

Name of Faculty		Physiotherapy					L:1 T:1
Name of Course		BPT					Credits: 2
Subject/Paper		Physical Fitness	Semester	II	Paper Code	03060208	Marks: 50
Course Objectives:		<p>At the completion of this course each student will be able to meet the following student learning objectives:</p> <ol style="list-style-type: none"> Evaluate physical fitness by participating in group fitness classes, weight training, aquatic fitness, walking, jogging, and group sport activities. Develop understanding for various exercise and fitness principles. As well as develop a plan to track daily exercise. Acquire a basic understanding of physical activity and exercise physiology. Discuss the role of moderate levels of physical activity and exercise in the prevention and treatment of human disease. <p>Imparting transferable and life skills required by general individual or a practicing physiotherapist or gym instructor or personal trainers to understand the concept of physical fitness and its applicability in everyday life.</p>					
Course Coordinator					Class Time:	Days	
Name:		Dr. Sonia			2:00-4:00 pm.	Wednesday	2:00-4:00 PM
Contact:		09416414362					
Unit	Sub Units	Time (hrs)	Topic	Teaching Methodology		Assessment Method	Teaching Faculty
Unit-I	1.1	3	Meaning and Definition of Physical Fitness, Physical Fitness Concepts and Techniques,	Student Interactive Session		Single Response Answer	Dr. Bhawana
	1.2	3	Principles of physical fitness, Physiological principles involved in	Student Seminar		Multiple Response Answer Assertion – Reasoning On Spot Group Discussion Long Answer	Dr. Priyanka

	1.3	3	human movement Cardio-respiratory tests, Muscular strength, muscular endurance and flexibility tests,		Short Answer Problem Based Question Interpretation Question	Dr. Bhawana
	1.4	3	Composition of Human body, Common Techniques for assessing body composition, Desirable body mass			Dr. Priyanka
Unit-II	2.1	2	Aging process and biological theories of aging	Student Interactive Session	Single Response Answer Multiple Response Answer	Dr. Bhawana
	2.2	2	Physiological and psychological benefits of physical activity and exercise for older adults	Students Seminar	Assertion – Reasoning On Spot Group Discussion	Dr. Priyanka
	2.3	2	Motivation and develop strategies to promote initiation and maintenance of a physical activity lifestyle among older adults		Long Answer Short Answer Problem Based Question Interpretation Question	Dr. Priyanka
	2.4	2	Conduct and explain an assessment of physical activity and fitness for an older adult			Dr. Bhawana
	2.5	2	Formulate a physical			Dr. Priyanka

			activity plan for an older adults			
Unit-III	3.1	3	Acute and chronic effects of exercise on various body systems.	Student Interactive Session	Single Response Answer Multiple Response Answer	Dr. Bhawana
	3.2	3	Principles of training, exercise prescription, and the role of physical activity in health and disease.	Student Seminar	Assertion – Reasoning On Spot Group Discussion Long Answer Short Answer Problem Based Question Interpretation Question	Dr. Priyanka
	3.3	4	Role of Physical fitness in various life style disorders prevention			Dr. Priyanka

Assessment: 50 Marks (10 marks Internal – 40 End Term)

Recommended Books:

1. Suzan F Ayer's & Mary Jo Saricsany: Physical Education for Lifelong Fitness, 2011, Third Edition, Human Kinetics Publishers
2. Dr. Lalita Ishwarn Punnya: Physical fitness and Wellness, 2017, First Edition, Khel Sahitya Kendra
3. Colleen Keller & Julie Fleury: Health Promotion for the Elderly, 2000, First Edition, Sage Publications
4. K A Van Norman: Exercise & Wellness for older Adults: Practical Programming Strategies, 2010, Second Edition, Human Kinetics Publishers