

G.E. PAPERS – HONS. COURSES & B.A. PROG. AND BSC
SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)

SEM- I (GE-1)
FITNESS & WELLNESS

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
1.	SEM- I (GE-1) FITNESS & WELLNESS	04	3	0	1	XII Pass	NIL

Learning Objective:

- The objective of this course is to provide understanding through practical knowledge and practices regarding fitness and wellness

Learning Outcomes:

- Learner can evaluate the application strategies for the development of fitness and wellness
- Students will develop competency in many movement activities.
- Students will understand how and why they move in a variety of situations and use this information to enhance their own skills.
- Students will achieve and maintain a health-enhancing level of physical fitness.
- Students will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression.
- Students will demonstrate responsible personal behavior while participating in movement activities.

SYLLABUS

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

UNIT – I INTRODUCTION TO FITNESS AND WELLNESS

(11 hrs lectures)

- 1.1 Definition, meaning, and concept of fitness and wellness
- 1.2 Components of fitness and their description
- 1.3 Components of wellness and their description
- 1.4 Significance of fitness and wellness in the present scenario

UNIT – II DEVELOPMENT AND MAINTENANCE OF FITNESS

(11 hrs lecture)

- 2.1 Types of Fitness: Health-related Fitness and Skill-Related Fitness
- 2.2 Principles of Physical Fitness
- 2.3 Development and Maintenance of Fitness

UNIT – III DEVELOPMENT AND MAINTENANCE OF WELLNESS

(11 hrs lectures)

- 3.1 Factors influencing wellness
- 3.2 Wellness and Lifestyle
- 3.3 Development and maintenance of wellness

UNIT – IV LIFESTYLE MODIFICATION

(12 hrs lectures)

- 4.1 Barriers to change
- 4.2 Process of change (6 stages) SMART
- 4.3 Hazards of inactivity
- 4.4 Overcoming Barriers through Physical Activity

PRACTICAL

- Test, Measure and Evaluate any Two Fitness components
- Design a General warm up and cooling down routine
- Prepare a Fitness Program for Daily Life

Suggested Readings: -

- Anderson, B., Stretch Yourself for Health & Fitness, Delhi: UBSPD, 2002.
- Austin and Noble, Swimming For Fitness, Madras: All India Pub., 1997.
- Bean, Anita, Food For Fitness, London: A & C Black, 1999.
- Callno Flood, D.K., Practical Math For Health Fitness, New Delhi, 1996.
- Cox, Corbin, C.B & Indsey, R., Concepts of Physical Fitness, WC Brown, 1994.
- Difiore, Judy, Complete Guide to Postnatal Fitness, London: A & C Black, 1998.
- Giam, C.K & The, K.C., Sport Medicine Exercise and Fitness, Singapore: P.G. Medical Book, 1994.
- Gosselior, C., The Ultimate Guide to Fitness, London: Vermilion, 1995.
- Harrison, J.C., Hooked on Fitness, NY: Parker Pub. Corn., 1993.
- Hoeger, W.K. and SA., Principles and Labs for Physical Fitness, Englewood Morton, 1999.
- Kirtani, Reema, Physical Fitness, Delhi: Khel Sahitya, 1998.
- Maud, J.R. and Foster, C., Physiology Assessment of Human Fitness, New Delhi, 1995.
- Mcglynn, G., Dynamics of Fitness, Madison: W.G.B Brown, 1993.
- Muller, J. P., Health, Exercise and Fitness Delhi: Sports, 2000.
- Muller, J.P., Health Exercise and Fitness, Delhi: Sports, 2003.
- Saggar, S.K., Physical Fitness, New Delhi: Rupa Co., 1994.
- Sharkey, B.J., Physiology of Fitness, Human Kinetics Book, 1990.
- Thani, Lokesh, Rules of Games and Games and Fitness, Delhi: Sports, 2003.

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