

SKILL ENHANCEMENT COURSE
(SEC-1) (THEORY Opt any one)
SEMESTER III
HEALTH AWARENESS AND GENERAL FITNESS

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

BES-S301

Time allowed: 3Hrs

The Course learning outcomes (COs): On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following.....

CO-1. Defining health awareness & fitness.

CO-2. Explain the definition and methods of fitness and the benefit of exercise on body fitness.

CO-3. Discuss health club, aerobics, cycling, and jogging.

CO-4. Describe the fitness activities and role of parents for individual/ community health.

CO-5. Write about the prevention and awareness of diseases through fitness

CO-6. Draw the diet plan.

CO-7. Define the weight management.

CO-8. Discuss the role of Exercise in Diabetes.

CO-9. Write the fitness components.

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 of modern lifestyle 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 Wolinky 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