PEN2FM106(1) : Physical Fitness and Active Living

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SIGNIFICANCE OF THE COURSE

The Department of Physical Education offers the subject "Physical Fitness and Active Living" in the second semester to promote awareness about health, wellness, and the importance of regular physical activity. This course emphasizes the role of exercise, fitness training, yoga, and active lifestyle practices in enhancing physical, mental, and social well-being. Students gain knowledge about fitness components, nutrition, stress management, and preventive healthcare. It also encourages participation in recreational and sports activities, fostering teamwork, discipline, and leadership qualities. By integrating theory and practice, the subject equips students with lifelong skills to maintain a healthy, balanced, and active lifestyle.

COURSE OUTCOME

CO1 – Define and describe the general concepts of fitness and the components of physical fitness.
CO2 – Explain the types of physical fitness and their significance.
CO3 – Apply the principles of fitness training to design simple exercise routines.
CO4 – Examine the physiological effects of exercise on the human body.
CO5 – Assess the importance of active living and its impact on the ageing process.
CO6 – Demonstrate competency by planning and performing fitness activities effectively.

REFERENCE BOOKS

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2. Dick, F.W. Sports Training Principles 14 ed.). Human Kinetics Champaign. Man 2002
3. Chu .D.A. Expimive Flower and Strength. Champaign. Human Kinetics 1996
4. Daryl Sidestop "Tatroduction to Physical Education, Fimess and Sport" McGraw-Hill

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5. Health Fitness and Instructors by Howley Franks
6. Timonen. V. (2016) Beyond Successful and Active Aging, A Theory of Model Ageing lit Bätion
7. Constantinos Phellas, Aging in European Societies 2012

ALLOCATION OF SESSIONS

Module	1	2	3	4	5
Sessions allotted	12	7	9	8	9

Session Plan

Module 1	**Topics**	**CO Linkage**
	General Concept of Physical Fitness 1.1 Meaning and definition of Physical Activity, Physical Exercise and Physical Fitness 1.2 Activities for developing Fitness Components - HRPF, PRPF 1.3 Importance of Warming up and cooling down 1.4 Principles of Fitness Training 1.5 FITT Principles (Frequency, Intensity, Time and Type)	CO1, CO2, CO3, CO6

Learning Outcomes	**Assessment**
1. Students will be able to define physical activity, physical exercise, and physical fitness accurately. 2. Students will be able to identify the components of Health-Related Physical Fitness (HRPF) and Performance-Related Physical Fitness (PRPF). 3. Students will be able to explain the purpose and physiological benefits of warming up and cooling down. 4. Students will be able to apply training principles while designing basic fitness programmes. 5. Students will be able to design simple exercise programmes using the FITT principle.	1. Q&A – Physical Activity, Physical Exercise and Physical Fitness

Module 2	**Topics**	**CO Linkage**

	Developing Physical Fitness Training Programme 2.1 Types of Physical Fitness 2.2 Health Related Physical Fitness (HRPF) and its components 2.3 Performance Related Physical Fitness (PRPF) and its components 2.4 Cosmetic fitness	CO1, CO2

Learning Outcomes	**Assessment**
1. Students will be able to identify the different types of physical fitness. 2. Students will be able to explain health-related physical fitness and its components. 3. Students will be able to explain performance-related physical fitness and its components. 4. Students will be able to explain the concept of cosmetic fitness.	1. Assignment – Types of fitness and its components

Module 3	**Topics**	**CO Linkage**
	Physiological Effects of Exercise on Various Systems 3.1 Effect of Exercise on cardio vascular system 3.2 Effect of Exercise on respiratory system 3.3 Effect of Exercise on muscular system	CO1, CO3, CO4

Learning Outcomes	**Assessment**

1. Students will be able to identify the effects of exercise on the cardiovascular system. 2. Students will be able to explain the effects of exercise on the respiratory system. 3. Students will be able to analyze the effects of exercise on the muscular system. exercises	1. Q &A – Physiological Effects of Exercise on Various Systems

Module 4	Topics	CO Linkage
	Exercise and Active living 4.1 Concepts of Active Living and Healthy Ageing 4.2 Risk factors associated with physical inactivity 4.3 Exercise and ageing process	CO1, CO2, CO4

Learning Outcomes	Assessment
1. Students will be able to explain the concepts of active living and healthy ageing. 2. Students will be able to identify the risk factors associated with physical inactivity. 3. Students will be able to analyze the role of exercise in the ageing process.	1. Quiz – Exercise and Active living

Module 5	Topics	CO Linkage
	Open Ended Module: Exercise interventions for Active living 5.1 Practicing Aerobics, Zumba, Asanas etc. Maintain a personal activity record containing daily physical activity and diet	CO3, CO4, CO5, CO5

