

M.P.E. – ELECTIVE – 104 (A) PHYSICAL FITNESS AND WELLNESS

UNIT – I

Components of Physical (Health and Performance related fitness) – Health and Wellness
– Prevalence of Physical activity – Barriers to a physically active life style – Medical Evaluation
– Fitness Appraisal – Stages of Program Development for Fitness Participants.

UNIT – II

Principles of exercise: Ideal Exercise Program – Fitness Concepts – Exercise guidelines for Children, Adolescence, Adults and Special Groups – Making the exercise program – Maintaining fitness program – Exercise under difficult conditions: Traveling, limited space, Injury, busy and visitors.

UNIT – III

Fitness Activities: Aerobic dancing, step aerobics, Water exercise, brain training, agility and Balance training, isometric training, cycling, stair climbing, treadmill, Walking – Health Benefits of physical activity

UNIT – IV

Design a Program for lifetime, fitness: Identifying fitness goals – Health promotion and disease prevention – Home equipment – Promoting lifetime physical fitness for disabled persons – Keeping fit as age – exercise for the elderly.

UNIT – V

Stress Management and Physical Fitness: stress related concepts – Model of stress – Exercise Contribution to Stress Management – Managing Stress – Types **A** and **B** Behavior patterns and the exerciser – Time Management

REFERENCES

- Allen W. Jackson et al, *Physical Activity for Health and Fitness*, USA: Human Kinetics, 1999.
- Jerrold S. Greenberg et al., *Physical Fitness and Wellness (3rd Ed.)*, USA: Human Kinetics, 2004.
- Joseph p. Winnick and Francis X. Short, *Physical Fitness Training Guide*, USA: Human Kinetics, 1999
- Edmund R. Burke, *Home Fitness: Handbook*, USA: Human Kinetics, 1996.
- Lynne Brick, *Fitness Aerobics*, USA: Human Kinetics 1996.
- Martha White, *Water Exercise*, USA: Human Kinetics, 1996.
- Debi Pillarella and Scott O. Roberts, *Fitness Stepping*, USA: Human Kinetics, 1996.
- Gudrun Paul, *Aerobic Training*, Meyer and Meyer sports: UK, 2000.
- Betting M. Jasper, *Train your Brain*, Meyer and Meyer sports: UK, 1999.