

MPEC – 305:
Course Title: PHYSICAL FITNESS AND WELLNESS

Credit			Teaching Hours		
Lecture/Tutorials	Practical/Internship	Total	Lecture/Tutorials	Practical/Internship	Total
3	1	4	48	32	80

THE COURSE OBJECTIVE IS:

- To appraise the concept of holistic health through fitness and wellness
- To explain the students about the concept of physical fitness, health related and motor fitness
- To describe the contemporary health issues.
- To apply practical principles of the fitness & wellness

COURSE LEARNING OUTCOMES:

- Understand the concept of holistic health through fitness and wellness
- Explain the concept of physical fitness, health related and motor fitness
- Evaluate primary health status
- Prepare fitness schedules& evaluate fitness

UNIT I: Introduction to Fitness & Wellness

- Meaning and Definition of Fitness, Wellness & Nutrition
- Physical Fitness Concepts, Components, Techniques and Principles of physical fitness,
- Leisure time physical activity, Opportunities in the community to participate leisure activities
- Current trends in fitness and conditioning, Components of total health fitness and the relationship between physical activity and lifelong wellness

UNIT II: Application of Fitness & Wellness

- Nutrition & Wellness
- Body Composition & Weight Management
- Endurance: Cardio respiratory & Muscular
- Flexibility, Fitness & Wellness relationship
- Stress Management & Behavior Modification

UNIT III: Fitness & Wellness Assessment

- Measurement of Height & Weight
- Measurement of Body Composition
- Measurement of Basic Strength, Endurance and Flexibility
- Assessment of cardio respiratory fitness, Health Related Fitness
- Stress Assessment & its Management Techniques
- Preparation & implementation of Group Exercise Plans
- Preparation & implementation of Personal Training Plans
- Resistance Training for Muscular Strength and Endurance; principles of resistance training,
- Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques) Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing. medicine balls, fit balls)
- Group Exercises Plan, Personal Training, and Fitness & Wellness Activities for various ages & population

UNIT IV: Establishment and Management of Fitness Centre

- Principles of starting a fitness center-environment, location, policy, offer of programmes, record keeping, public relation.
- Fitness center membership and its types.
- Safety aspects in a fitness centre.
- Qualification and qualities for a fitness trainer.

PRACTICUM: Orientation and management of fitness center, various equipments and wet zone.

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Volunteering/Self-Study etc.

ASSESSMENT RUBRIC

Classroom Test, Project Work, Assignments, Presentations

TEXT & REFERENCE:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35
- Bedford row, London 1998
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992. Warner W.K. Oeger&
- Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, KarynHartiger& Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York
- Hoeger, W., & Hoeger, S. Lifetime physical fitness & wellness.ISBN-13: 978-1285733142 ISBN-10: 1285733142
- Fahey, T., Roth, W., Insel, P., & Insel, C. Fit & well.ISBN-13: 978-0077770396 ISBN-10: 0077770390
- Corbin, C. (2011). Concepts of physical fitness. New York: McGraw-Hill Higher Education.ISBN-10: 9780073523828ISBN-13: 978-0073523828
- Hoeger, W., & Hoeger, S. Fitness & wellness.(2013) Belmont, CA: Wadsworth, Cengage LearningISBN-13: 978-1285733159ISBN-10: 1285733150
- Greenberg, J., Dintiman, G., & Myers Oakes, B. (2004). Physical fitness and wellness. Champaign, IL: Human Kinetics.ISBN-13: 978-0736046961. ISBN-10: 0736046968