

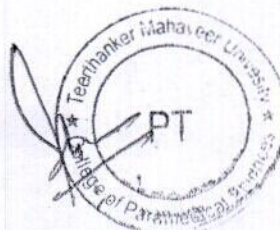


TEERTHANKER MAHAVEER UNIVERSITY

DEPARTMENT OF PHYSIOTHERAPY

VALUE ADDED COURSES

(w.e.f. 2018-19)



Course Code: VMPHY301	Value Added Course M.P.T. 3rd Semester EXERCISE AND FITNESS	Hours: 18
Course Outcomes:	On completion of the course, the students will be :	
CO1	Understanding of human biology and aerobic fitness	
CO2	Application of the aerobic exercises, equipment and its facilities	
CO3	Evaluation of the aerobic exercises in special population with safety, principles of management	
Course Content		
Unit – 1:	Human Biology & Aerobic Fitness - Energy definitions, Resistance training, Types of resistance training, Muscle contraction Terminology, Resistance training program components, fatigue, Recovery from exercise, Other factors affecting performance,	4 Hours
Unit – 2:	Equipment & facilities: Outdoor areas, Clothing and footwear, Examples of equipment used in aerobic activities, Aerobic home equipment, Outdoors/park equipment used for aerobic exercises	3 Hours
Unit – 3:	Exercises: Exercise movement components, Running/jogging/walking, Cycling, Swimming, Rowing Stepping & climbing, Skipping, Ball sports, Surfing, Skating, Skiing, Jumping, Safety, Gym/class exercises, Stretching, Muscle conditioning	4 Hours
Unit – 4:	Special people & situations: Pregnancy, Older adults, Children, People with disabilities, Overweight people, Other health problems Safety: Safety in aerobic activities, First aid considerations, Identifying hazards, Pre-screening of clients	4 Hours
Unit – 5:	Fitness testing	3 Hours



	Programming an exercise session, Designing exercise programs, Back pain and injury management: First aid treatment of injuries, Types of injury, Assessment and screening, Patient rehabilitation	
Books:	1. ACSM Guidelines for exercise testing & prescription. 2. ACSM guides to exercise & cancer survivorship. 3. ACSM health related physical fitness assessment manual 4. ACSM fitness book.	

