

**RAJA NARENDRA LAL KHAN WOMEN'S COLLEGE
(ATONOMOUS)**

CAREER ADVANCEMENT CENTER

Syllabus for

Certificate Course in Personal Physical Fitness

(Theory)

Course Hours:30

Fitness Management

Unit -1: Introduction of fitness.

Unit -2: Physical fitness and its component

- a) Health related physical fitness
- b) Skill related physical fitness

Unit -3:Health Related Physical Fitness

- a) Cardio Respiratory Endurance
- b) Muscles Strength
- c) Muscles Endurance
- d) Rflexibility
- e) Body Composition

Unit -4-Skill Related Physical Fitness

- a) Speed
- b) Balance
- c) C-ordination

d) Agility

- **Practical Paper**

- 1. Health Fitness**

- a) Body composition
- b) Flexibility
- c) Muscular Strength
- d) Cool Down

- **Skill Fitness – AAPHER youth fitness Test**

- a) Sit – up
- b) Shuttle Run
- c) Standing broad jump
- d) Pull-ups