

**DEPARTMENT OF
PHYSICAL EDUCATION**



HOLY CROSS COLLEGE (AUTONOMOUS)
Affiliated to Bharathidasan University
Nationally Accredited(3rd Cycle) with 'A' Grade by NAAC
College with Potential for Excellence.
Tiruchirapalli – 620002

B.A./B.COM/B.Voc/B.P.O/B.SC./ B.R.Sc DEGREE EXAMINATION- SEMESTER V/VI
DEPARTMENT OF PHYSICAL EDUCATION
(for candidates admitted from June 2018 onwards)

Course Title	NON MAJOR ELECTIVE - 1: FITNESS AND SPORTS
Total Hours	30
Hours/Week	2 hrs/wk
Code	U16PE5NMT01
Course Type	Theory
Credits	2
Marks	100

GENERAL OBJECTIVES:

- To impart the fundamentals of health and fitness.
- To create awareness on sports bodies, tournaments, awards.
- Make them to play, experience the magic of sports and to build a healthier and fitter world.

COURSE OBJECTIVES:

The Learner will be able to

CO No.	Course Objectives
CO-1	understand the benefits of physical fitness in our lives.
CO-2	develop a liking for exercise
CO-3	understand the importance of exercise in our lifestyle
CO-4	analyze and rate the different kinds of tournaments and awards
CO-5	understand the benefits of yoga

Unit- I

INTRODUCTION TO PHYSICAL FITNESS

Meaning of Physical Fitness – Benefits of physical fitness - Classification of Physical Fitness - Health Related Physical Fitness - Cardiovascular endurance, Muscular strength, Muscular endurance, Body composition and Flexibility - Performance Related Physical Fitness - Speed , Agility , Balance , Coordination , Power and Reaction Time.

Unit- II

EXERCISE FOR FITNESS

Need and importance of physical activity – Importance of Warming up and cooling down, Types of warming up, general and specific – Principles of healthy weight reduction – walking, jogging, cycling, swimming, running - Types of sports training method, continuous training method, Interval training method, Repetition method , Circuit Training method and weight training method, .

Unit- III

HEALTH AND LIFESTYLE

Meaning and Definition of Health, Need and Importance of Health – Management of lifestyle disorders - Hypertension, Stress, Obesity, Diabetics and BMI Calculation.

UNIT-IV

TOURNAMENTS AND AWARDS

Sports Bodies - IAAF, IOC, IOA, SAI, SDAT and AIU – **Tournaments** –Major Games and Minor Games, Olympic Games, Asian Games, Commonwealth Games, soft games, Paralympics, FIFA World Cup, ICC World Cup, FIVB World Cup, Grand Slam, RDS, BDS – **Sports Awards** - Arjuna Award, Dronacharya Award, Rajiv Gandhi Khel Ratna Award, Maulana Abul Kalam Azad Trophy (MAKA), Major Dhyan chand award, National Sports Day.

UNIT – V

YOGA

Meaning and definition of yoga – Aim and objectives of yoga – Benefits of yoga – Types of yoga: Karma yoga, Bhakthi yoga and Gnana yoga.

COURSE OUTCOMES:

The Learner will be able to

CO No.	Course Outcomes	Cognitive Level
CO-1	recall and relate importance of physical activity	U
CO-2	recognize and re-state, the benefits of exercise	U
CO-3	interpret the importance of health in our lifestyle	U
CO-4	evaluate the different tournaments and awards	E
CO-5	appraise the importance of yoga	U

BOOKS RECOMMENDED FOR READING AND REFERANCE

1. Herbert Benson, Eileen M. Stuart R.N., The Comprehensive Guide to Maintaining Health and Treating stress- related illness, Simon & Schuster Pub, 1993
2. Ajmer Singh., et all Essential of Physical education, Kalyani Publishers.
3. H.C. Buck, Rules of Games and Sports, Madras, Y.M.C.A. Publication, 1992.
4. Uppal. A.K., Physical Fitness, How to Develop, Friends Publication, Delhi, 1992.
5. http://en.wikibooks.org/wiki/physical_activity/aerobic_exercise