

E.M.G. YADAVA WOMENS COLLEGE, MADURAI -14.**(An Autonomous Institution – Affiliated to Madurai Kamaraj University)****(Re –accredited (3rd cycle) with Grade A⁺ and CGPA 3.51 by NAAC)****CBCS****DEPARTMENT OF PHYSICAL EDUCATION – UG****ADD ON COURSE**

(w.e.f. 2021 – 2022 onwards)

Physical Fitness

1. This Course is taken up by first year sports students of all disciplines
2. Period of study : I Semester

COURSE STRUCTURE**Contact Hours: 30 hrs****Credit: 1**

S.No.	Sem	Subject Code	Title of the Paper
1.	I	21PEAOC	Theory: Physical Fitness
2.	I	21PEAOCP	Practical: Physical Fitness

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DEPARTMENT OF PHYSICAL EDUCATION– UG

ADD ON COURSE

(w.e.f. 2021 – 2022 onwards)

Physical Fitness

Title of the Paper : Physical Fitness

Semester : I

Contact hours: 30hrs

Sub Code : 21PEAOC

Objectives

1. Develop a positive attitude toward physical activity and being physically fit.
2. Acquire lifetime fitness skills and knowledge.
3. Display a positive self-image and respect for people, equipment and surroundings.

Unit- I Fitness

Introduction- Definition- Meaning- Types of fitness -Benefits of Fitness -Factors influencing fitness- Scope of fitness- Physical activity and personal fitness

UNIT - II Physical fitness

Introduction – Definition - Types of Physical fitness - Components of Physical fitness- Need and Importance of Physical Fitness- Personal physical fitness program prescription

Unit III General and Specific Fitness Activity

Warm - Up and Warm - Down – Exercise – Stretching – General and Specific – Teaching Fitness Activity – Free Weight, Machines, Calisthenics – Aerobic Exercise – Anaerobic Exercise – Exercise for games and sports.

UNIT- IV Planning for lifetime fitness and sports

Healthful aging- Introduction - Terms and importance of life time participation in sports - Fitness for children- adolescents- adults- Older adults

UNIT- V Obesity and Overweight management

Introduction-Body composition-Principle and theories of obesity- Risk factors associated with obesity- Effective weight management -Designing own weight programme.

Text book:

Chandrasekhar, K. & Jain. R. (2005) *Fitness, Health & Nutrition*. New Delhi: KhelSathiya Kendra. Print.

Reference books

1. Robert V Hockey (2006) *Physical fitness, the pathway of healthful living*. Second edition. The CV Mosby Company St Louis.
2. Mathew P.K (2011). *Fitness* Sage publishing house New Delhi.