



# KONGU ARTS AND SCIENCE COLLEGE

(An Autonomous Institution, Affiliated to Bharathiar University, Coimbatore)

ERODE – 638 107

## DEPARTMENT OF PHYSICAL EDUCATION VALUE ADDED COURSE – SYLLABUS 17VPDHF – HEALTH AND FITNESS MANAGEMENT

**Course Objective:** To enable the students to understand the fundamentals of health and fitness management, different training and use new equipment's.

UNIT I	Introduction	8 Hours
Definition and meaning of fitness- Wellness and Health - Benefits of Fitness – Role of Fitness among various populations and age groups- Weight Gain and Weight Loss- Importance of Warm-up and Warm-down.		
UNIT II	Type of Training	6 Hours
Principles of Training - Weight Training – Circuit Training – Plyometric Training- Fartlek Training – Interval Training- Continuous Running – Hollow Sprints - Acceleration. Training load - Important features of Training load – Intensity - Density - and Volume – Types of Training Load – Principles of Training load - Maximum strength - Explosive strength - Strength endurance.		
UNIT III	Body building training	8 Hours
Types of exercises - Aerobic and Anaerobic exercises - Isometric - Isotonic and Iso - Kinetic exercises - Stretching exercises - Fitness and bodybuilding - various methods of training for building the muscles.		
UNIT IV	Gym Training and Equipment's	9 Hours
Fitness Centre: Multi Gym Equipment's – Types of Equipments – Care and Maintenance of Equipments - Exercise Prescription -Preparation of Programme - Free Hand Exercises –Stretching Exercises.		
UNIT V	Type of exercises	9 Hours
1. <b>Calisthenics / Freehand Exercises</b> Jumping Jack, Running in place, Running the steps, Pull - ups (chin ups), Sit ups, Leg Raises, Trunk Raises, Squat Jumps, Half Squat, Squat Thrusts, Knee Hug, Alternate Toe Touch, Side Leg Raises, Crunches, Forward Bend, Windmills, Bent Over Twists, Standing Twists, Side Bends, Push Ups - <b>Stretching exercises</b> Deltoid Stretch, Chest Stretch, Triceps Stretch, Fore arm and Wrist Stretch, Lower Back Stretch, Adductor Stretch, Groin Stretch, Quadriceps Stretch, Hamstring Stretch, Heel Cord Stretch, Neck Roll, Achilles Stretch - <b>Barbell Exercises</b> Clean and Press, Bench Press, Bent Over Rows, Barbell Curls, Lying Triceps Press, Squats, Lunges, Standing Calf Raises, Upright Rows, Pullovers, Deal Lifts, Wrist Curl, Shoulder Press, Good Morning, Heel Raises, Reverse Curl, Triceps Extension, Trunk Twist, Side Bends, Biceps Curl - <b>Dumbbell Exercises</b> Shoulder Press, Dumbbell , Laterals, Triceps Extension, Dumbbell Curls, Squats, Lunges With Dumbbells, Arm Curls, Dumbbell Fly's, Standing Calf Raise With Dumbbells, One Art Rows. <b>Aerobic Exercises</b> , Rowing Machine, Stationary Bicycle, Tread Mill, Stepper, Rope Skipping, Spot Running, Stepping On The Bench, Swimming, Walking, Jogging, Running. <b>Weight Machines</b> Six Station Multi Gym, Twelve Station Multi Gym, Sixteen Station Multi Gym, Lat Pull Down, Low Pulley, Peck Deck, Lateral Raise, Bench Press, Leg Extension, Leg Curl, Hip Adductor, Hip Abductor, Roman Bench, Hyper Extension, Leg Press, Preacher Curl, Half Squat, Shoulder Press, Abdominal Conditioner, Leg Raise		
<b>Total Hours</b>		40 Hours

### Reference Books

1. Mike bates, Guy danhoff, "HEALTH AND FITNESS MANAGEMENT" 2019
2. Dr. A. K. Uppal, "Sports Training" 2020, Friends Text Book Series

### Course Outcome:

- On Completion of this course the students will be able to
- ❖ Understand the basic concepts of fundamental fitness.
- ❖ To maintain fitness and reduced the obesity
- ❖ learn fitness trainer



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