

SEMESTER-II
BSc-PE-GE-2 (4)-101: FITNESS & WELLNESS

Credit=4(3Thz+1P)
 45 Hrs Theory+30 Hrs Practical

Max. Marks:100

Learning Objectives: To impart the knowledge and practices about the sports, play, recreation, games and motivational factors towards sports, their fitness components and health.

Learning Outcomes:

1. The learner will learn and practice about the sports and recreation, and their health benefits for normal and challenged population.
2. The learner will be able to analyze, correlate and evaluate in regard to fitness profile, development and maintenance of the player including types of motor components, principles of physical fitness, benefits of fitness program, causes and prevention of obesity and weight management.
3. The learner will be able to identify, apply and correlate different aspects of wellness including identifying dimensions of wellness, achieving and maintenance of wellness, identifying stressors and managing stress, relationship of wellness towards positive lifestyle and benefits of wellness.
4. The learner will be able to describe, apply, correlate and measure different aspects of behavior modification in regard to barriers to change, six stages of SMART, technique of change & smart goal setting with healthy lifestyle approach adaptation.
5. The learner will be able to describe, apply, correlate and measure different aspects of daily schedule of achieving quality of life and wellness in regard to daily schedule (based upon one's attitude, gender, age & occupation), basic module (time split for rest, sleep, diet, activity & recreation), principles to achieve quality of life including positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.
6. The learner will have practical knowledge with applications and analysis of various laboratory testing, physiological testing, stress management, survey project for fitness and wellness of the local community and nutritional diet analysis.

UNIT – I	INTRODUCTION	(09 hrs Lectures)
	<ul style="list-style-type: none"> • Concept and meaning of fitness and wellness • Components of fitness and their description • Components of wellness and their description • Significance of fitness and wellness in present scenario. • Fitness and wellness for life 	
UNIT – II	FITNESS PROFILE, DEVELOPMENT AND MAINTAINENCE OF FOLLOWING	(09 hrs Lectures)
	<ul style="list-style-type: none"> • Types :- physical (cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance) motor skill related (speed, power, agility, coordination, endurance, balance) • Principals of physical fitness • Benefits of fitness programme • Obesity (causes and prevention) • Weight management (role of diet & exercise in maintenance of ideal weight) 	
UNIT – III	WELLNESS	(09 hrs Lectures)
	<ul style="list-style-type: none"> • Identifying dimensions of wellness, achieving and maintenance of wellness <ul style="list-style-type: none"> • Adopting healthy & positive lifestyle. • Identifying stressors and managing stress • Staying safe & preventing injuries • Knowledge of Nutrition & its implication on healthy lifestyle • Factors leading to eating disorders • Hazards of substance abuse (smoking, alcohol & tobacco) • Adoption of spirituality principals & their remedial measures 	

- Yogic practices for achieving health and fitness
- Worthwhile use of leisure time.
- Sexuality – preventive measures for sexual transmitted diseases.
- Emphasis on proper rest & sleep.
- Prevention of cancer, cardio-vascular disorders & other diseases.

- Relationship of wellness towards positive lifestyle
- Benefits of wellness

UNIT – IV BEHAVIOR MODIFICATION (09 hrs Lectures)

- Barriers to change
- Process of change (6 stages) SMART
- Technique of change & smart goal setting.
- Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases)

UNIT – V DAILY SCHEDULE OF ACHIEVING QUALITY OF LIFE & WELLNESS (09 hrs Lectures)

- Daily schedule based upon one's attitude, gender, age & occupation.
- Basic – module: - Time split for rest, sleep, diet, activity & recreation.
- Principles to achieve quality of life:- positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

PRACTICAL (30 Hrs.)

1. FITNESS LABS: Various labs testing related to cardio-vascular endurance, flexibility, muscular strength and body composition.
2. PHYSIOLOGICAL TESTING: - Blood pressure, VO2 max, vital capacity, pulse rate.
3. STRESS MANAGEMENT :- Yogic practices (asanas, pranayam and meditation)
4. SURVEY PROJECT: - Fitness & wellness assessment of local community.
5. NUTRITIONAL DIET ANALYSIS :- Given diet