

Course Title - Fit India

Course Objectives:

- Encourage physical activity through engaging the students in sports and yoga.
- Understand the importance of a balanced diet .
- Build skills for self-discipline, self-confidence, cooperation and teamwork.
- Promote fitness as a joyful activity.

Learning Outcomes:

- Adopting a healthy lifestyle.
- Knowledge of nutrition, diet and psycho-physiological aspects of fitness.
- Develop Self-esteem, Self-confidence, Self-discipline and team spirit as indicators of fitness.

Syllabus of *Fit India*

Unit I: Participation in Physical Activity

- Fit India Protocol
- Physical Activity, Health and Fitness
- Indicators of Fitness

Practical/Practice

- Aerobic Work Out / Physical Activity (Walking)
- Yoga – Asanas (Lying, Sitting and Standing positions) and Pranayama
- Cardiovascular Testing by 12min/9 min Cooper Run/Walk test

Unit II: Health Related Fitness and their Components

- Muscular Strength and Endurance
- Body Composition and Flexibility

Practical/Practice

- Flexibility Training: Back Saver Sit and Reach test
- Muscular Strength Training: Curl Ups / Standing Broad Jump/ Vertical Jump/ Plyometric
- Endurance Training: 1 Mile RockPort Testor 12 /9 minute Cooper run/walk test.
- Ideal Body Weight, Body Mass Index (BMI), Waist:Hip Ratio, Waist:Height Ratio (Data of at least 10 persons to be collected)



Unit III: Nutrition and Fitness

- Healthy Eating Plate
- Balanced Diet
- Caloric Content of Food

Practical/Practice

- Preparing Daily Diet and Calorie Chart
- Aerobic Work Out / Physical Activity (Walking)
- Assessment of Physical Activity with the Calorie intake.
- Asanas for :
 - digestive system
 - excretory system

Unit IV: Psycho-physiological aspects of Fitness

- Sports Physiology and Psychology
- Depression, Anxiety and Stress Scale (DASS)
- Rosenberg Self Esteem Scale

Practical/Practice

- Skills learning and Participation in sports
- Group Games / Relays/ Minor Games
- Meditative Asanas and Pranayama
- Fitness component testing (as per Fit India Protocol and Norms) and Analysis of Results
- Data of at least 10 persons to be collected on DASS and self-esteem scale

Note: Concepts are to be taken up during the practical/practice hours.

Essential Readings:

- Fit India Website: <https://fitindia.gov.in>
- Wener W.K. Hoeger, Sharon
- A. Hoeger - Fitness and Wellness-Cengage Learning (2014).

SUGGESTED READINGS:

- Charles R. Corbin, Gregory J. Welk, William R. Corbin, Karan A. Wells - Concepts of Fitness And Wellness_ A Comprehensive Lifestyle Approach-McGraw-Hill (2015)
- W.Larry Kenney, Jack H. Wilmore, Devid L.Costil(2015). Physiology of Sports and Exercise, Second Edition. USA. Human Kinetics.
- Websites of International Sports Federations
- Website of Ministry of Youth Affairs and Sports



