



**DEPARTMENT OF
PHYSICAL EDUCATION
MUHAMMED ABDURAHIMAN MEMORIAL
ORPHANAGE (MAMO) COLLEGE**

[Govt. Aided First Grade College & Affiliated to University of Calicut.
Re-Accredited by NAAC with A Grade]

**CURRICULUM FOR CERTIFICATE COURSE
CERPE001: FITNESS ASSESSMENT
AND TRAINING**

**OFFERED DURING THE
ACADEMIC YEAR 2016-17
[APPROVED BY ACADEMIC COMMITTEE, MAMO COLLEGE]**



MANASSERY, MUKKAM POST,
KOZHIKODE, KERALA, INDIA, 673 602.
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DEPARTMENT OF CHEMISTRY

CURRICULUM FOR CERTIFICATE COURSE IN FITNESS ASSESSMENT AND TRAINING [CERPE001]

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INSTITUTIONAL VISION, MISSION & OBJECTIVES 01



VISION

VISION: Build Scientifically Oriented, Intellectually Accomplished, Morally Upright and Socially Committed youth who can play a constructive role in Nation Building.



MISSION

MISSION: Intellectual, social and economic empowerment of the youth in general and women, minorities, orphans and the destitute in particular by providing quality, value-based higher-education.



OBJECTIVES

OBJECTIVES: Pursuit of Excellence, Harnessing technology, Thrust on value-based education, Nurturing Excellence and Moulding the youth for Nation Building



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VISION, MISSION, OBJECTIVES & CORE VALUES OF THE DEPARTMENT

02



VISION

VISION: Equip the youth to be healthy and fit and ensure the public health through fitness activities and sports.



MISSION

MISSION: Provide high quality awareness on physical education, health and sports to build physically fit, emotionally balanced and socially adjustable society to build a healthy and fit Nation.



OBJECTIVES: (a) create awareness regarding hypokinetic diseases, symptoms, causes and its management. (b) build up healthy society and (c) create a positive attitude towards healthy life habits.



VALUES

CORE VALUES: Health, Physical Fitness and Wellness of the citizen and nation.



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CERTIFICATE COURSE

CERPE001: FITNESS ASSESSMENT AND TRAINING 03

COURSE CURRICULUM

Course Name	Fitness Assessment and Training
Course Code	CERPE001
Year	2016-17
Course Designer	Mr. Mujeeburahiman Abalakkandi
Course Duration	30 Hrs
Course Schedule	June to September
Maximum Students Intake	60



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1. COURSE LEVEL

Basic and Life skill oriented.

2. PREREQUISITE

None.

3. COURSE INTAKE & ADMISSION

Maximum 60 students will be given admission to the course based on First-Come-First-Serve basis. All the students of the MAMO College are eligible for free enrolment for the course. The enrolment notification will be issued for the course well in advance of the commencement of the course.

4. COURSE COORDINATOR

Mr. Mujeeburahiman Ambalakkandi, Department of Physical Education

5. COURSE PREAMBLE

Modern life became better, easier and more comfortable because of the inventions of machines and its vast uses in our daily life. However, it made our life less kinetic and became less physically active. This made the awareness and knowledge about fitness, fitness assessment and fitness training more relevant to have a healthy and fit society.

6. DURATION

Total Duration: 30 Hrs. [Contact 10 Hrs., Practical 6 Hrs, Course Woks: 7 Hrs. and Assessment Works: 7 Hrs.]



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7. CURRICULUM FOCUS

Encourage the youth to develop and maintain Physical Fitness and to continue Fitness Training.

8. COURSE OBJECTIVES

Learners are exposed to

- Develop awareness about Physical Fitness, its assessment and its components.
- Practice and train fitness programme.

9. SKILL EXPECTED

On the successful completion of the course, learners will be able to:

- Understand different types of physical fitness.
- Understand the method of assessing physical fitness.
- Acquire the skills to practice and train fitness programme.

