

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 with OBE****DEPARTMENT OF PHYSICAL EDUCATION – UG****Add on Course****Physical Fitness****(w.e.f. 2022– 2023 Batch onwards)****COURSE STRUCTURE****Contact Hours: 30 hrs.****Credits: 1**

S.No.	Sem	Subject Code	Title of the Paper
1	I	22PEAOC	Theory : Physical Fitness
2	I	22PEAOCP	Practical : Physical Fitness

Department of Physical Education			Class : I UG		
Sem.	Category	Course Code	Course Title	Credit	Contact Hours
I	Add On Course	22PEAOC	Theory: Physical Fitness	1	30
		22PEAOCP	Practical: Physical Fitness		

Course 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.

Reference book

- 1.Chandrasekhar, K. & Jain. R. (2005) *Fitness, Health & Nutrition*. New Delhi: Khel Sathiya Kendra. Print.
2. Robert V Hockey (2006) *Physical fitness, the pathway of healthful living*. Second edition. The CV Mosby Company St Louis.
3. Mathew P.K (2011). *Fitness* Sage publishing house New Delhi.

PRACTICAL

1. Fitness Regimen -Personal fitness - Physical Activity
2. Development Physical fitness components
Cardio vascular endurance -Aerobic dance, Muscular endurance - Squat &Abdominal crunch,
Flexibility - Asanas
3. Warm up, Stretching exercise, Free Weight Exercise, Pushups, Squat, Sit ups, Plank
4. Sports Basic Skills
5. Measuring Body Mass Index -Designing Own Weight Program.