



# **ONDA THANA MAHAVIDYALAYA**

Value Add-on Course on  
**Fundamentals of Health and Fitness**

**Offered by**  
**Department of Physical Education**  
(07-07-2024 to 21-12-2024)

## **Course Title: Fundamentals of Health and Fitness**

**Course Duration:** 30 Hours

### **Course Outcomes:**

- ❖ Understand the basic concepts and components of health and physical fitness.
- ❖ Explain the importance of exercise, nutrition, and lifestyle choices in maintaining overall well-being.
- ❖ Demonstrate knowledge of various physical fitness activities and their benefits to different body systems.
- ❖ Analyze the relationship between mental health and physical fitness.
- ❖ Apply principles of fitness training and injury prevention in daily life.
- ❖ Design a basic personal fitness and wellness plan based on individual needs and goals.

## **Course Content:**

### ➤ **Introduction to Health and Fitness**

- Definition and concept of health: Physical, mental, social, emotional, and spiritual
- Dimensions and determinants of health
- Meaning and importance of physical fitness
- Relationship between health and fitness
- Role of exercise in health promotion

**Resource Person:** Sri. Tusarkanti Sannigrahi (Course Coordinator and Internal)

### ➤ **Components of Physical Fitness**

- Health-related components:
  - Cardiovascular endurance
  - Muscular strength
  - Muscular endurance
  - Flexibility
  - Body composition
- Skill-related components:
  - Agility, balance, coordination, power, reaction time, speed
- Methods to develop each component

**Resource Person:** Sri. Joymalya Paramanik (Internal)

### ➤ **Nutrition and Lifestyle**

- Basics of balanced diet and nutrition
- Macronutrients and micronutrients
- Role of hydration in fitness
- Lifestyle diseases (obesity, diabetes, hypertension) and their prevention
- Healthy habits and behaviour change

**Resource Person:** Sri. Arijit Ganguly (Internal)

➤ **Physical Activity and Exercise**

- Types of physical activity: Aerobic, anaerobic, strength, endurance, flexibility
- Exercise guidelines for different age groups
- Warm-up and cool-down: Importance and techniques
- Monitoring exercise intensity (BPM, RPE scale)
- Designing a basic fitness routine

**Resource Person:** Sri. Basudev Dey (Internal)

➤ **Mental Health and Stress Management**

- Concept of mental health and well-being
- Effects of exercise on mental health
- Common causes and symptoms of stress
- Stress management techniques: Yoga, meditation, breathing exercises
- Importance of sleep and relaxation

**Resource Person:** Sri. Tusarkanti Sannigrahi (Internal)

➤ **Injury Prevention and First Aid**

- Common fitness-related injuries and prevention
- Principles of rest and recovery
- Basics of first aid and emergency care during physical activity
- Safety guidelines during exercise and sports

**Resource Person:** Sri. Radharanjan Saha (Internal)