10. COURSE OUTCOMES

Upon the successful completion of the course, learners will be able to:

CO No	Course Outcome(CO)	Skill/Knowledge Attainment Level Based on Revised Bloom's Taxonomy
CO1	Describe, compare, contrast, Physical Fitness and compare various types of fitness and its components.	Understand



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CO No	Course Outcome(CO)	Skill/Knowledge Attainment Level Based on Revised Bloom's Taxonomy
CO2	Apply different methods to develop and maintain physical fitness.	Apply
CO3	Analyze and classify different types of physical fitness.	Analyze
CO4	Evaluate the components of physical fitness and the fitness level.	Evaluate
CO5	Develop skills and awareness to understand different methods to develop and maintain physical fitness..	Create

11. MODULE-WISE COURSE CONTENTS

MODULE 1: MODERN CONCEPTS OF PHYSICAL FITNESS AND THE TYPES OF PHYSICAL FITNESS.

MODULE DURATION: 10 Hrs. [Contact Hrs. 6 Hrs. and Assessment Works: 4]

MODULE CONTENT: Modern concepts of Physical Fitness, Definition of Physical fitness, Types of Physical Fitness, Health Related Physical Fitness (HRPF), Performance Related Physical Fitness or Skill Related Physical Fitness (PRPF) and Cosmetic Fitness.

MODULE OUTCOME: On successful completion of the module learners can identify and understand modern concepts of physical fitness and need and benefits of physical fitness.



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On successful completion of the module learners will be able to understand various types of physical fitness.

MODULE 2: COMPONENTS OF PHYSICAL FITNESS.

MODULE DURATION: 10 Hrs. [Contact Hrs. 6 Hrs. and Assessment Works: 4]

MODULE CONTENT: Components of physical fitness like Cardio-vascular endurance, Strength, Muscular Endurance, Flexibility, Agility, Body Composition and Speed.

MODULE OUTCOME: On successful completion of the module, learners will be able to understand various Components of physical fitness like Cardio-vascular endurance, Strength, Muscular Endurance, Flexibility, Agility, Body Composition and Speed.

MODULE 3: ASSESSMENT OF FITNESS COMPONENTS AND METHODS OF DEVELOPING FITNESS COMPONENTS.

MODULE DURATION: 10 Hrs. [Contact Hrs. 3 Hrs, Practical 5 Hrs Assessment Works: 2]

MODULE CONTENT: Fitness Tests (Cooper Test-Cardio-vascular endurance, Push Ups and Pull Ups-Strength, Bent Knee Sit Ups -Muscular Endurance, Sit and Reach Test- Flexibility, Shuttle Run- Agility, BMI- Body Composition and 50 Mtr Dash- Speed.

MODULE OUTCOME: On successful completion of the module, learners will be able to understand Fitness Tests (Cooper Test-Cardio-vascular endurance, Push Ups and Pull Ups-Strength, Bent Knee Sit Ups -Muscular Endurance, Sit and Reach Test- Flexibility, Shuttle Run- Agility, BMI- Body Composition and 50 Mtr Dash-Speed.



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2. Ziegler. E .F. (2007). *An Introduction to Sports & Phy. Edn.* Philosophy DelhiSp. Educational Technology
3. B.C.Rai, *Health Education and Hygiene*, Prakashan Kendra, Lucknow
4. Puri. K. Chandra S. S. (2005). *Health and Physical Education*. New Delhi: Surjeet Publications
5. AAPHERD. *Health Related Physical Fitness Test Manual*, Association drive Reston Virginia

12. DELIVERY MODE

The course employs multi-mode delivery mechanism including contact lecture, online MOOC courses from NPTEL, Online and offline course works and Laboratory sessions.

13. DELIVERY SCHEDULE

June to September.

