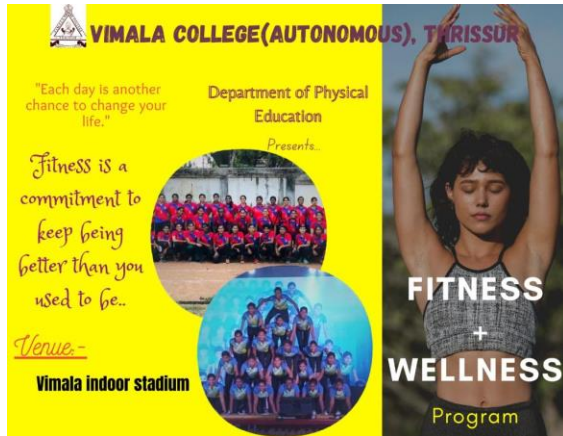


Capability Enhancement Programme

FITNESS + WELLNESS PROGRAMME



Name of the course: Fitness + Wellness Programme

Duration: 20 Hours

Venue: Vimala Indoor Stadium

Instructors

Hemalatha V

HOD

Department of Physical Education

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Agibet Mathews

Assistant Professor

Department of Physical Education

Course Objectives

This course will provide an overview of the lifetime necessary for health fitness and wellness. Students will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, and different means of fitness development.

Course Outcomes

- ❖ Explains and demonstrates the components of physical fitness and wellness.
- ❖ Understand one's personal fitness level.
- ❖ Demonstrate and explain various means of fitness development.
- ❖ Explain how to maintain/improve one's fitness level.

Course Requirements

- ❖ Class attendance is required
- ❖ Preparation for each class and active participation are expectations
- ❖ Physical activity is required

General Outline of Topics Covered

- ❖ Health related physical fitness and Wellness
- ❖ Principles of exercise programme
- ❖ Fitness assessment
- ❖ Hypokinetic diseases and its management
- ❖ Nutritional balance
- ❖ Stress Management
- ❖ Means of fitness development

Brief Report of the Event with photos:

This course will provide an overview of the lifetime necessary for health fitness and wellness. Students will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, and different means of fitness development.

The programme incorporated with 2 hours of theory and 18 hours of practical. The programme was conducted for fifth semester students. Pre and posttest were taken to assess the improvement in their fitness level and they were instructed to continue the exercise training programme lifelong to maintain a better quality of life.

