

DEPARTMENT OF PHYSICAL EDUCATION

CERTIFICATE COURSE IN HEALTH & FITNESS

Number of Weeks: 6

Marks: 50

Number of Hours: 30

Eligibility: 10+2 Pass Senior/Higher Secondary with Physical Education Stream. Minimum (District Level) Sports Participation is Compulsory.

Course Objective: This course gives a brief overview of offers a Meaning, Definition & Dimension of Health, Factors Effecting Health, Definition and Meaning of Fitness, Physical Fitness Components, Characteristics of Sports training & Principles of Sports training, Methods of Training, Nutrition: Macro Nutrients & Micro Nutrients and Carbohydrates Loading

SECTION-A

1. Meaning, Definition & Dimension of Health
2. Factors Effecting Health

SECTION- B

3. Definition and Meaning of Fitness
4. Physical Fitness Components

SECTION- C

5. Characteristics of Sports training & Principles of Sports training,
6. Methods of Training

SECTION- D

7. Nutrition: Macro Nutrients & Micro Nutrients
8. Carbohydrates Loading

SUGGESTED READINGS

1. Hardayal Singh (1993). Science of Sports Training. New Delhi: D.V.S. Publications.
2. H. Harrison Clarke. (1971). Physical Fitness Research Digest”, (Washington D.C.: President’s Council on Physical Education and Sports, 1 27.
3. Frank I. Katch Victor L. Katch. (2009). Exercise Physiology: Nutrition, Energy and Human Performance by William D. McArdle.
4. Dan Benardot. (2011). Advanced Sports Nutrition. Human Kinetics; 2nd edition