

**Unit I: Concept of Fitness and Wellness**

Definition, aims and objectives of Fitness and Wellness – Importance and scope of fitness and wellness – Modern concept of Physical fitness and wellness – Fitness and its relevance in Interdisciplinary context.

**Unit II: Fitness, Wellness and Lifestyle**

Understanding of wellness – Metabolic fitness, BP, Lipid Profile – Triglyceride, HDL, LDL, total cholesterol – Physical Activity and Health benefits, Health and wellness.

**Unit III: Principles of Exercise Program**

Means of Fitness Development aerobic and anaerobic exercises – Exercises and Heart rate zones for various aerobic exercise intensities – Concepts of free weight vs machine, sets and repetition, etc. – Designing different fitness training program for different age group.

**Unit IV: Nutrition**

Meaning – Definition Malnutrition, Micro nutrients, Macro nutrients – Food pyramid – Components – Sources.

**Unit V: Sports Nutrition**

Nutrients – Sports Nutrition – athletes diet – Diet chart for specific sports – comparison of food values and composition of the meals.

**References:**

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2. Giam, C.K andThe, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
3. McGlynn, G., (1993). Dynamics of fitness. Madison: W.C.B
4. Brown.Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.
5. David K Miller and T. Earl allen, Fitness, A lifetime commitment, sujeet Publication Delhi 1989.
6. Elizabeth and Keday, Sprots fitness for women, B T Batsford Ltd, London, 1986.
7. Emily R Foster Karynl-lartiger and Katherine A smith, Fitness Fun, Human Kinetics Publishers 2002.
8. Lawrence, Debbie, Exercise to Music. A and C Black Publishers ltd., London 1999.
9. Robert Malt. 90 days fitness plan, D K publishing Inc Madison Avenue, NewYork 2001.