14. DETAILED COURSE DELIVERY PLAN

Hour	Delivery Mode and Activity	Topics to be Covered
1	Contact Hour - 1: Classroom Discussion	Introducing the Course
2	Practical Hour- 1	Systematic Warming Ups.
3	Contact Hour - 2:	Concept of Physical Fitness, Benefits and Requirement



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Hour	Delivery Mode and Activity	Topics to be Covered
4	Contact Hour - 3:	Types of Physical Fitness and Components of Fitness
5	Contact Hour - 4:	Components of Physical Fitness
6	Practical Hour: 2	Systematic General Fitness Activities
7	Contact Hour - 5	Introducing Test and Training to assess Fitness Level
8	Practical Hour: 3	Conducting Various Fitness Tests to assess the fitness level and the components
9	Course Work – 1: Course Assignment	Course Assignment to find and note the relevant of Physical Fitness in the modern Life
10	Course Work – 2: Course Assignment	Course Assignment to find and note the types and benefits of Physical Fitness
11	Assessment Hour - 1	Demonstrating systematic warming up and warming down
12	Course Work – 3: Course Assignment	Preparing Chart regarding Fitness components
13	Assessment Hour - 2	Assignment to demonstrate various fitness training activities
14	Contact Hour 6 Demonstration	Introducing training principles and benefits of sports training
15	Contact Hour - 7 Demonstration	Fitness Training, focussing on specific fitness components



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Hour	Delivery Mode and Activity	Topics to be Covered
16	Practical Hour: 4	Fitness Training, focussing on specific fitness components
17	Course Work – 4: Course Assignment	Preparing Fitness work Schedule
18	Course Work – 5: Course Assignment	Preparing Fitness work Schedule
19	Course Work – 6: Course Assignment	Preparing Fitness work Schedule
20	Assessment Hour - 3	Administration of Fitness Test
21	Assessment Hour - 4	Administration of Fitness Test
22	Assessment Hour - 5	Administration of Fitness Test
23	Practical Hour: 5	Practicing Specific Training for endurance
24	Practical Hour: 6	Practicing Specific Training for Strength, Flexibility, Speed, and Muscular Endurance
25	Contact Hour – 8 Demonstration	Test and Measurement in Sports Training
26	Contact Hour – 9 Demonstration	How to prepare personal training programme
27	Course Work – 7 Course Assignment	Preparing Fitness work Schedule for personal requirement
28	Contact Hour – 10 Demonstration	Preparing Fitness work Schedule for Sports activity requirement
29	Assessment Hour – 6	Course End Assessment
30	Assessment Hour - 7	Course End Assessment



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15. ASSESSMENT COMPONENTS

Total Marks: 100

CLASSROOM AND GROUP PARTICIPATION: 20 Marks. This component aims at testing the course content understanding and the reflection skills and their attainment levels.

COURSE WORK: 30 Marks. This component aims at testing the skill attainment levels of the learners in analysing and implementing the real-world problem.

MID-COURSE ASSIGNMENT: 20 Marks. This component aims at testing the module-wise attainment levels of the course objectives and course outcome and module outcomes.

END-COURSE ASSESSMENT: 30 Marks. This component aims at testing overall attainment levels of the course with respect to course objectives, course outcome and module outcomes.

16. COURSE EVALUATION & GRADING

The course evaluation is done/coordinated entirely by the course coordinator. The following 10-point Indirect Grading System is used for awarding grades to students:

Percentage of Mark	Letter Grade	Interpretation	Class
95 and above	O	Outstanding	First Class with Distinction
85 to below 95	A+	Excellent	First Class with Distinction
75 to below 85	A	Very good	First Class with Distinction
65 to below 75	B+	Good	First Class
55 to below 65	B	Satisfactory	First Class



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Percentage of Mark	Letter Grade	Interpretation	Class
45 to below 55	C	Average	Second Class
35 to below 45	P	Pass	Third Class
Below 35	F	Failure	Fail
Incomplete	I	Incomplete	Fail
Absent	Ab	Absent	Fail

The grade is awarded by the course-coordinator by considering the overall performance of the learner in all the assessment component of the course.

17. GRIEVANCE REDRESSAL

The grievances, if any, can be submitted to the Head of the Department for its redressal. Those grievances that cannot be redressed by HoD can be forwarded to Academic Council of the College for final decision on the matter.

18. ISSUANCE OF CERTIFICATES

The Course Completion Certificate will be issued to all the successful candidates showing the Total Marks and Grade Obtained.



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