

SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER-VII
B.A-DSE-PE(4)-3.5
BASICS OF EXERCISE PRESCRIPTION
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		
5	B.A.DSE (PE)-3.5 BASICS OF EXERCISE PRESCRIPTION	04	3	0	1	XII Pass	NIL

Learning Objective: The objective of the course is to develop an understanding of practical skills in exercise testing and exercise prescription that can be beneficial for self-evaluation and appraisal and help learners, assist people in the community to develop basic training modules for health and wellness.

Learning Outcomes:

1. Learners will gain an understanding and skills in health appraisals including screening and risk stratification of self and other people.
2. Learners will be able to design a basic individualized exercise program using the results of fitness and exercise testing.
3. Learners will be able to design a basic exercise prescription for healthy individuals.
4. Learners will be able to assist Medical Professionals to execute exercise prescriptions for individuals in cardiac rehabilitation, lifestyle diseases, hypertension, diabetes, or obesity.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

UNIT- I INTRODUCTION- SPORTS TRAINING

(7 hours)

- 1.1 Meaning, Definition, and Scope of fitness and sports training.
- 1.2 Latest trends in fitness and sports training.
- 1.3 Role of Sports and fitness Training in promoting a positive lifestyle.

UNIT-II PRINCIPLES OF SPORTS TRAINING

(8 hours)

- 2.1 Basic understanding of Principles of Sports Training
- 2.2 Testing Physical Activity Readiness and Risk Assessment for Exercises

UNIT-III TESTING AND EXERCISE FOR HEALTH - RELATED FITNESS

(11 hours)

- 3.1 Basic testing and designing training modules for Cardiovascular Endurance
- 3.2 Basic testing and designing training modules for Muscular Endurance
- 3.3 Basic testing and designing training modules for Muscular Strength
- 3.4 Basic testing and designing training modules for Flexibility
- 3.5 Basic testing and designing training modules for Body Composition

UNIT-IV EXERCISE PRESCRIPTION FOR DIFFERENT CATEGORIES (10 hours)

- 4.1 Exercise prescription for children
- 4.2 Exercise prescription for adults
- 4.3 Exercise prescription for women
- 4.4 Exercise prescription for specific sportsperson

UNIT-V TESTING AND EXERCISE FOR PEOPLE WITH SPECIAL NEEDS (9 hours)

- 5.1 Testing and Training for Senior Citizens
- 5.2 Testing and training for people with illness and lifestyle disease (Obesity, Diabetes)
- 5.3 Testing and designing training programs for people with special needs (Cardiovascular disease, Asthma)

PART-B: PRACTICALS (30 Hours)

1. Plan and Design a One Week Training Program for a youth under 25 years of age
2. Testing for Cardiovascular Endurance
3. Testing for Muscular Endurance
4. Testing for Muscular Strength
5. Testing for Flexibility
6. Testing for Body Composition

Suggested Readings:

1. Lippincott Williams & Wilkins (2013) **Guidelines for Exercise Testing and Prescription** American College of Sports Medicine, 9th ed.
2. Lippincott Williams & Wilkin, Fourth edition (2013) **ACSM Guidelines for Exercise Testing and Prescription** ACSM's Health-Related Physical Fitness Assessment Manual, American College of Sports Medicine.
3. Rebecca Tanner and Christopher Gore, (2012) **Physiological Tests for Elite Athletes** by the ASC Physiological Tests for Elite Athletes with Australian Institute of Sport, 2nd edition.
4. James Morrow Jr., Allen Jackson, James Disch, Dale Mood (2010) **Physiological Tests for Elite Athletes** by the ASC Measurement and Evaluation in Human Performance with Web Study Guide-4th Edition.
5. Peter Maud and Carl Foster (2005) **ACSM Guidelines for Exercise Testing and Prescription** Physiological Assessment of Human Fitness — 2nd Edition
6. Shaw, D. (2021) **Athletic Care and Rehabilitation** Sports Publications.
7. Shaw, D. (2020) **Sports Training** Sports Publication, 2020.

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