

**FACULTY OF EDUCATION
DEPARTMENT OF PHYSICAL EDUCATION
UPEDVAC01 - FITNESS AND WELLNESS**

Learning Objectives:

The student teacher

- To know about the purpose and needs of physical fitness and wellness.
- To get an idea about various tests to assess the fitness and wellness.
- To know various diseases and their effects on human being.
- To know the difference between men and women fitness.

Course outcomes:

The student should be able to

- To attain the knowledge about various components of fitness.
- Improve the knowledge in the area of physical fitness and the wellness of women at various stages in their life.

UNIT I – INTRODUCTION

Meaning and Definition of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement, Components of Physical Fitness. Current trends in fitness and conditioning.

UNIT II - NUTRITION, BALANCED DIET

Components of total health fitness and the relationship between physical activity and life long wellness. Nutrients; balanced diet - mal nutrition. Weight Management – proper practices to maintain lose and gain.

UNIT III – ENDURANCE TRAINING

Endurance Training, Safety techniques - proper warm-up, cool down, and stretching. Assess cardio respiratory fitness and set goals to maintain or improve fitness levels. Cardio respiratory activities including i.e. interval training, incline running, distance running, aerobics and circuits.

UNIT IV – ANAEROBIC TRAINING

Resistance Training for Muscular Strength and Endurance; principles of resistance training, Safety techniques. Resistance training principles and concepts; basic exercises (including free weight exercise, weight machines, exercise bands and tubing, medicine balls, fit balls) Advanced techniques of weight training.

UNIT V – FLEXIBILITY TRAINING

Flexibility Training, Relaxation Techniques - types of flexibility exercises (i.e dynamic, static), Develop basic competency in relaxation and breathing techniques. Pilates, Yoga.

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- 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 2001.