

# FCSCCO13

## WELLNESS AND FITNESS

### SYLLABUS

**Credit: 2**

**Course Duration: 30 hrs**

#### **Objectives of the course**

1. To introduce the fundamental concepts of physical education, health and fitness.
2. To provide a general understanding on nutrition, first aid and stress management.
3. To familiarize the students regarding yoga and other activities for developing fitness.
4. To create awareness regarding hypo-kinetic diseases, and various measures of Fitness and health assessment.

#### **Course outcome**

This course will provide fundamental concepts of physical education, health and yoga. It will also familiarize the students towards various hypo-kinetic diseases and its management. It will also provide practical guidelines and testing of health-related fitness and other health indices.

#### **Module – I: Concept of Physical Education and Health**

Definition, Aims and Objectives of Physical Education, Importance and Scope of Physical Education  
Health- Definition, Physical fitness and Wellness

#### **Module –II: Components of Physical Fitness**

Physical fitness components - Speed, Strength, Endurance, Flexibility and Coordinative Abilities

#### **Module – III: Principles of Exercise Programme**

Activities for developing Physical Fitness Components, Exercise and Heart rate Zones, Principles of First Aid, Nutritional Balance

#### **Module – IV: Yoga and Stress Management**

Asanas and its effects

- Padmasana
- Halasana
- Bhujangasana
- Shalabhasana



- Dhanurasana
- Shavasana
- Vajrasana
- Chakrasana
- Trikonasana
- Padahasthasana

Postural Deformities – Corrective measures

Stress Management and Relaxation Techniques

### **Module – V: Lifestyle Disease and its Management**

LIFESTYLE/Hypo-kinetic Diseases and its Management

- Diabetes
- Hypertension
- Obesity

#### **Practical:**

- Health related Physical Fitness and Assessment
- Body mass Index/Skin fold Measurement, BMR, Pulse Rate, Blood Pressure
- Health Related Physical Fitness Test.

#### **References:**

- AAPHERD. “Health Related Physical Fitness Test Manual”. 1980 Published by Association drive Reston Virginia
- William D McArdle, Frank I Katch and Vitor I Katch, Essential of Exercise Physiology, Second edition, New York: LipincoffWelliams and wilkins, 2000
- ACSM’s “Health Related Physical Fitness Assessment Manual Lippincott Williams and Walkins USA, 2005.
- Frank V.M. (2003). Sports & education CA: ABC- CLIO



**EVALUATION & GRADING**  
**SCHEME OF EVALUATION**

<b>METHOD OF EVALUATION</b>			
<b>Assessment Methods</b>	<b>Criteria</b>	<b>Marks</b>	<b>Weightage</b>
Formative Assessment (FA)	Attendance	4	25%
	Assignment/Project/Activities/Reports	6	
Summative Assessment (SA)*	Test Paper	30	75%
	Total	40	100

(\*Summative Assessment – Internal/External Evaluation)

**ATTENDANCE**

<b>Attendance</b>	<b>Marks</b>
90-100%	4
85-89.9%	3
80-84.9%	2
75-79.9%	1
<75%	0

**GRADING POLICY**

<b>Grade</b>	<b>Percentage of total marks (FA+SA)</b>
A	80% & above
B	60-79.9%
C	50-59.9%
D	40-49.9%
<b>Not qualified</b>	<b>&lt;40%</b>



**MODEL QUESTION PAPER**

**KAHM UNITY WOMEN'S COLLEGE, MANJERI  
DEPARTMENT OF HOME SCIENCE  
FCSCC13 WELLNESS AND FITNESS**

**Time: 1 Hour**

**Max Marks: 30**

**Section A**

**Answer at least ten questions. Each question carries 3 marks.**

**All questions can be attended. Overall ceiling 30.**

1. Enumerate the objectives of physical education?
2. What is Exercise and Heart rate zones?
3. Briefly explain the components of physical fitness?
4. Explain the importance and scope of physical education?
5. Briefly explain any 2 hypo-kinetic diseases?
6. What are stress management and relaxation techniques?
7. Explain nutritional balance?
8. What is physical fitness?
9. What are different types of Asanas?
10. Explain postural deformities corrective measures?
11. What are the Aims of physical education?
12. Enumerate the principles of first aid?
13. Explain Hypertension as a lifestyle disease and its management?
14. Define Health?
15. Explain the activities for developing physical fitness?



  
**PRINCIPAL**  
**Korambayil Ahamed Haji**  
**Memorial Unity Women's**  
**College, Manjeri**