



University of Kerala

Discipline	PHYSICAL EDUCATION				
Course Code	UK3VACPES200				
Course Title	FUNDAMENTALS OF HEALTH AND FITNESS				
Type of Course	VALUE ADDITION COURSE (VAC)				
Semester	III Semester				
Academic Level	200 - 299				
Course Details	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours/Week
	3	3 hours	-	-	3
Pre-requisites					
Course Summary	This course provides a comprehensive overview of health and fitness. The impact of lifestyle choices on all aspects of personal health are discussed including physical, mental, emotional, social, and environmental. The course will explore topics related to nutrition, physical fitness, stress management, disease prevention, and healthy relationships. The information and skills necessary for making informed and healthful decisions to promote basic health and fitness will be discussed with an emphasis on self-responsibility.				

Detailed Syllabus:

Module	Unit	Content	Hrs
I	Introduction to Health		09
	1	Definition of Health and Importance of Health - Quality of Life – Productivity and Performance -Reduced Health care cost- Longevity of life	2
	2	Concepts of Health- Bio medical Concept-Ecological Concept-Psychological Concept-Holistic Concept	2
	3	Dimensions of Health – Physical, Mental, Social, and Emotional	3
	4	Factors Affecting Health – Biological, Personal, Environmental and Sociological	2
II	Introduction to Physical Fitness		09
	5	Definition and meaning of Fitness	2
	6	Physical Fitness- Health Related Physical Fitness and Performance Related Physical Fitness	4
	7	Importance of Physical Fitness- Strengthens Body-Improve Cardiovascular Health-Weight Management -Enhance Mental Health-Reduce Chronic diseases- Increase quality of Life	1
	8	Types of Exercises - Aerobic Exercise and Anaerobic Exercise	2
III	General Means and Methods to Develop Health and Fitness.		09
	9	Regular Exercise - Warm Up and Cool Down , Strength Training , Cardiovascular Exercise, Mobility and Flexibility Training	4
	10	Diet - Balanced Diet and Hydration	2
	11	Rest, Sleep and Recovery	2

	12	Lifestyle modifications – Regular Exercise- Healthy Eating Habits- Stress Management-Adequate Sleep- Maintain Hydration- Regular Health Check Ups	1
IV	Implementation of Health and Fitness Practices		9
	13	Prepare Short Term and Long Term Goals	2
	14	Prepare a training a schedule	3
	15	Incorporate physical activity in daily routine	2
	16	Participation in recreational activities involving physical activity	2
V	Assessment of Health and Fitness		9
	17	Assessment of Physical Attributes - BMI, Waist Hip Ratio	2
	18	Monitoring of physiological variables - Resting Heart Rate, Measuring Blood Pressure	3
	19	Assessment of Health-Related Physical Fitness – AAPHERD Test.	3
	20	Track the progress of Health and Fitness	1