

## ELECTIVE - 4

(B.A./B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)

**Course title: PHYSICAL FITNESS FOR CARRIERS**

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Elective	Theory	3	4	64	3 hrs	20 20	80 60	100 80
<b>Units</b>	<b>Theory title: PHYSICAL FITNESS FOR CARRIERS</b> Course code: BAPEE02							<b>64 hrs/ sem</b>
I	<b>UNIT-I – Yoga and Fitness</b> Meaning and definition of yoga and fitness Importance of yoga and fitness							16
II	<b>UNIT – II- Stranded fitness test</b> Fitness test for defense forces,- psi, police constable, fire force, forest department, physical education							16
II	<b>UNIT – III : CONDITIONING</b> General conditioning and its importance Specific conditioning and its importance							16
III	<b>UNIT – IV: Specific test</b> Test for strength test , speed test, agility test, flexibility test, coordinative abilities and etc.							16

**Pedagogy:** The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

Formative Assessment	
Assessment type	Marks
Theory	External - 80 Marks + Internal - 20 Marks =100
Total	100 Marks

*Kunteak*

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Hebke 10/13/10  
physical fitness