CALICUT UNIVERSITY – FOUR-YEAR UNDER GRADUATE PROGRAMME (CU-FYUGP)
MDC in Physical Education
Physical Fitness and Active Living

Module	Unit	Content	Hrs
1		**General Concept of Physical Fitness**	**10**
	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	4
	4	Principles of Fitness Training	4
2		**Developing Physical Fitness Training Programme**	**8**
	6	Types of Physical Fitness	2
	7	Health Related Physical Fitness (HRPF) and its components	2
	8	Performance Related Physical Fitness(PRPF) and its components	2
	9	Types of Physical Fitness	2
3		**Physiological Effects of Exercise on Various Systems**	**9**
	10	Effect of Exercise on cardio vascular system	3
	11	Effect of Exercise on respiratory system	3

	12	Effect of Exercise on muscular system	3
4	**Exercise and Active living**		**8**
	13	Concepts of Active Living and Healthy Ageing	2
	14	Risk factors associated with physical inactivity	4
	15	Exercise and ageing process	2
5	**Open Ended Module: Exercise interventions for Active living**		
	16	Practicing Aerobics, Zumba, Asanas etc. Maintain a personal activity record containing daily physical activity and diet	9

REFERENCE

. Jack H. Wilmore, David L. Costill Physiology of Sport and Exercise, Human kinetics publication,2004

. Dick, F.W. Sports Training Principles (4th ed.).Human Kinetics : Champaign , Illinois , 2002

. Chu .D.A. Explosive Power and Strength. Champaign: Human Kinetics1996

. Daryl Sidentop “Introduction to Physical Education, Fitness and Sport” McGraw-Hill publishing COMPANY,2006

. Health Fitness and Instructors by Howley Franks

. Timonen.V,(2016) Beyond Successful and Active Ageing; A Theory of Modei Ageing Ist Edition

. Constantinos Phellas , Aging in European Societies 2012