

SKILL ENHANCEMENT COURSE (SEC-1)

SEMESTER III

BES-S301

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

HEALTH AWARENESS AND GENERAL FITNESS

Unit- I

Introduction of Health awareness

Definition & Methods of fitness:

Health club

Aerobics

Cycling

Jogging

Benefits of exercises on body fitness

Unit- II

Fitness potential for popular sports

Fitness activities

Role of parents for individual/ community Health.

Unit-III

Prevention and awareness of diseases through fitness.

Diet description.

Exercise description.

Description in modern life style changes.

Unit-IV

Weight management

Role of exercises in Diabetes.

Ageing and Physical exercise.

Test, measurements & evaluation of fitness components agility, balance, speed & flexibility

SUGGESTED BOOKS:

Driskell JA and Wolinsky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla.

Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the mway you ok, feel and perform. Human Kinetics. Champaign. IL.

Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth