

**CBEL Code- ELE-303****Course Name- Physical Fitness and Wellness Course****Duration: 40 Hrs.**

<b>Credits: 4</b>		
<b>Lecture Hours</b>	<b>Practical/Activity Hours</b>	<b>Mode</b>
<b>16</b>	<b>24</b>	<b>Blended</b>

**Overview**

This course is designed to make the students understand the benefits of physical fitness. Students will learn about various methods of training – continues, interval, circuit, fartlek and plyometric. To make them understand obesity and its management. They will be able to distinguish Micro and Macronutrients and their primary functions and gain basic knowledge of the different nutrients and their role in maintaining health of the community. To make them aware about eating disorders. By the end of the course the learners will be able to –

1. Interpret gain knowledge about the nutrition, components of nutrition and their impact on health.
2. Categorize the role of nutrients and caloric requirements. Sketch the basic classification, functions and utilization of nutrients.
3. Evaluate the factors affects weight management and solutions for obesity.
4. Define the concept of physical fitness. Build a solid foundation of knowledge regarding physical fitness, Life style disorders, heart diseases, and Communicable diseases.
5. Understand and apply the sports training related to the physical attributes required for performing specific games.

**Course Structure**

<b>Lecture - Interaction</b>	<b>Content / Topic</b>	<b>Hours</b>	<b>Activity / Assignment</b>	<b>Hours</b>	<b>Bloom's Level</b>
L1	Introduction- Unit 1 Basic concept of nutrition and diet.	2	NA	0	1,2,3,4
L2	Unit 1 Basic concept of nutrition and diet.	1	A1	1	1,2,3,4
L3	Unit 2 : Health, Fitness and Diseases	2	NA	0	1,2,3
L4	Unit 2 : Health, Fitness and Diseases	1	A2	1	1,2,3
L5	Unit 3 : Development of Fitness	2	NA	0	1,2,3
L6	Unit 3 : Development of Fitness	2	NA	0	1,2,3
L7	Unit 4 : Methods of training	2	NA	0	1,2,3
L8	Unit 4 : Methods of training	1	A3	1	1,2,3
Total Hrs. of Lectures – Interaction [L1 – L8]		13			
Total Hrs. of Activities – Assignments [A1 – A3] in Class				3	
Course end Evaluation [A4]				24	3,4,5

<b>UNITWISE CONTENT</b>
<b>UNIT 1: Food and Nutrition:</b> Basic concept of nutrition and diet. Basic concept of macro and micro nutrients. Balanced diet. Eating disorders. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance and Food Myths.
<b>UNIT 2: Health, Fitness and Diseases:</b> Definition of obesity and its management. Life style disorders, heart diseases. Communicable diseases. Back pain: causes, symptoms and prevention.
<b>UNIT 3: Development of Fitness:</b> Benefits of physical fitness and exercise. Improvement of physical fitness. Principles of physical fitness. Development of Personality. Waist-hip ratio Target Heart Rate, BMI.
<b>UNIT 4: Methods of training:</b> continues training, interval training, circuit training, fartlek training and plyometric training. Objectives of training.

#### Study Materials & References:

- PPTs, E-notes & Audio-Visual materials (to be provided by the faculty/co-ordinator)
- Jim Clover - Sports Medicine Essentials\_ Core Concepts in Athletic Training & Fitness Instruction, 2nd Edition -Delmar Cengage Learning (2007)
- Perritano J.V. - The truth about physical fitness and nutrition-Facts on File (2010)
- Robert C France - Introduction to Sports Medicine and Athletic Training (2nd Ed) (2010)

<b>ASSESSMENT SCHEME</b>					
<input type="checkbox"/> Interim Formative Assessment [A1-A2-A3: 3 Hours in Class]					
<input type="checkbox"/> Course-end Summative Assessment [A4: 24 Hours after end of lectures]					
<b>Formative Assessment-X</b>					
Sl No.	Slot	Hours	Content / Topic	Assessment Type	Marks
A1	L2	1	Content / Topics covered in L1 & L2	Theory	20
A2	L4	1	Content / Topics covered in L1 - L4	Practical	40
A3	L7	1	Content / Topics covered in L5 – L7	Practical	40
<b>Total [A1 + A2 + A3]</b>					<b>100</b>
<b>Summative Assessment - Y</b>					
A4	Post L8	24	Content / Topics covered in L1 – L8	Practical: Live Project	<b>100</b>
<b>Computation of Final Score: [X + Y]</b>					
<ul style="list-style-type: none"> <li>● <b>X</b> : 20% of total marks obtained out of total marks 100 in Interim Formative Assessment</li> </ul>					

cumulatively (A1+A2+A3)

- **Y** : 80% of marks obtained out of total marks 100 in Course-end Summative Assessment (A4)

**Gradation Scheme:**

- 90 – 100 : O : Outstanding
- 80 – 89 : A : Excellent
- 70 – 79 : B : Very Good
- 60 – 69 : C : Good
- 50 - 59 : D: Pass

**Eligibility for Certification:**

- Attendance & active participation in class lectures/interactions.
- Completion/submission of all the three activities/assignments as part of Formative Assessment [A1, A2 & A3].
- Obtaining minimum Grade D as per the formula for computation of Final Score stated above.

NB: A candidate must satisfy all the criteria mentioned in order to receive the course completion certificate.