Learning Outcomes	Assessment

1. Students will be able to perform aerobic exercises, Zumba, and selected asanas correctly. 2. Students will be able to monitor changes in physical activity patterns and diet over time. 3. Students will be able to evaluate their personal activity records to assess fitness habits. 4. Students will be able to design a basic personal physical activity and diet plan.	1. Viva Voce / Oral Examination- Basic knowledge of: Aerobics, Zumba and Asanas, Benefits of regular physical activity, Importance of diet and lifestyle

Assignments, Seminars, and Cases (Submit hand written copies for assignments)

No	Assignment Topic	Last Date for submission
	Types of fitness and its components **CO1,CO2,CO3,CO4,CO5,CO6**	**09/02/2026**
	Understanding the **types of fitness and their components** is fundamental to Physical Education and health studies. This topic helps students recognize that fitness is not limited to physical strength alone, but includes multiple dimensions such as **health-related fitness** (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition) and **performance-related fitness** (speed, agility, power, balance, coordination, and reaction time). **Student task** 1. List the types of fitness and name their components. 2. Describe each fitness component with suitable examples. 3. Explain the difference between health-related fitness and performance-related fitness.	

No	Q&A Session	Date
	Physical Activity, Physical Exercise and Physical Fitness **CO1, CO2, CO3, CO4, CO5, CO6**	**23/02/2026**
	The topic Physical Activity, Physical Exercise and Physical Fitness is fundamental to understanding a healthy and active lifestyle. In the present era of sedentary habits, stress, and lifestyle diseases, students must clearly differentiate between daily physical activity, planned exercise, and overall physical fitness. **Sample questions** 1. What is meant by Physical Activity? 2. Describe how physical activity differs from a sedentary lifestyle. 3. Demonstrate any two exercises that improve muscular strength. 4. Examine how different exercises improve different fitness components. 5. Evaluate the importance of regular exercise for mental health. 6. Prepare five questions for a Q&A session on physical fitness. 7. Create a weekly physical activity plan to improve overall fitness.	
	Physiological Effects of Exercise on Various Systems **CO1, CO2, CO3, CO4, CO5, CO6**	**10/03/2026**

	The topic Physiological Effects of Exercise on Various Systems is highly important for students to understand how regular physical activity and exercise bring positive changes in the human body. Exercise does not affect only muscles; it produces beneficial adaptations in almost all body systems such as the cardiovascular, respiratory, muscular, skeletal, nervous, endocrine, and digestive systems. **Sample questions** 1. What happens to heart rate during exercise? 2. How does exercise improve the efficiency of muscles? 3. How can regular exercise help a person with poor lung capacity? 4. Analyze the effects of inactivity on various physiological systems. 5. Evaluate the impact of exercise on mental health and stress management. 6. Prepare a flow chart showing the effects of exercise on different body systems.	
	Quiz	
	Vital signs and principles of physical activity **CO1, CO2, CO3,CO4**	**17/03/2026**
	The topic "Exercise and Active Living" is highly relevant and significant for students in the present day, where sedentary lifestyles, excessive screen time, and lack of physical movement are increasingly common. Conducting a quiz programme on this topic helps students gain essential knowledge about the role of regular exercise and an active lifestyle in maintaining physical, mental, and social well-being. **Sample questions** 1. What is meant by active living? 2. Which type of activity involves planned and structured movements? 3. How many minutes of moderate physical activity are recommended per day for adults? 4. Name any two benefits of regular exercise. 5. Which lifestyle is considered harmful to health due to lack of movement?	

ORAL EXAMINATION

	Basic knowledge of: Aerobics, Zumba and Asanas, Benefits of regular physical activity, Importance of diet and lifestyle **CO1, CO2, CO3,CO4**	**26/03/2026**

	An oral examination on the basic knowledge of Aerobics, Zumba and Asanas, along with the benefits of regular physical activity and the importance of diet and lifestyle, plays a vital role in holistic student evaluation. This method of assessment not only tests theoretical understanding but also enhances students' communication and confidence. Through oral examination, students gain a clear understanding of different forms of physical activity such as Aerobics (rhythmic exercises for cardiovascular fitness), Zumba (dance-based fitness improving endurance and coordination), and Asanas (yogic postures promoting flexibility, balance, and mental calmness). It helps students articulate how these activities contribute to overall health and wellness. The oral assessment also reinforces awareness of the benefits of regular physical activity, including improved physical fitness, stress management, disease prevention, and enhanced quality of life. Additionally, questioning on diet and lifestyle helps students understand the importance of balanced nutrition, healthy habits, adequate rest, and avoidance of harmful practices for maintaining good health. **Sample questions** 1. What is aerobics? 2. What is Zumba? 3. How is Zumba different from traditional exercises? 4. What are the benefits of practicing asanas regularly? 5. What is the role of exercise in stress management? 6. What is a balanced diet?	