

## Semester II Theory Course

### MPOC-201 FITNESS, WELLNESS AND LIFE STYLE MANAGEMENT.

Number of credits : 3

Number of hours : 3

Marks : Internal - 30 External - 70

#### Objectives:

- To development competencies, skill and knowledge required for the fitness and life style management
- TO understand the relationship between fitness and wellness
- To acquire the knowledge regarding healthy lifestyle approach.
- To gain knowledge regarding various aspects and its practical implications fitness lifestyle management

#### UNIT I – 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
- Wellness revolution: Basic concept of wellness, Role of various factors in wellness, Living a healthy life style; components of wellness, Physical fitness and wellness, Health benefits of Exercise. Reaching wellness through life style management. Exercise prescription.
- Meaning of active life style, Hypokinetic Diseases - Diabetes, Hypertension, Atherosclerosis, Arthritis.

#### UNIT – II Health Related Fitness

- Meaning of Health, Health related fitness components: Cardio Vascular Fitness, Muscular Endurance, strength, flexibility and Body composition, benefits of health related fitness. Exercise protocols for the health related fitness components.
- Concepts and components of body weight, Assessment of body composition.
- Over weight and Obesity and their health implications. Factors contributing to excess body fat. Approaches to overcome weight problem.

#### UNIT III – Nutrition

- Basic Concepts in nutrition; Nutritional requirements and components of a healthy diet. Nutritional Guidelines. Nutritional Planning, Balanced diet.
- Nutrition: Bases for human performance-Carbohydrates, Fats and Proteins. Recommended intake for Normal persons and exercising individuals. Vitamins, Minerals and Water. Osteoporosis and Calcium, Minerals and performance.
- Optimal nutrition for exercise, Energy value of different important foods, Food Pyramid, fluid replacement before, during and after exercise.

#### **UNIT IV – Aging, Stress and Health Behavior.**

- Fitness and Aging: Aging and cardiovascular health; Risk factors for cardio vascular disease, Forms of cardio vascular disease. Exercise and aging. Meeting the challenges of aging.
- Stress-meaning and types of stress, Physical and mental stress-Harmful effects of overtraining and excessive exercise on health, -mental stress and painful effects of mental stress on health. Anxiety, Depression, insomnia, Compulsive obsessive behaviors, Stress relief through exercise and stress management protocols.
- Health behavior, Self efficacy and health behavior, Behavioral modification for wellness, Social support and health of an individual, Life style and other related aspects of activity during childhood. Facts on childhood obesity and activity.
- Brief concept of safety education and first aid; principles of mental hygiene; effects of smoking, alcoholism and drugs; Behavioral modifications.

#### **References:**

William D McArdle, Frank I Katch and Vitor I Katch, Essential of Exercise Physiology, Second edition, New York: Lipincoff Welliams and wilkins, 2000

Arthar C. Guyton, Physiology of Human Body, Philadelphia: Saunders Company, 1972.

Melwin H. Williams. Nutrition for Health Fitness and sport. McGraw Hill Company, Newyork: 1995

Bradfird B, Strand and Others. Fitness Education Arizona Gorsuch Seani; sbrick Publishers, 1997.

Scott K. Powers and Stephen L. Dodd. Total Fitness: Exercise, Nutrition and wellness, Boston: Allyn and Bacon, 1999.

Thomas D. Fahey and Others. Fit and Well 6th Edition; Newyork: MCGraw Hill Publishers, 2005.