

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Central university of Tamil Nadu, Thiruvarur

OPEN ELECTIVE COURSE

HEALTH & FITNESS

COURSE CODE: PEOE01

SYLLABUS

Credits: 3

45 Hours

Course Objective:

CO1: The course intended to provide learning experience to students to realize the importance of health and fitness. It will also help to develop life time physical activity behavior among the students.

Course Learning Outcomes

	Course Outcome
CO1	To introduce the fundamental Concepts of health
CO2	To provide knowledge and understanding regarding the scientific basis of fitness
CO3	To know the posture and its deformities
CO4	To impart knowledge regarding health and nutrition; and to equip the students to provide first aid measures and manages common injuries
CO5	To enable the students to know the importance of Food and Nutrition and also familiar about the various fitness modalities

UNIT – I CONCEPT OF HEALTH

Health – Definition and spectrum of health. Various aspects of health-physical health, mental health, social health, spiritual health. Factors influencing health-Biological factors, environmental factors, socio-cultural factors,

UNIT - II CONCEPT OF FITNESS

Meaning and importance of fitness, Types of physical fitness, Basic Physical Fitness Components
-Health related fitness - Muscular strength and endurance, flexibility, cardiorespiratory endurance
- Skill related fitness-Speed, strength, endurance, agility, power, coordination and reaction time,
Warm-up and Cooling down.

UNIT III – INTRODUCTION TO POSTURE AND ITS TYPES

Posture- Meaning and concepts of posture, classification of posture- Endomorph, Ectomorph and Mesomorph, Dynamic postures- sitting, standing, walking, running, lying, - Postural deformities- Kyphosis, Lordosis, Scoliosis, Knock knee, Bow leg, Flat foot.

UNIT IV: LIFESTYLE DISEASES AND ITS MANAGEMENT

Lifestyle/Hypo-Kinetic Diseases and Its Management - Diabetes - Hypertension - Obesity - Osteoporosis - CHD - Back Pain, Exercises for Preventing Hypo Kinetic Diseases.

UNIT - V NUTRITION AND FITNESS MODALITIES

Balanced diet, Food pyramid, Classification of food, Calories and daily requirement of calories, Strength training, yoga, swimming, aerobics, Zumba and HIIT.

SUGGESTED READINGS

1. ACSM's "health related physical fitness assessment manual" Lippincott Williams and Wilkins USA, 2005
2. Edlin, Golanty and Brown, Health and wellness (Joines and Bartlett (5th& 7th Edition) Publishers, London)2002.
3. Collier, E. S. (2021). Body Posture. In *Encyclopedia of Evolutionary Psychological Science* (pp. 682-684). Cham: Springer International Publishing.
4. Fashey, Thomas D,Insel, Paul M, and Roth, Walton T (2005) *Fit and well*, New York: McGrawHill Inc.
5. Collier, E. S. (2021). Body Posture. In *Encyclopedia of Evolutionary Psychological Science* (pp. 682-684). Cham: Springer International Publishing.
6. Watson, R. R., & Zibadi, S. (Eds.). (2018). *Lifestyle in heart health and disease*. Academic Press.
7. George, J. S., George, A., Sebastian, M., Kalarikkal, N., & Thomas, S. (2022). *A holistic and integrated approach to lifestyle diseases*. Apple Academic Press.
8. Whitney, E. N., Rolfes, S. R., Crowe, T., & Walsh, A. (2019). *Understanding nutrition*. Cengage AU.
9. Chandra Shekar,K. and Jain,R. Fitness, Health & Nutrition: New Delhi:Khel Sathiya Kendra, 2005.
10. Carr, T., & Descheemaeker, K. (Eds.). (2008). *Nutrition and health*. John Wiley & Sons.