



॥ वसुधैव कुटुम्बकम् ॥

SYMBIOSIS
INTERNATIONAL (DEEMED UNIVERSITY)

(Established under section 3 of the UGC Act 1956, by notification No.F.9-12/2001-U3 Government of India)

Accredited by NAAC with 'A' Grade

Founder: Prof. Dr. S. B. Mujumdar, M.Sc., Ph.D. (*Awarded Padma Bhushan and Padma Shri by President of India*)

Fitness for Life – 1 credit (Total – 30 Hrs.) for Under Graduates under Mandatory Floating Letter grade, Credit Policy of SIU

Under Graduate

Course Name: Fitness for Life

Course Code:

Number of Credits: 01

Course Range –

Level – 2

Learning objective and outcome (S)

- Acquire knowledge and skills for life long participation in physical activity
- Improve quality of life through physical literacy
- Achieve optimum health benefits through Physical Activity

Pre-learning:

- Basic Knowledge and Skills in Physical activity

Course Outline

S.No	Topic	Hours
1	<p>Fitness</p> <p>Introduction to the Fitness Components</p> <p>Methods for developing, Muscular Strength, Muscular Power, Muscular Endurance, Muscular Hypertrophy.</p> <p>Fitness Trends</p> <ul style="list-style-type: none">• Sports Skills Circuit• Strength Training• Functional Fitness• Jump Rope• Self Defense• Fitness Relays	07 hrs (Practical)
2	<p>Yoga</p> <p>Understanding Yoga and its practice</p> <p>Introduction to Pranayama & Meditation</p> <p>Latest Trends in Yogic Practice</p> <ul style="list-style-type: none">• Sun Salutation (Suryathon)• Yoga Circuit• Partner Yoga• Pranayam & Meditation• Power Yoga	03 hrs (Practical)
3	<p>Rhythmic Activities</p> <p>Introduction to Aerobic Fitness & Benefits of Aerobic Fitness.</p> <p>Understanding the Concept of Movement & Music</p> <p>Develop Co-ordination skills & Expressive ability.</p> <ul style="list-style-type: none">• Zumba• Aerobics• Bollywood• Folk Beats• Boxercise	05 hrs (Practical)

4	<p>Importance of Physical activity in promoting quality of life</p> <p>10,000 Steps</p> <ul style="list-style-type: none"> • The first four weeks – tracking of average daily steps • Next four weeks reaching the target of min. 10,000 steps per day. • After Eight weeks – Maintaining min. 10,000 steps for a minimum of twice a week and on all other days a min. of 5,000 step counts must be completed. 	15 hrs (Practical)
	Total 30 hrs (Practical)	30 hrs

***A week shall be any 6 days in week**

***Customized physical activity will be designed for the physically challenged students.**

Pedagogy:

1. Direct & Indirect
2. Inquiry-oriented
3. Drill & Practice
4. Personal Learning
5. Reflection

Books Recommended:

1. Wener W.K. Hoeger, Sharon A. Hoeger (2013). Fitness and Wellness
2. Yamini Muthanna (2015). The Power of Yoga
3. B.K.S. Iyengar (2014). BKS Iyengar Yoga The Path to Holistic Health
4. Bennet, J. P & Riemer, P. C (2006). Rhythmic Activities & Dance
5. DK (2012). The Fitness Book
6. Lofty, J. (2017). The SAS Self-Defence Manual: Elite defence techniques for men and women (p. 200). Wiseman Amber Books Ltd.

Assessment

1. Completion of a 5 Km Walkathon – 20mks
2. 10,000 steps twice a week for 8 weeks – 30mks

*Assessment for the Physically Challenged students shall be customized (tests/assignments).

Min 40 % marks for passing. Final performance will be reflected as a letter grade in the final transcript.

S. No.	Name of the Course	Name of University where it is offered
1	Fitness & Wellness Programs	Yale University
2	Sport & Physical Activity	University of Strathclyde Glasgow
3	Lifetime Physical Activity	University of Virginia
4	Lifetime Physical Activity	Rice University, US

Name of Members	Dr. Nayana Nimkar	Ms. Beulah Koulage			
Designation	Director	Asst. Director Physical Education & Sports			
Org. / Inst.	SSSS	DSRW			
Signature					

Name of Experts	Ms. Shweta Sharma	Mr. Nirmal Salvi	Mr. Anthony Augustine	Mr. Wasim Khan
Designation	Head, RWC	Asst. Director PE & Sports	Asst. Director PE & Sports	Sports Officer
Org. / Inst.	DSRW	DSRW	DSRW	DSRW
Signature				

Signature of Dean:

Date: