

"Fitness: A Way of Positive Life"

HEALTH & FITNESS

Programme: B.Tech.

Students(Max.):50

Course : Extra Curricular Course

Credits : 2

Hours : 50

Instructor: Dr. Raghuveer Singh

Course Context and Overview:

The objective of the course is to make students fit, healthy and gain sufficient knowledge of Health & Fitness. Physical fitness is a general state of health and well being and more specifically the ability to perform aspects of sports, occupations and daily activities.

Prerequisites Courses: None

Course outcomes (COs):

On completion of this course, the students will have the ability to:
CO1: Students will know the importance of Health & fitness.
CO2: Know the basics of Motor fitness components.
CO3: Know the basics of Fundamental human movements and Postural Deformities.
CO4: Know the basics of General anatomy.

Course Topics:

(A) THEORY:

UNIT – I	
1. Physical Education & Health education 1.1 Concept of physical education & health education. 1.2 Types of Body (structure) 1.3 Basic concepts of Balance diet- Diet before, during and after competition.	
UNIT-II	
2. Physical Fitness 2.1 Definition, Concept, aim & objectives of Physical Fitness 2.2 Components of physical Fitness 2.3 Importance of Physical fitness. 2.4 Motor ability. 2.5 Development of physical fitness components. 2.6 Principles of Sports Training.	
UNIT – III	
3. General Anatomy And Physiological Concepts 3.1 Anatomical Structure of the Human Body & types of Joints 3.2 Human Systems - Skeletal System, Muscular System & Respiratory System. 3.3 Physiological Concepts - Oxygen Debt, Second wind, Vital capacity & Fatigues. 3.4 Posture –Types of postural deformities 3.5 Warm up and cooling down.	

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(B) PRACTICAL

1. General and Specific Warm Up

3. Developing Personal Fitness components.

4. Conditioning & Training

- 1.) Strengthening Exercise
- 2.) Flexibility Exercise
- 3.) Weight Training
- 4.) Endurance Training
- 5.) Speed Drill

5. All students will be tested and measured for Fitness and will be provided the Fitness Score Card:

S.No.	Test/ Measurement	
1.	Height	
2.	Body Weight	
3.	BMI	
4.	Speed	
5.	Strength	
6.	Cardiovascular Endurance	
7.	Flexibility	
8.	Agility	
9.	Muscular Endurance	

*Standard physical fitness tests will be used for measuring various physical variables.

Evaluation Methods:

Item	Weightage
<p><u>Practical</u> –</p> <ul style="list-style-type: none"> 1. Physical Fitness Test 2. Motor Fitness Test. <ul style="list-style-type: none"> a) General motor ability test b) Specific motor ability test 	70
<p><u>Theory</u></p> <ul style="list-style-type: none"> 1. Written Exam (objective.) 2. Attitude and Attendance 	30

GRADE	MARKS
A	80+
AB	70-80
B	60-70
BC	50-60
C	40-50
F	40 (Below)

CLASS SCHEDULE

One semester system.

Total Hours : 50

Theory: 10 hours

Practical: 40 hours.

Venue: SAC