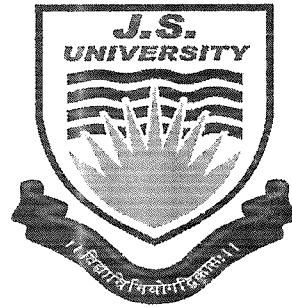


J.S. University, Shikohabad

Established by UP Govt. Act No. 07 of 2015

Recognized by U.G.C. under section 2 (f) of Act-1956



Value Added Course FIT INDIA

Department of Physical Education

FIT INDIA

Learning Outcome:

This Course will provide knowledge of Fit India

Duration: 30 Hours. (Theory and Practical)

Course Outcomes: -

Maximum Exposure has to be given on Practical Oriented

After completion of the course the student shall be able to:-

1. Adopting a healthy lifestyle.
2. Knowledge of nutrition, diet and psycho-physiological aspects of fitness.
3. Develop Self-esteem, Self-confidence, Self-discipline and team spirit as indicators of fitness.

Syllabus Outline

Module-1

Participation in Physical Activity

Concept

1. Fit India Protocol
2. Physical Activity, Health and Fitness
3. Indicators of Fitness

Practical/Practice

1. Aerobic Work Out / Physical Activity (Walking)
2. Yoga – Asanas (Lying, Sitting and Standing positions) and Pranayama
3. Cardiovascular Testing by 12min/9 min Cooper Run/Walk test

Module-2

Concept

Health Related Fitness and their Components

1. Muscular Strength and Endurance
2. Body Composition and Flexibility

Practical/Practice

1. Flexibility Training: Back Saver Sit and Reach test
2. Muscular Strength Training: Curl Ups / Standing Broad Jump/ Vertical Jump/ Plyometric
3. Endurance Training: 1 Mile RockPort Test or 12 /9 minute Cooper run/walk test.
4. Ideal Body Weight, Body Mass Index (BMI), Waist-Hip Ratio, Waist-Height Ratio (Data of at least 10 persons to be collected)

Module-3

Nutrition and Fitness

Concept

1. Healthy Eating Plate
2. Balanced Diet
3. Calorie Content of Food

Practical/Practice

1. Preparing Daily Diet and Calorie Chart
2. Aerobic Work Out / Physical Activity (Walking)
3. Assessment of Physical Activity with the Calorie intake.
4. Asanas for :digestive system and excretory system

Module-4

Psycho-physiological aspects of Fitness

Concept

1. Sports Physiology and Psychology
2. Depression, Anxiety and Stress Scale (DASS)
3. Rosenberg Self Esteem Scale

Practical/Practice


1. Skills learning and Participation in sports
2. Group Games / Relays/ Minor Games
3. Meditative Asanas and Pranayama

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3. A. Hoeger - Fitness and Wellness-Cengage Learning (2014).
4. Charles B. Corbin, Gregory J Welk, William R Corbin, Karen A Welk - Concepts of Fitness And Wellness_ A Comprehensive Lifestyle Approach-McGraw-Hill (2015)
5. W.Larry Kenney, Jack H. Wilmore, Devid L.Costil(2015). Physiology of Sports and Exercise,Second Edition. USA. Human Kinetics.
6. Websites of International Sports Federations
7. Website of Ministry of Youth Affairs and Sports


(Name of Faculty)
Course Coordinator

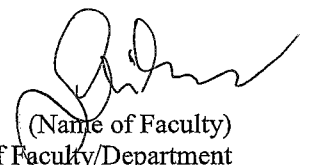
Dr. Suneel
Kumar


(Name of Faculty)
Dean Academics



Dr. Akhilesh

Director/Principle/Dean of Faculty/Department


(Name of Faculty)
shilpa n