



GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU-180001, J&K.

(Erstwhile Maharani Mahila College)

Autonomous College Affiliated to the University of Jammu

College for Potential for Excellence, 2016

(Estd. 1944)

Learning Outcomes Based Curriculum of
Semester-I
Skill Enhancement Course

Title: Physical Fitness and Personal training

Credits: 03

Course Code: UFPSE-101

Maximum Marks: 75

Learning Outcome Based Curriculum Framework (LOCF) for examination to be held in Dec 2023, 2024, 2025

COURSE DESCRIPTION

This subject enables the student in acquiring knowledge on how to become physically fit and to maintain their fitness. This subject also provides ways and means in promoting good health. Towards the course, physical fitness tests are administered to the students that includes activities which aims to ascertain personal status of the students, measure certain aspects on physical conditions, and to measure the extent of instruction along with the acquisition of skills in physical fitness and for character building. The activities include acquisition of skills of different sports.

COURSE OBJECTIVES OF THEORY COURSE

1. To define and understand the terms physical fitness together with its objectives.
2. Know the effects of a healthy lifestyle.
3. Evaluate oneself as to a healthy fit individual
4. Innovate new ideas on how to improve oneself.
5. Learn the actual value of physical fitness and personal training
6. The course comprises of theory as well as practical component

A. Theory Component of Course

Unit I: Physical fitness

- 1.1 Definition/Meaning of Physical Fitness
- 1.2 Need and Importance of Physical fitness
- 1.3 Components Physical Fitness
- 1.4 Relationship between Physical Fitness and Wellness


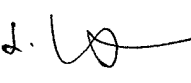
B. Practical Component of Course


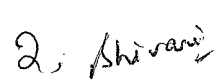
UNIT -I


Warm Up Exercises

Limbering down Exercises

Calisthenics/ Free Hand Exercises

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UNIT – II

Isotonic, Isometric and Isokinetic Exercises

Unit III

Barbell Exercise

Dum bell Exercise

Swiss Ball Exercise

Kettlebell Exercise

References

1. Goodman. Jonathan (2014) Personal Trainer Pocket Book. Us Jonathan Goodman
2. Maduskar. Nikhil (2019) Basics of Gym and Fitness: In depth look and guidance for Gym and nutrition. Notion Press
3. Edward T. Howley B. Dov Franks (1986) Health Fitness instructor's Handbook second edition.
4. Howley. E.T and Franks B.D. (1997) Health Fitness Instructor's handbook. Third Edition.
5. Champaign Illinois: Human kinetics, Lindle J. (1997) Aquatic Fitness Professional Manual. Florida: Aquatic Exercise Association.

Evaluation Scheme

Distribution of marks:

Maximum marks = 75

Break up:

Attendance: 5 marks

Theory: 10

Practical: 60

Evaluation Pattern

- A. Attendance: 5 Marks (common attendance for practical and theory components)
- B. Evaluation of Theory Component (through internal assessment only): 10 Marks
Internal Evaluation based on Unit I (Theory)
- C. Evaluation of Practical Component: (60)
 - a) Internal: 20 marks
 - i. Written Test based on exercises performed during the semester: 12 marks.
 - ii. Stage Viva. : 8 Marks.
 - b) External : 40 Marks

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2. Shivani

3. Shreya



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Learning Outcomes Based Curriculum of
Semester-II
Skill Enhancement Course

Title: Physical Fitness and Personal Training

Course Code: UFPSE-201

Credits: 03

Maximum Marks: 75

Learning Outcome Based Curriculum Framework (LOCF) for examination to be held in Dec 2023, 2024, 2025

COURSE DESCRIPTION

This skill course enables the student in acquiring knowledge on personal training its types its principles to promote good health.

COURSE OBJECTIVES OF THEORY COURSE

1. Understand the concept of personal training.
2. Know how to have a healthy lifestyle with various exercises.
3. Evaluate oneself as to a healthy fit individual
4. Innovate new ideas on how to improve oneself.

A. Theory Component of Course

- 1.1 Concept of Personal Training
- 1.2 FITT Principles
- 1.3 Aerobic and Anaerobic Training
- 1.4 Concept of Body Mass Index
- 1.5 Common Gym Machines

B. Practical Component of Course

UNIT: I Multipurpose Machine Exercises

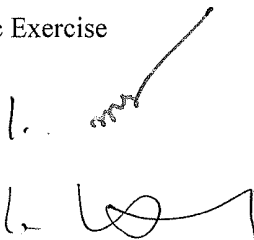
1. Shoulder press
2. Chest press/Bench press
3. Lateral Pull
4. Leg Press

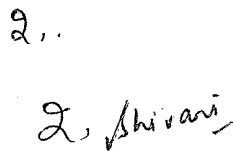
UNIT: II Anaerobic Training

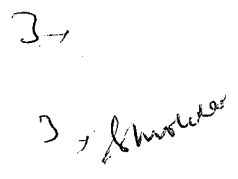
1. Sprints
2. Skipping
3. Jumping
4. Squats

Unit -III Aerobic Training

1. Zumba
2. Aerobic Exercise

1. 

2.  Shivani

3.  Shrivastava

References

1. Goodman. Jonathan (2014) Personal Trainer Pocket Book. Us Jonathan Goodman
2. Maduskar. Nikhil (2019) Basics of Gym and Fitness: In depth look and guidance for Gym and nutrition. Notion Press
3. Edward T. Howley B. Dov Franks (1986) Health Fitness instructor's Handbook second edition.
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