

Deen Dayal Upadhyaya Gorakhpur University, Gorakhpur

Department of Physical Education



SKILL ENHANCEMENT COURSES

offered by

Department of Physical Education

required for

3 + 1 (FOUR YEAR UG) CBCS PROGRAM

To be implemented from Session 2024-25

Board of Studies Meeting on 11.03.2024

COURSE STRUCTURE FOR SKILL ENHANCEMENT COURSES

OFFERED BY

DEPARTMENT OF PHYSICAL EDUCATION

AT GRADUATION LEVEL

| SEMESTER – WISE TITLES OF THE PAPERS IN U.G. PROGRAM | | | |
|---|-----------------------|----------------------------------|----------------|
| YEAR | COURSE CODE | COURSE TITLE | CREDITS |
| U.G. First Year | Semester – I | | |
| | SE 1PED | PHYSICAL FITNESS AND RECREATION | 3 |
| | Semester – II | | |
| | SE 2PED | SPORTS, FITNESS AND WELLNESS | 3 |
| U.G. Second Year | Semester – III | | |
| | SE 3PED | MANAGEMENT OF HEALTH AND FITNESS | 3 |

SEMESTER I

| | | | |
|--|--|--------------------|------------------------|
| Course Code: SE 1PED | | Year: First | Semester: First |
| COURSE TITLE: PHYSICAL FITNESS AND RECREATION | | | |
| <p>Course Outcomes:</p> <ul style="list-style-type: none"> • The student will be able to learn and understand the basic knowledge of physical activities that are used to achieve body fitness. • The students will get a practical experience of performing sportive and yogic activities, thereby understand their importance to achieve fitness. • Students will get acquainted with the importance and role of recreational activities in overall fitness standards. | | | |
| Unit | TOPICS | | Credit |
| I | <ul style="list-style-type: none"> • Introduction to body conditioning Concept of body conditioning and fitness Warm up exercises Relaxation / cooling down exercises Learning different types of exercises | | 3 |
| II | <ul style="list-style-type: none"> • Recreational Activities Need and importance of recreational activities Participation in minor games and sports activities Participation in Indigenous sports activities | | |
| III | <ul style="list-style-type: none"> • Physical Fitness Need and importance of physical fitness Components of physical fitness and motor fitness Participation in Yogic activities/asanas/pranayama | | |

SEMESTER II

| | | |
|---|--|-------------------------|
| Course Code: SE 2PED | Year: First | Semester: Second |
| COURSE TITLE: SPORTS, FITNESS AND WELLNESS | | |
| <p>Course Outcomes:</p> <ul style="list-style-type: none"> • The student will be able to learn and understand the basic knowledge of sports and related activities. • The students will get a practical experience of participation in physical activities to improve and access their physical fitness standards. • Students will get acquainted with the management aspects of health through testing and performing physical activities. | | |
| Unit | TOPICS | Credit |
| I | <ul style="list-style-type: none"> • Introduction to Sports activities Concepts and misconceptions about sports and physical activities Need and importance of sports activities in modern society Types of sports Participation in team games and group physical activities | 3 |
| II | <ul style="list-style-type: none"> • Concept of Fitness Types and components of Fitness, Sports as a medium of fitness Participation in self-defense activities Fit India Movement | |
| III | <ul style="list-style-type: none"> • Concept of Wellness Understanding Wellness and Lifestyle Prevention and management of modern health hazards Learn to measure the Body Mass Index | |

SEMESTER III

| | | |
|---|--|------------------------|
| Course Code: SE 3PED | Year: Second | Semester: Third |
| COURSE TITLE: MANGEMENT OF HEALTH AND FITNESS | | |
| <p>Course Outcomes:</p> <ul style="list-style-type: none"> • The student will be able to learn and understand the relationship between theoretical and practical aspects of management of health and fitness. • The students will get a practical experience of visiting a fitness facility to learn and understand it and get an exposure to make a career in field of health and fitness management. • Students will get acquainted with the modern health hazards and learn the means and methods to overcome them. • | | |
| Unit | TOPICS | Credit |
| I | <ul style="list-style-type: none"> • Concept of health, diet and exercise. • Role of Nutrition in health and fitness • Factors affecting total health • Role of diet, exercise and rest in management of body weight | 3 |
| II | <ul style="list-style-type: none"> • Learning and understanding the equipment-based exercises • Concept of Weight Training and indoor physical activities • Causes and solutions to manage and overcome Obesity` | |
| III | <ul style="list-style-type: none"> • Qualities of a good fitness trainer • Learning the need and importance of Gyms in modern society • Machines and fitness equipment used in Gyms and fitness centers • Visit a Fitness center and prepare a detailed report on its functioning. | |