

**DEPARTMENT OF PHYSICAL EDUCATION**  
**MDC - PHYSICAL FITNESS AND ACTIVE LIVING PEN2FM106(1)**  
**SYLLABUS - SECOND SEMESTER FYUGP 2024 ONWARDS**

<b>Module</b>	<b>Unit</b>	<b>Content</b>
<b>I</b>	<b>General Concept of Physical Fitness</b>	
	1	Meaning and definition of Physical Activity, Physical Exercise and Physical Fitness
	2	Activities for developing Fitness Components - HRPF, PRPF
	3	Importance of Warming up and Cooling down
	4	Principles of Fitness Training
	5	FITT Principles(Frequency, Intensity, Time and Type)
<b>II</b>	<b>Developing Physical Fitness Training Programme</b>	
	6	Types of Physical Fitness
	7	Health Related Physical Fitness (HRPF) and its components
	8	Performance Related Physical Fitness(PRPF) and its components
	9	Cosmetic fitness
<b>III</b>	<b>Physiological Effects of Exercise on Various Systems</b>	
	10	Effect of Exercise on cardio vascular system
	11	Effect of Exercise on respiratory system
<b>IV</b>	<b>Exercise and Active living</b>	
	13	Concepts of Active Living and Healthy Ageing
	14	Risk factors associated with physical inactivity
	15	Exercise and ageing process
<b>V</b>	<b>Open Ended Module: Exercise interventions for Active living</b>	
	16	Practicing Aerobics, Zumba, Asanas etc. Maintain a personal activity record containing daily physical activity and diet