

PATUCK–GALA COLLEGE OF COMMERCE & MANAGEMENT

Patuck Campus, Rustomba Patuck Marg, 100 Nehru Road, Vakola Bridge, Santacruz (E), Mumbai: 400 055

(Affiliated to University of Mumbai)

Re-accredited with B++ grade by NAAC (2.77 CGPA)

Add On Certificate Course

On

FITNESS FOR HOLISTIC HEALTH AND WELLNESS

Course Objectives:

1. To enable the learners to know about importance of physical education and sports.
2. To impart sports skills for some important games
3. To acquaint the learners about yoga and nutrition
4. To sensitise the learners about sports psychology for better sports performance

Course Outcomes:

After the completion of the course, the learner will be able to:

1. Explain the importance of physical health and mental health in life
2. Apply fitness concepts in holistic living
3. Develop skills in sports

Course Contents:

Sr. No.	Topics	Hour(s)
1	Importance of Physical Education, Sports, Minor/ Recreational Games and Fitness	2
2	Fitness Tests – HRPF and MF/ SRPF	2
3	Health, Wellness and Fitness Concepts	1
4	Sports Performance and Fitness	1
5	Types of Physical Exercise	2
6	Warming Up Exercise	1
7	Conditioning Exercises and Sports Performance	2
8	Cooling Down Exercises	1
9	Importance of Warming Up and Cooling Down Exercises, and Conditioning Exercises and Sports Performance	1
10	Training Methods: Interval, Fartlek, Plyometric, and Weight training	2
11	Yogic Practices for Health, Fitness and Wellness	2
12	Yoga for Holistic Living	1
13	Sports Skills: Basketball, Football, Volleyball, Hockey	3
14	Sports Skills: Chess, Table Tennis, Kabaddi, Badminton	3
15	Traditional Indian Exercises and Games: Dand, Baithak, Suryanamaskar	1
16	Nutrition for Health-Wellness-Fitness and Sports Excellence	2
17	Sports Psychology and Sports Performance	2

Sr. No.	Topics	Hour(s)
18	Overview: Fitness, Holistic Health and Wellness, Q&A Session and Feedback	1
	Total	30

Course Evaluation:

The learners will be evaluated on the following criteria:

- It is essential for the learner to score 40 percent to pass the course successfully.
- The marks allocation shall be done as under:
 - 20 percent attendance
 - 40 percent active participation
 - 40 percent written test