



ಕ್ರಮಾಂಕ/No. :MU/ACC/CR.9/2020-21/A8

ಕುಲಸಚಿವರ ಕಛೇರಿ  
ಮಂಗಳಗಂಗೋತ್ರಿ - 574 199  
Office of the Registrar  
Mangalagangothri - 574 199

ದಿನಾಂಕ/Date:18.01.2021

### **NOTIFICATION**

Sub: Syllabus of Physical Education, Fitness, wellness and life style Management as a open Elective course for UG Degree Programmes under Choice Based Credit System -reg

Ref: Decision of the Academic Council meeting dated: 23.12.2020 vide Agenda No:1:2(2020-21)

Pursuant to the above, the Syllabus of Physical Education, Fitness, wellness and life style Management as a open Elective course for UG Degree Programmes under Choice Based Credit System, which was approved by the Academic Council meeting held on 23.12.2020 is hereby notified for implementation with effect from the academic year 2020-21.

Copy of the Syllabus shall be downloaded from the Mangalore University Website.  
[www.mangaloreuniversity.ac.in](http://www.mangaloreuniversity.ac.in)

  
REGISTRAR.

To:

- 1) The Principals of all the Colleges affiliated to Mangalore University.
- 2) The Registrar ( Evaluation ), Mangalore University.
- 3) Dr. Kishore Kumar C.K, Chairman, UG and PG BOS in Physical Education & Sports, Department of Physical Education, Mangalore University, Mangalagangothri
- 4) The Assistant Registrar, Superintendents, Academic Section, O/o the Registrar, Mangalore University.
- 5) The Director, DUIMS, Mangalore University - with a request to publish in the Website.
- 6) Guard File.

**DETAILS OF COURSE PATTERNS AND SYLLABUS FOR  
PHYSICAL EDUCATION PROGRAMME IN UNDER  
GRADUATION**

**B.A/B.Com/B.Sc**

<b>Semester</b>	<b>Course</b>	<b>Credits</b>	<b>Theory marks</b>	<b>Practical Marks:</b>	<b>Internal:</b>	<b>Total Marks:</b>
<b>Fourth</b>	<b>Physical Education, Fitness, Wellness and Life Style Management</b>	<b>1</b>	<b>20</b>	<b>20</b>	<b>10</b>	<b>50</b>

## **Semester IV – Open Elective Course**

### **Physical Education, Fitness, Wellness and Life Style Management**

#### **Objectives:**

To enable the students to:

- **Teach the students about the body and how it works**
- Understand the relationship between fitness and wellness
- Gain knowledge regarding various aspects and its practical implication fitness and Wellness.
- To know the behavior changes needed to ensure a good quality of life
- Evaluate health related fitness in order to make changes in lifestyle

#### **Unit -1 Introduction to Physical Education**

Concepts basic to the Nature and Meaning of Physical Education, Changed way of life, Outcomes of physical Education, the Physically Educated person, Principles of Physical Education. Movement Education for Special population.

#### **Unit II – Fitness and Wellness**

Concept of Fitness - Definition and meaning of Fitness, Different Kinds of Fitness - Physical Fitness, Skill Related and Health Related Physical Fitness, Relationship of fitness and health

Basic concept of wellness, Role of various factors in wellness, components of wellness, Physical fitness and wellness, Health benefits of Exercise. Exercise prescription.

#### **Unit -III Fitness Evaluation and Activities ( Practical )**

General Warm up, Limbering down exercises. Free hand exercises, Stretching exercises Swiss ball exercises

Fitness Evaluation –Measuring Cardio respiratory fitness, 1.5 mile run test, 1mile walk test, The Step test, Assessment of Flexibility, Skinfold test, BMI

Aerobic activities – Walking, Jogging, cycling etc. / Anaerobic Activities – Circuit Training, Strength Activities, Agility and Coordinative activities, Body conditioning activities like Calisthenics, Flexibility exercises. Physical Activity for Special population.

#### **Unit – IV: Fundamental Skills of Games (Practical)**

Game skills and Game practice of Football, Kabaddi, Volleyball, Basketball, Badminton, Throwball, Wrestling, Kho-kho, Handball (Any Two)  
Pilates, Aerobic Dance, Zumba, Fitness using Ball and other materials like parallel bars, ropes, suspensions etc., Martial arts.

Physical Activity for Special population.

#### **Reference**

1. Harrold M Barrow “Man and Movement: Principles of Physical Education” published in Great Britain by Henry Kimpton Publishers, London.
2. Jesse Peoring Williams “The Principles of Physical Education” Published by College Book House, Shivaji Road, Meerut.
3. William D McArdle, Frank I Katch and Vitor I Katch, Essential of Exercise Physiology, Second edition, New York: LipincoffWilliams and wilkins, 2000
4. Arthar C. Guyton, Physiology of Human Body, Philadelphia: Saunders Company, 1972.
5. Melwin H. Williams. Nutrition for Health Fitness and sport. McGraw Hill Company, Newyork: 1995
6. Bradfird B, Strand and Others. Fitness Education Arizona GorsuchSeani; sbrick Publishers, 1997.
7. Scott K. Powers and Stephen L. Dodd. Total Fitness: Exercise, Nutrition and wellness, Boston: Allyn and Bacon, 1999.
8. Thomas D. Fahey and Others. Fit and Well 6th Edition; Newyork: MCGraw Hill Publishers, 2005.
9. Butryn, M.L., Phelan, S., &Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity(Silver Spring). 15(12), 30913096.
10. Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a meta analysis. Am J Obstet Gynecol, 197(3), 223-228.