

**B.SC. –1 SEMESTER – 1**  
**Course Category: Open Elective (OE)**

**Course code: B11OE1F&WT**

**SUBJECT: Fitness and Wellness**  
**(Department of Physical Education)**

Paper 1: Fitness and Wellness

**Aim:**

- Educate the students about Fitness and wellness for developing healthy lifestyle.

**Objectives:**

- To Understand the Concept and significance of Fitness and wellness
- To Understand the role of physical activities in developing Fitness and wellness
- To Perform & Guide various Physical & fitness activities to develop Fitness and wellness.
- To Learn to maintain healthy lifestyle by learning variety of exercises learned through this course.

**Outcomes:**

- After completing the course students will be able to understand the concepts of Fitness & Wellness.
- Understand the importance of Fitness & Wellness
- General Understanding of Diseases & Immunity
- Understand the Factors Influencing on fitness and wellness.

**(2 Cr, 30 Hrs, 4Hr/Week)**

## **Unit I**

### Introduction

- a. Meaning, Definition of Fitness
- b. Dimensions and Importance of Fitness
- c. Factors influencing Fitness.
- d. Fitness Trends

## **Unit II**

- a. Meaning, Definition of Wellness
- b. Dimensions and Importance of Wellness
- c. Factors influencing Wellness.
- d. Introduction to Diseases

## **Unit III**

- a. Communicable Diseases,
- b. Non-Communicable Diseases
- c. Health riskfactors in India
- d. Fit India Moment

## **Unit IV**

- a. Mythos and misconceptions of personal fitness
- b. Physical Fitness, Habits, Lifestyle
- c. Current market/ Industries trends of Fitness
- d. Physical Fitness according to Age and Gender

Semester End Examination (T) (ESE)	Continuous Internal Evaluation (CIE)	Minimum Passing Marks
30	20	40%
		20

Note: This Course will be of 10 marks (CIE) & 40 Marks (ESE) passing marks are 20 (40%)

## References

- AAHPERD Health Related Physical Fitness Test Manual 1980, Published By- Association Drive Reston Virginia
- Balram Thapar, Encyclopedia of Health & Physical Education, Rajat Publication, New Delhi 2010
- Bob Haffman, Fitness & Wellness, Khel Sahitya Kendra, New Delhi 2001
- Booher C A (1979)- Foundation of Physical Education (V Edition Missouri CV Mosby Co)
- Daryl Siedentop, Introduction to Physical education, fitness & sports, Edition-II, Mayfield Publication, California 1994
- Devendra A kansal, A practical approach to test, measurement & evaluation, SSS publication, New Delhi 2012
- Dikshit Suresh 2006 Swasthya Shiksha, Sports Publication, Delhi
- Dr. A K Shrivastava, Health & yoga, Sports Publication, Delhi 2010
- John Basedow, Fit made Simple, Macgraw hill, New York 2000
- K Chandrashekhar, sports training, Khel Sahitya Kendra, New Delhi 2007
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- R P Singh, Fitness & Health education, Shree publication & distributor, New Delhi 2008
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- Thomas D Fahey & others. Fit and well VI Edition, New York McGraw, Hill Publishers 2005
- Uppal A K & Gautam GP 2008, Health & Physical Education, friends Publication New Delhi
- Yogacharya B.K.S Iyengar, Allied Publication Limited, New Delhi 2000