

PHYSICAL EDUCATION  
For all Programme Courses (B.A./B.Com.)  
General Elective (Semester-5)

GE-1 (P) : WELLNESS, FITNESS AND NUTRITION

**PART A: THEORY**

Duration: 2 Hrs

Maximum Marks : 50

**Unit-I: Introduction to Physical Activity and Wellness**

- 1.1. Introduction to Physical Activity, Aerobic and Anaerobic Activities, Benefits of Participation in Physical Activities
- 1.2. Types of Physical Activities – Walking, Jogging, Running, Calisthenics, Rope Skipping, Cycling, Swimming, Circuit Training, Weight training, Adventure Sports
- 1.3. Concept, Components and Significance of Wellness, Wellness Programmes

**Unit-II: Physical Fitness and Aerobics**

- 2.1 Concept, Components, Significance and Measurement and Evaluation of Physical Fitness
- 2.2 General Principles of Training for Fitness (Overload, Progression, Specificity, Recuporation, Reversibility, Overuse); Warming-up, Conditioning, Cooling down, Target Heart Rate; Development and Maintenance of Physical Fitness Components, Effect of Exercise on Various Systems (Skeletal, Muscular, Respiratory, Circulatory)
- 2.3 Introduction to Aerobics, Forms of Aerobics (Floor, Step, Weight and Aqua Aerobics), Role of appropriate Music and Aerobic Gear, Development of Aerobic Fitness Programmes

**Unit-III: Nutrition**

- 3.1 Concept of Nutrition, Nutrients, Balanced Diet, Dietary Aids and Gimmicks
- 3.2 Energy and Activity, Energy Balance Equation, Calorie Intake and Expenditure
- 3.3 Common illnesses due to Nutritional Deficiency

**PART B : PRACTICAL**

Maximum Marks : 25

1. Measurement of Fitness Components – Kraus Weber Muscular Strength Test/ Standing Broad Jump (Muscular Strength), One minute Sit-ups test (Muscular Endurance), Harvard Step Test or Cooper's 12 minute Run/Walk Test (Cardiovascular Endurance), Sit and Reach Test (Flexibility).
2. Developing a 5-10 minute routine of aerobics with appropriate music.
3. Preparation of Diet Chart.

**Assessment of Practical**

Practical (Demonstration/ Performance) :	10 Marks
Viva :	10 Marks
Record Book on all topics of Practical :	05 Marks

**PART C : INTERNAL ASSESSMENT**

Maximum Marks : 25

1. Presentation/ Written Test : 10 Marks
2. Project / Assignment : 10 Marks
3. Attendance : 05 Marks

**MARKING SCHEME** : Theory = 50 Marks, Practical = 25 Marks, Internal Assessment = 25 Marks

**SEMESTER CREDITS FOR THE PAPER = 6 CREDITS**

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits
- 4 Practical periods per week per semester = 2 credits

**INSTRUCTIONS TO THE EXAMINERS**

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
- The students will be required to attempt any five questions.
- Each question will carry ten marks.

**SUGGESTED READINGS**

1. ACSM'S (2001), ACSM Fitness Book (U.K., Human Kinetics).
2. Agarwal, Mukesh; Arora, Sunita; and Singh, Neeva (2016), Aerobics : Fitness and Style, Friends Publications, Delhi.
3. Anspaugh, David J.; Hamrick, Michael H.; and Rasato, Frank D. (2003), Wellness- Concepts and Applications, McGraw Hill, New York.
4. Bishop, J.G. (2004), Fitness through Aerobics, Benjamin Cummings, USA.
5. Brown, K.M. (2002), Physical Activity and Health: An Interactive Approach, Jones and Barlett Publisher, USA.
6. Department of Physical Education and Sports Sciences, University of Delhi (2007), Draft Resource Material – Fitness, Aerobics and Gym-Operations.
7. Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), Fitness, Aerobics and Gym Operations, KhelSahitya, New Delhi.
8. Sharma K. et al. (2014), Fitness Aerobics & Gym Operations, JyotiEnterprises, Delhi.
9. Uppal, A.K. (2004), Fitness and Health, 5<sup>th</sup> Ed. (U.K., Human Kinetics).

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