

VAC: FIT INDIA

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credit	Credit distribution of the Course			Eligibility Criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical / Practice		
FIT INDIA	02	0	0	2	Pass in Class 12th	Nil

Learning Objectives

The Learning Objectives of this course are as follows:

- Understand and implement 'Fit India Protocol' specified by the Government of India
- Enhance fitness through engaging students in physical activities and yoga.
- Recognise the significance of maintaining a balanced diet and managing energy expenditure.
- Promote fitness as a joyful activity

Learning outcomes

After completing the course, the student shall be able to:

- Adopt a healthy lifestyle.
- Apply Fit India protocol in day-to-day life.
- Understand nutrition and physiological aspects of health-related fitness.
- Self-evaluate personal physical fitness and integrate the findings in lifestyle.

UNIT- I Participation in Physical Activity

(16 hours)

Understanding of Fit India Protocol in action

On Field Practical

- Fit India Protocol age group concerned exercises / activities
- Aerobic Work Out
- Cardiorespiratory Endurance: 1 Mile Rock Port Test or 12 /9-minute Cooper's run/walk test.

Participation in above activities, apart from above, group games and recreational games

UNIT- II Health Related Fitness

(16 hours)

Development and testing health-related fitness components

On Field Practical

- Flexibility: Stretching Exercises, Sit and Reach Test.
- Muscular Strength & Endurance: Standing Broad Jump / Vertical Jump/ Plyometric / Push Ups/ Burpee Jumps/ Jumping Jacks/ Squat Jumps/ Pull-Ups or Chin-Ups/ Lunges / Sit Ups / Curl Ups
- Body Composition: Body Mass Index (BMI), Waist-Hip Ratio (WHR)

Participation in above activities related to health-related fitness components.

UNIT- III Energy Equilibrium for Healthy Gut and Body

(12 hours)

Understanding of Balanced diet, Healthy Eating Plate and Hydration.

On Field Practical

- Warm-up & Cool-down exercises / activities.
- Asanas for digestive system & excretory system
- Preparing daily diet, hydration and its expenditure balance chart

Participation in above activities including maintenance of personal dietary record.

UNIT- IV Yoga Protocol

(16 hours)

Understanding of Yoga Protocol for 18-35 years of age in action

On Field Practical

- Surya Namaskar
- Yoga Asanas: Standing, Sitting, Prone and Supine positions
- Kriya: Kapalabhati
- Pranayama: Anuloma-Villoma, Bhramari
- Dhyana (Meditative Asanas & Breath awareness)

Participation in above yogic practices.

Practical /Practice Component

(30 sessions of 02 hours each= 60 hours)

Note: The concepts are to be dealt in the practical classes through various games and sports.

Examination scheme and mode: Subject to directions from the University of Delhi from time to time