

# **J.S. University, Shikohabad**

Established by UP Govt. Act No. 07 of 2015

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## **Value Added Course**

### **PHYSICAL FITNESS**

Department of Physical Education

# PHYSICAL FITNESS

## **Learning Outcome:**

This Course will provide knowledge of Physical Fitness

**Duration:** 30 Hours. (Theory and Practical)

## **Course Outcomes: -**

- Know about the various health components of fitness.
- To recognize the physical and mental benefits of increased activity.
- Determine the factors involved with development, fitness levels and training strategies.
- Learn fundamental skills and exercise to develop core strength.
- How to utilize physical activity as a tool to manage stress and tension
- Assess individual levels of fitness components.
- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.
- How to reduce risk of chronic diseases, back pain, Obesity etc.,
- Yoga practices can be built around concepts like conditioning (preparation), synchronization, concentration, relaxation, self-reliance.

## **UNIT-1 Yogasana**

Pre Stretch -Warming up- Sitting, Standing and lying Postures and Meditation - Warm down.

## **UNIT- 2 Strength Training**

Own body weight training- Single leg stand, Half Squad, Heel raising, launge walk, push ups.

UNIT -3 Speed Training & Coordination Training

High Knee walk, Dynamic walk

Opposite toe touch, doublehand toe touch, Side walk, twist walk, Zig zag running.

## **UNIT-4 Flexibility,**

Core Training, Aerobics, Circuit Training Lower body and upperbody exercises, Pelvic Stabilisation- Bridge pose Plank , Rhythmic Exercise.

## **UNIT-5 Endurance,**

Skipping and Jumping exercises & ladder Training

Ascending and descending shuttle run, Ladder workouts.

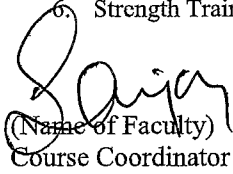
\*\* Physical fitness Evaluation ( Post- Test)

- 1) 30mts run -Speed test
- 2) Vertical Jump – Explosive Strength (Lower body)
- 3) Shotput backward through – Strength (Upperbody)

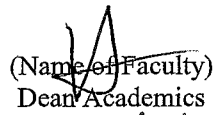
- 4) Beep test – Endurance

### Reference

1. Yogasana and Pranayama for Health- Dr.P.D.Sharama
2. Ultimate Guide to Stretching & Flexibility – Brad Walker
3. The Complete Book of Core Training - Kurt, Brett& Mike Brungardt
4. Training for Speed – Charlie Francis
5. Coordination Agility &Speed Training- Peter Schreiner
6. Strength Training - Lee E.Brown

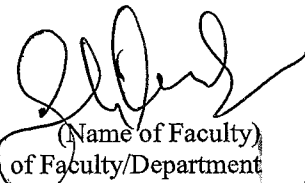
  
(Name of Faculty)  
Course Coordinator

Mr. Sanjay  
Kumar

  
(Name of Faculty)  
Dean Academics

Dr. Akhilesh

Director/Principle/Dean of Faculty/Department

  
(Name of Faculty)

Dr. Shilendra  
Singh