SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER-V
B.A.-DSE-PE(4)-1.3
FITNESS FOR SENIOR CITIZENS
DSE

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/ Practice		
3	**B.A.-DSE-PE-(4)-1.3-** FITNESS FOR SENIOR CITIZENS	04	3	0	1	XII Pass	NIL

Learning Objectives:
This course will help the learner to understand the process of aging and develop the basic concepts of the physiological, psychological, and social issues affecting the fitness levels of senior citizens in society. Also, learners will be able to test and design exercise programs for the Senior Citizen.

Learning Outcomes:
1. Learners will be able to identify the physical, psychological, and social aspects of aging.
2. Learners will be able to understand aging adults' limitations, common medical conditions, the aging process, and frequent fitness obstacles.
3. Learners will be able to collect information regarding events organized by state, national, and international sports federations to promote physical activity among the aged population.
4. Learners will be able to test and design exercise programs for the Senior Citizen.
5. Learners will be able to understand and demonstrate the importance of fitness for senior citizens.
6. Learners will be able to evaluate the fitness of senior citizens.
7. Learners will be able to improve the quality of life of senior citizens.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]
Theory-45 hours
Practical-30 hours

PART-A: THEORY

UNIT-I Introduction – Ageing and Physical Activity (10 hours)
1.1 Meaning, Definition of aging.
1.2 Countries and policies that Are Sensitive and Caring for the Aging Population
1.3 Scope of Practice for Senior Fitness Specialists and understand their Role in the healthcare industry

UNIT-II Physical, Physiological, and Psychological Considerations of Aging (12 hours)
2.1 Physical changes that occur in the aging population –Posture, Balance, Eyesight, etc.
2.2 Physiological changes that occur in the aging population – Neurological, Musculoskeletal, Cardiovascular, Memory loss, etc.
2.3 Psychological changes in the aging population – Quality of life, Self-Perception, self-confidence, emotional well-being etc.
2.5 Psychosocial effects of exercise and physical activity of aged people

UNIT-III Fitness Assessments for the Active Older Adult (12 hours)
3.1 Functional fitness of older adults.
3.2 Health risks related to age and physical activity.
3.3 Diet and Nutrition - caloric requirements, and nutrition guidelines for the aged population
3.4 Chronic conditions and comorbidities associated with active senior citizens

UNIT-IV Training the Senior Citizen **(11 hours)**

4.1 Cardiorespiratory Training for Active Senior Citizens
4.2 Resistance Training for Active Senior Citizens
4.3 Flexibility and Balance for Active Senior Citizens
4.4 Sports for Veterans and Active Senior Citizens

PART-B: PRACTICALS **(30 hours)**

1. Prepare Cardiorespiratory Training Programme for Active Senior Citizens
2. Prepare Resistance Training program for Active Senior Citizens
3. Develop a flexible exercises schedule for Active Senior Citizens
4. Develop a Balancing exercises schedule for Active Senior Citizens
5. Physical Fitness Testing and Evaluation of Senior citizen (men and women)

Suggested Readings:

1. Folan, Maureen (1995) **Exercise Machines for Older People** Physiotherapy, vol. 81, page 771. http://dx.doi.org/10.1016/s0031-9406(05)66612-6.
2. Hollrock, Ardelle P. (2004) **Exercise and the Elderly** Fogler Library, University of Maine. http://www.library.umaine.edu/theses/pdf/HollrockAP2004.pdf.
3. Rikli, Roberta E. & Jones, C. Jessie (2013) **Senior Fitness Test Manual** Human Kinetics.
4. Skelton, D. A., and N. Beyer. (2003) **Exercise and Injury Prevention in Older People** Scandinavian Journal of Medicine & Science in Sports vol. 13, pp. 77–85. http://dx.doi.org/10.1034/j.1600-0838.2003.00300.x.
5. Shaw, D., and Andrabi, S.M.H. (2021) **Fitness Reference of Senior Citizens** Khel Sahitya Kendra.
6. Shaw D. (2020) **"Parable Global English Hindi Dictionary of Physical Education & Sports Sciences"** Khel Sahitya Kendra, ISBN: 978-93-90461-18-9.
7. Shaw D. (2021) **"Sports Training"** Sports Publication, ISBN: 978-81-943611-3-8.
8. Underhill, J. A. (1993) **Exercise for Older People with Dementia** Age and Ageing, vol. 22, P35—P36. http://dx.doi.org/10.1093/ageing/22.suppl_3.p35-c

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.