DPC20G FITNESS & HEALTH

COURSE DESCRIPTION
This course is designed to help student teachers acquire knowledge and skills in health, wellness and fitness so as to promote and develop a lifelong physically active and healthy lifestyle in their pupils.

Student teachers will be introduced to developmentally appropriate activities to develop various components of fitness and design safe and effective exercise programmes for their pupils.

COURSE OBJECTIVES
At the completion of this course, student teachers will be able to:

1. Understand the concepts of health, wellness and fitness
2. Apply the knowledge of health, wellness and fitness to design safe and effective exercise programs
3. Assess health and performance related components of fitness using appropriate tools

COURSE CONTENT
1. Definition of health, wellness and fitness
2. Health & performance related components of fitness
3. Designing exercise and training programmes
4. Developing fitness – Aerobic, Anaerobic, Strength, Flexibility
5. Developing speed, agility & balance
6. Plyometrics training
7. Nutrition & hydration
8. Fun fitness activities for schools

COURSE ASSESSMENT

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<thead>
<tr>
<th>Component</th>
<th>Weightage</th>
<th>Due Dates</th>
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<tr>
<td>Practical Assessment</td>
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<tr>
<td>a. Performance</td>
<td>30 %</td>
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<tr>
<td>Training Plans</td>
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<td>Written Test</td>
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<td>Professional Qualities</td>
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Participation in all classes are compulsory.

COURSE REFERENCES
Required/Recommended Text(s)


