

## CURRICULAM PLANNER 2023-24

### DEPARTMENT OF PHYSICAL EDUCATION

MONTH	SEM I	SEM III
	<b>FITNESS AND WELLNESS</b>	<b>OLYMPIC EDUCATION</b>
AUGUST	-----	<p>UNIT – I THE OLYMPIC MOVEMENT</p> <p>1.1 Concept of Olympic movement, the Ancient Olympic Games and the Modern Olympic Games and its movement</p> <p>1.2 Aims and symbols of the Olympic movement.</p> <p><b>PRACTICAL</b></p> <p>1. Write a report on the Origin of the Olympic Movement</p> <p>Assignment</p> <p><b>VAC - FIT INDIA</b></p> <p>UNIT- I Participation in Physical Activity</p> <p>Understanding of Fit India Protocol in action On Field Practical</p> <ul style="list-style-type: none"> <li>● Fit India Protocol age group concerned exercises / activities</li> <li>● Aerobic Work Out</li> <li>● Cardiorespiratory Endurance: 1Mile Rock Port Test or 12 /9-minute Cooper's run/walk test.</li> </ul> <p>Participation in above activities, apart from above, group games and recreational games</p>
SEPTEMBER	<p>UNIT – I INTRODUCTION TO FITNESS AND WELLNESS</p> <p>1.1 Definition, meaning, and concept of fitness and wellness</p> <p>1.2 Components of fitness and their description</p> <p>1.3 Components of wellness and their description</p> <p>1.4 Significance of fitness and wellness in the present scenario</p> <p><b>VAC - FIT INDIA</b></p> <p>UNIT- I Participation in Physical Activity</p> <p>Understanding of Fit India Protocol in action On Field Practical</p> <ul style="list-style-type: none"> <li>● Fit India Protocol age group concerned exercises / activities</li> <li>● Aerobic Work Out</li> <li>● Cardiorespiratory Endurance: 1Mile Rock Port Test or 12 /9-minute Cooper's run/walk test.</li> </ul> <p>Participation in above activities, apart from above, group games and recreational games</p>	<p>UNIT – I</p> <p>1.3 The International Olympic Committee (IOC).</p> <p>UNIT – II STRUCTURE OF THE OLYMPIC MOVEMENT</p> <p>2.1 The National Olympic Committee (NOC).</p> <p>2.2 The International Sports Federations (IFs) and</p> <p>2.3 The National Sports Federations (NFs).</p> <p><b>PRACTICAL</b></p> <p>2. Review of the Olympic Education Program</p> <p>Class test</p> <p><b>VAC - FIT INDIA</b></p> <p>UNIT- II Health Related Fitness</p> <p>Development and testing health-related fitness components</p> <p>On Field Practical</p> <ul style="list-style-type: none"> <li>● Flexibility: Stretching Exercises, Sit and Reach Test. (16 hours)</li> <li>● Muscular Strength &amp; Endurance: Standing Broad Jump / Vertical Jump/ Plyometric / Push Ups/ Burpee Jumps/ Jumping Jacks/ Squat Jumps/ Pull-Ups or Chin-Ups/ Lunges / Sit Ups / Curl Ups</li> <li>● Body Composition: Body Mass Index (BMI), Waist-Hip Ratio (WHR) Participation in above activities related to health-related fitness components.</li> </ul>

