

DEPARTMENT OF PHYSICAL EDUCATION
HENRY BAKER COLLEGE, MELUKAVU

CERTIFICATE PROGRAMME

Programme Code : HBC/ PED/CP02/2019-20

Title of the Programme: **Certificate Programme in Health and Physical Fitness**

Name of the Faculty in charge: **Jithin Thomas Abraham**

Hours: 30 hours

SYLLABUS

Objective

The main objective of the health and physical fitness program is to promote the importance of staying healthy by maintaining a healthy life style and encourage the student community to be more active and eat healthy.

Outcome

The students will be able to identify and assess their own health and fitness. They will also acquire knowledge and demonstrate skill to safely engage others into physical activities and exercise.

Module I: Introduction, Meaning and definition of health **(3 Hours)**

Module II: Dimensions of health **(4 Hours)**

Module III: Introduction and definition of physical fitness **(3 Hours)**

Module IV: Endurance, strength, speed, flexibility **(4 Hours)**

Module V: Components and benefits of physical fitness, Factors influencing physical fitness **(6 Hours)**

Practical: Various stretching, rotational and flexibility exercises, aerobic and anaerobic exercises **(10 Hours)**

References

1. Dick, Frank W. (1980) sports training principles. London : Lepus Books.
2. Bucher, Charles A. (1979) foundation of physical education CV Mosby Co St Louis