

4th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2023-24))
Core Course – 4 & Major Core Course - 6

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	4 th Semester		
Name of the Course	Basics of Sports Fitness		
Course Code	B23-PED-401		
Course Type:	Core Course – 4 Major Core Course - 6		
Level of the Course	100 - 199		
Pre-requisite (if any)	Candidate have taken Physical Education as Major Course		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Describe meaning, importance and norms of Physical Fitness. 2. Illustrate meaning, principles and methods of warming up. 3. Explain meaning, principles and methods of cooling down. 4. Describe the health related and skill related components of fitness 5. Demonstrate the techniques of measuring strength, flexibility, agility and hand eye coordination.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100 Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u> The question paper will consist of Five Units I, II, III, IV & V. Unit I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Physical Fitness • Meaning and Definition of Physical Fitness • Benefits of Physical Fitness in Sports and daily life • Meaning and Types of Aerobic and Anaerobic activities • Exercises and Heart rate Zones for intensities of aerobic and anaerobic activities • WHO guidelines and recommendations of Physical Activities for children under 5 years of age, Children and adolescents aged 5-17 years and Adults aged 18–64 years.		11
II	Warming Up • Meaning and definition of Warming up • Principles of Warming up • Physiological and Psychological benefits of Warming up • Types of warming up • Methods of Warming up		11

III	Cooling Down - Meaning and definition of Cooling Down - Principles of Cooling Down - Physiological and Psychological Benefits of Cooling Down - Procedure for Cooling Down - Types of Cooling Down	11
IV	Components of Physical Fitness: - Meaning of Health-related components of Physical fitness: (i) Cardiovascular Fitness, (ii) Muscular Strength, (iii) Muscular Endurance, (iv) Body Composition (v) Flexibility. - Meaning of Skill Related Fitness Components: (i) Agility, (ii) Balance, (iii) Neuro Muscular Adaptations and Coordinative abilities, (iv) Speed, (v) Strength (vi) Reaction Time.	12

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

Internal Assessment: 20

Continuous Comprehensive Evaluation (CCE): 20 Marks
 Class presentation = 5
 Seminar/ Assignment/Quiz/class test, etc. = 5
 Mid Term Test = 10

End Term Exam: 50 Marks Time = 3 hrs

One question of 10 marks from each Units I to IV = 40 Marks.
 Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

Part II – Practical

Maximum Marks: 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	i) Measuring Hand Grip and Leg & Back Strength by Dynamometer ii) Measuring Flexibility by Sit and Reach Test	(5+5) 10 Marks	10
II	i) Hand eye Coordination Test	10 Marks	10
III	Measuring Agility by LUS Agility Obstacle Course	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File/ score of test	End Term Exam: 20 Marks Evaluation through Demonstration of technique/ Viva Voce/ Practical Record File/ score of test	

Part C-Learning Resources

- Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.
- Giam, C.K & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
- Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.
- Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.
- David K. Miller & T. Earl Allen(1989), Fitness, A life time commitment, Surjeet Publication Delhi.
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. Bedford row, London 1998
- Uppal A.K (1992), Physical Fitness, Friends Publications (India),
- Warner W.K. Oeger& Sharon A. Hoeger(1990) Fitness and Wellness, Morton Publishing Company.
- Elizabeth & Ken day (1986), Sports fitness for women, B.T. Batsford Ltd, London.
- Hardayal Singh. (2005). Sports Training - General Theory and Methods. Patiala: NSNIS.
- <https://www.who.int/news-room/fact-sheets/detail/physical-activity>.