OCTOBER	<p>UNIT – II DEVELOPMENT AND MAINTENANCE OF FITNESS</p> <p>2.1 Types of Fitness: Health-related Fitness and Skill-Related Fitness</p> <p>2.2 Principles of Physical Fitness</p> <p>2.3 Development and Maintenance of Fitness</p> <p>PRACTICAL</p> <p>-Test, Measure and Evaluate BMI Fitness component</p> <p>Class test and Assignment</p> <p><b>VAC - FIT INDIA</b></p> <p>UNIT- II Health Related Fitness</p> <p>Development and testing health-related fitness components</p> <p>On Field Practical</p> <ul style="list-style-type: none"> <li>● Flexibility: Stretching Exercises, Sit and Reach Test.</li> <li>● Muscular Strength &amp; Endurance: Standing Broad Jump / Vertical Jump/ Plyometric / Push Ups/ Burpee Jumps/ Jumping Jacks/ Squat Jumps/ Pull-Ups or Chin-Ups/ Lunges / Sit Ups / Curl Ups</li> <li>● Body Composition: Body Mass Index (BMI), Waist-Hip Ratio (WHR) Participation in above activities related to health-related fitness components.</li> </ul>	<p>UNIT – III THE OLYMPIC GAMES</p> <p>3.1 Organization of the Olympic Games. (11 hrs. lectures) (11 hrs. lectures)</p> <p>3.2 Outline of the international bid process for selecting the host city for the games.</p> <p>3.3 Women and sports</p> <p>PRACTICAL</p> <p>Report on any One Olympic Sport in India</p> <p>Assignment</p> <p><b>VAC - FIT INDIA</b></p> <p>UNIT- III Energy Equilibrium for Healthy Gut and Body</p> <p>Understanding of Balanced diet, Healthy Eating Plate and Hydration.</p> <p>On Field Practical</p> <ul style="list-style-type: none"> <li>● Warm-up &amp; Cool-down exercises / activities.</li> <li>● Asanas for digestive system &amp; excretory system</li> <li>● Preparing daily diet, hydration and its expenditure balance chart Participation in above activities including maintenance of personal dietary record.</li> </ul>
NOVEMBER	<p>UNIT – III DEVELOPMENT AND MAINTENANCE OF WELLNESS</p> <p>3.1 Factors influencing wellness</p> <p>3.2 Wellness and Lifestyle</p> <p>3.3 Development and maintenance of wellness</p> <p>PRACTICAL- Design a General warm up and cooling down routine</p> <p><b>VAC - FIT INDIA</b></p> <p>UNIT- III Energy Equilibrium for Healthy Gut and Body</p> <p>Understanding of Balanced diet, Healthy Eating Plate and Hydration.</p> <p>On Field Practical</p> <ul style="list-style-type: none"> <li>● Warm-up &amp; Cool-down exercises / activities.</li> </ul>	<p>UNIT – III THE OLYMPIC GAMES</p> <p>3.1 Organization of the Olympic Games.</p> <p>3.2 Outline of the international bid process for selecting the host city for the games.</p> <p>3.3 Women and sports</p> <p>PRACTICAL</p> <p>Report on Any One Olympian Medalist</p> <p>Report on Any Olympian Medalist of India</p> <p><b>VAC-FIT INDIA</b></p> <p>UNIT- IV Yoga Protocol</p> <p>Understanding of Yoga Protocol for 18-35 years of age in action On Field Practical</p> <ul style="list-style-type: none"> <li>● Surya Namaskar</li> <li>● Yoga Asanas: Standing, Sitting, Prone and Supine positions</li> <li>● Kriya: Kapalabhati</li> </ul>

	<ul style="list-style-type: none"> <li>● Asanas for digestive system &amp; excretory system</li> <li>● Preparing daily diet, hydration and its expenditure balance chart Participation in above activities including maintenance of personal dietary record.</li> </ul>	<ul style="list-style-type: none"> <li>● Pranayama: Anuloma-Villoma, Bhramari</li> <li>● Dhyana (Meditative Asanas &amp; Breath awareness)</li> </ul> Participation in above yogic practices.
DECEMBER	<p><b>UNIT- IV LIFESTYLE MODIFICATION</b></p> <p>4.1 Barriers to change</p> <p>4.2 Process of change (6 stages) SMART</p> <p>4.3 Hazards of inactivity</p> <p>4.4 Overcoming Barriers through Physical Activity</p> <p>PRACTICAL- Prepare a Fitness Program for Daily Life</p> <p><b>VAC-FIT INDIA</b></p> <p>UNIT- IV Yoga Protocol</p> <p>Understanding of Yoga Protocol for 18-35 years of age in action</p> <p>On Field Practical</p> <ul style="list-style-type: none"> <li>● Surya Namaskar</li> <li>● Yoga Asanas: Standing, Sitting, Prone and Supine positions</li> <li>● Kriya: Kapalabhati</li> <li>● Pranayama: Anuloma-Villoma, Bhramari</li> <li>● Dhyana (Meditative Asanas &amp; Breath awareness)</li> </ul> Participation in above yogic practices.	