

B.A./ B.Com./ B.Sc. (Hons.)
General Elective (GE) in Physical Education (Semester-4)

GE (H) : FITNESS & EXERCISE MANAGEMENT

PART A: THEORY

Duration: 2 Hrs

Maximum Marks : 50

Unit-I : Physical Fitness

- 1.1. Concept and Significance of Physical Fitness
- 1.2. Components of Physical Fitness, Assessment of Health Related Physical Fitness Components - Cardio-respiratory Endurance, Body Composition, Muscular Strength, Muscular Endurance, Flexibility
- 1.3. Principles of Training, Development of Fitness

Unit-II : Suggested Exercises for Fitness

- 2.1. Exercises for developing Cardio-respiratory Endurance, Weight Management, Resistance Training, Flexibility
- 2.2. Exercises for Children, Youth, Adults, Women, Senior citizens
- 2.3. Exercises for Coronary Heart Disease, Obesity, Diabetes, Asthma and Pulmonary Disease

Unit-III : Exercise Programming and Management

- 3.1. Health Appraisal, Setting Fitness Goals, Measuring Energy Expenditure
- 3.2. Behaviour Modification, Fitness Module, Prevention of Injuries and First-Aid
- 3.3. Evaluation of the implemented programme of fitness and Report generating

PART B : PRACTICAL

Maximum Marks : 25

1. Assessment of Wellness and Fitness for Life : Lifestyle Assessment Inventory (Assessment Activity -1), Physical Activity Readiness Questionnaire (PAR-Q), Functional Fitness Test for Senior Citizens
2. Evaluation of Fitness : Cooper's 9/12 min. (Girls/Boys) Run/ Walk Test, Sit and Reach Test/Modified Sit & Reach Test, Modified Sit-ups (one minute), Pull-ups/ Flexed Arm Hang (one minute), Body Mass Index (BMI), Basal Metabolic Rate (BMR), Waist-Hip Ratio (WHR)

Assessment of Practical

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

Maximum Marks : 25

PART C : INTERNAL ASSESSMENT

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. Anspaugh, D.J., Hamrick, M. J., & Rosato, F. D. (2013). Wellness - Concept and Applications. USA: McGraw Hill Higher Education.
2. Camalione, D. N. (1993). Fitness management. WCB Brown & Benchmark.
3. Fahey, T. D., Insel, P. M., & Roth, W. T. (2009). Fit & well. USA: McGraw Hill.
4. Howley, E. T., & Franks, B. D. (2007). Health/Fitness Instructor's Handbook. Human Kinetics Publishers, Inc., Marketing Director, Box 5076, Champaign, IL.
5. Kansal D.K. (2012). Test Measurement and Evaluation, Sports Spiritual Sciences Publications, Delhi.
6. Kumari, S. S., Rana, A., & Kaushik, S. (2008). Fitness, Aerobics & Gym Operations, KhelSahitya Kendra, Delhi.
7. Powers, S. K., Dodd, S. L., & Noland, V. J. (2006). Total Fitness and Wellness, Daryl Fox, USA.
8. Tiwari S. (1999). Exercise Physiology Sports Publications, Delhi.

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