

Kanya Mahavidyalaya Kharkhoda

Sonipat (Haryana)

NAAC Accredited 'A' Grade

(Affiliated to Maharshi Dayanand University, Rohtak Haryana)



Value Added Certificate Course

in

Components of Physical Fitness for Sports Training

(Session 2020-2021)

Conducted By

Department Of Physical Education

About the Course:-

Evolution of Human life started with the Physical movement. As the Society became more and more complex leading towards the Modern age Culturally, Emotionally and Socially, Physical activity also evolved and came to be recognized as an Organized and Supervised form of education and was termed as 'Physical Education'. Physical Education is derived from two separate words 'Physical' and 'Education'. Physical is 'relating to body', it may be Physical Strength, Physical, Endurance, Physical Fitness, Physical Appearance or Physical Health. Education means systematic instructions which relate to physical activities or programme of activities, necessary for development and maintenance of Human Body, Development of Physical Powers, or Cultivation of Physical Skills. It is education through Physical Activities for the Development of the total Personality of the child to its fullness and Perfection of Body, Mind and Spirit. Physical Fitness enables us to perform up to our potential that helps us for better look, good health and enhanced social life. Physical Fitness Components Strength, Speed, Endurance, Flexibility and Co-ordination prepare us in training physically and mentally for various games.

Eligibility

Participants must be enrolled in U.G Courses/Sports Student of Kanya Mahavidyalaya Kharkhoda, College.

Mode of teaching:

Online/Offline classes during Covid – 19

Medium of Instructions for the course: Hindi and English

Fees: Rs 500/-

Total seats: 30

Evaluation

There will be two modules of evaluation

Theory Paper (100 marks)

One written test included 50 objective type questions and two subjective questions.

Project Work (100 marks)

1. Every participant will have to undertake field work (2 hours – 50 Marks) and write a field work report for 50 marks.

Total marks of evaluation – 200 marks

Passing marks

50% marks is essential in both modules

Note: 75% attendance is essential for certificate

Course Objectives:-

- To motivate Students / Players for Physical Fitness in any Game.
- To aware Students about Physical Fitness and Mental / Physical Health during COVID-19.
- To improve Strength, Speed, Endurance, Flexibility, and Co-ordination for different Games/Activities.

Course Outcome

Students /Players to gain and maintain healthy life style through sports training and achieve their goals in various level of Sports Competition in different Games

Curriculum Development:-

Curriculum development work is done by curriculum committee:

University expert: Dr.(Mrs) Shakuntla Beniwal (Deputy Director Sports), M. D. University, Rohtak (HR.)

Dr. Darshana Rani- Assistant Professor, Department of Physical Education

Mrs. Suman- Assistant Professor, Department of Sports Nutrition and Physiotherapy

Mrs. Poonam- Assistant Professor, Department of Political Science

Mr. Sumit Kumar- Assistant Professor, Department of English

Module of course

Module 1

- 1) Introduction of Physical Fitness
 - A) Brief Introduction of Strength and Speed
 - B) Brief Introduction of Endurance, Flexibility and Co-ordination
 - C) Brief Introduction on Improved Sense of Well- Being and Enhanced Social Life

Module 2

- 2) Benefits Of Physical Fitness
 - A) Improved Mental and Physical Health
 - B) Increased Muscle Strength
 - C) Increased Stamina and Physical Capabilities
 - D) Improved Immunity to minor illnesses

Module 3

- 3) Preparing players for various level of Tournaments/Championships like
 - (A) Block Level
 - (B) District Level
 - (C) Inter-College Level
 - (D) State Level
 - (E) National Level
 - (F) All India Inter- University Level
 - (G) International Level

Module 4

- 4) Field Work/ Practical Work
 - (A) Strengthening Exercises
 - (B) Speed Improvement Exercises
 - (C) Flexibility Exercises
 - (D) Endurance Exercises
 - (E) Maintain Body Coordination Exercises