

Course Code	Course Name	Credits
26PE104	PHYSICAL FITNESS AND WELLNESS	04

Course Objectives

- Introduce the concept, aims, and scope of Physical Education, fitness, and wellness.
- Explain components of fitness, wellness, and their relationship with lifestyle and health.
- Understand physiological indicators of fitness such as BP, lipid profile, and metabolic health.
- Apply principles of exercise prescription including aerobic, anaerobic, and training zones.
- Analyze safety measures, injury management, and first aid in physical activity.
- Evaluate strategies for fitness promotion and prevention of lifestyle-related diseases

Learning Outcomes

Upon successful completion of this course it is intended that a student will be able to:

- Understand basic concepts of physical education, fitness, and wellness.
- Apply exercise principles to develop fitness programs for different age groups.
- Analyze health indicators and their relation to physical fitness and lifestyle.
- Evaluate training methods such as free weights, machines, sets, and repetitions.
- Apply safety, first aid, and injury management techniques in physical activity

Unit 1-Concept of Physical Education and Fitness

Definition, Aims and Objectives of Physical Education, fitness and Wellness. Importance and Scope of fitness and Wellness . Modern concept of Physical fitness and Wellness .Physical Education and its Relevance in Inter Disciplinary Context.

Unit 2-Fitness, Wellness and Lifestyle

Fitness Types of Fitness and Components of Fitness. Understanding of Wellness . Metabolic fitness BP LDL Lipid profile – Triglyceride.

Physical Activity and Health Benefits

Unit 3- Principles of Exercise Program

Means of Fitness development aerobic and anaerobic exercises. Exercises and Heart rate Zones for Various aerobic exercise intensities.

Concept of free weight vs Machine, Sets and Repetition etc. Concept of designing different fitness training program for different age group.

Unit 4- Safety Education and Fitness Promotion

Health and Safety in Daily Life

First Aid and Emergency Care

Unit5- Common Injuries and their Management

Modern Life Style and Hypo-kinetic Disease Prevention and Management

Reference Books:

1. Difiore, J .(1 998). Complete guide to postnatal fitness. London: A and C Black,.
- 2.Giam, C.K and The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
- 3.Mcgllynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.
- 4.Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.