Basal Metabolic Rate (BMR), Waist Hip Ratio (WHR)	Lectures; PPTs; Group Discussions; Brainstorming	Practice Tests; Written Assignments
Week 14-15	Presentation by Student	Remedial Classes	Class Test