



THIAGARAJAR COLLEGE OF PRECEPTORS , MADURAI

CERTIFICATE COURSE ON PHYSICAL FITNESS (CPF)

OBJECTIVES

- ❖ Know about the various health components of fitness.
- ❖ To recognize the physical and mental benefits of increased activity.
- ❖ Determine the factors involved with development, fitness levels and training strategies.
- ❖ Learn fundamental skills and exercise to develop core strength.
- ❖ How to utilize physical activity as a tool to manage stress and tension
- ❖ Assess individual levels of fitness components.
- ❖ Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.
- ❖ How to reduce risk of chronic diseases, back pain, Obesity etc.,
- ❖ Yoga practices can be built around concepts like conditioning (preparation), synchronization, concentration, relaxation, self-reliance.

SYLLABUS - 30 Hours

****Physical fitness assessment (Pre- Test) (3- Hours)**

- 1) 30mts run -Speed test
- 2) Vertical Jump – Explosive Strength (Lower body)
- 3) Shotput backward through – Strength (Upperbody)
- 4) Beep test – Endurance

UNIT-1 Yogasana (4 –Hours)

Pre Stretch -Warming up- Sitting, Standing and lying Postures and Meditation - Warm down.

Ref: Yogasana and Pranayama for Health- Dr.P.D.Sharama

UNIT- 2 Strength Training (6-Hours)

Own body weight training- Single leg stand, Half Squad, Heel raising, launge walk, push ups.

Ref : Strength Training - Lee E.Brown

UNIT -3 Speed Training & Coordination Training (6- Hours)

High Knee walk, Dynamic walk

Opposite toe touch, doublehand toe touch, Side walk, twist walk, Zig zag running.

Ref: Training for Speed – Charlie Francis

Coordination Agility &Speed Training- Peter Schreiner

UNIT-4 Flexibility , Core Training, Aerobics, Circuit Training (5- hours)

Lower body and upperbody exercises, Pelvic Stabilisation- Bridge pose Plank , Rhythmic Exercise.

Ref: Ultimate Guide to Stretching & Flexibility – Brad Walker

The Complete Book of Core Training - Kurt, Brett& Mike Brungardt

UNIT-5Endurance,Skipping and Jumping exercises & ladder Training (3Hrs)

Ascending and descending shuttle run, Ladder workouts.

Ref: The Complete Guide to EnduranceTraining-John Ackland

Effective use of the Agility Ladder – Peter Schreiner

**** Physical fitness Evaluation (Post- Test) (3- Hours)**

- 1) 30mts run -Speed test
- 2) Vertical Jump – Explosive Strength (Lower body)
- 3) Shotput backward through – Strength (Upperbody)
- 4) Beep test – Endurance