



Indraprastha College for Women University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	VAC
Paper Title:	Fit India
Unique Paper Code:	6967000009
Semester:	1
Faculty:	Prof. Seema Singh
Year:	2026-27

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
1	The Learning Objectives of this course are as follows: ● Understand and implement 'Fit India Protocol' specified by the Government of India ● Enhance fitness through engaging students in physical activities and yoga. ● Recognise the significance of maintaining a balanced diet and managing energy expenditure. ● Promote fitness as a joyful activity	1	Introduction to Fit India Protocol and course orientation
		2	Importance of Physical Activity and Healthy Lifestyle
		3	Fit India Protocol
		4	Age-group specific exercises – Demonstration
		5	Group Games and Recreational Activities
		6	Aerobic Workout – Principles, Benefits and Practical Session
		7	Aerobic Workout – Practical Session

		8	Aerobic Workout – Practical Session
		9	Group Games and Recreational Activities
		10	Cardiorespiratory Endurance – Introduction
		11	Cooper's 12/9-Minute Run/Walk Test – Procedure
		12	Group Games and Recreational Activities
		13	Cooper's 12/9-Minute Run/Walk Test – Procedure
		14	Cooper's 12/9-Minute Run/Walk Test – Procedure
		15	Group Games and Recreational Activities
		16	Revision
II		17	Introduction to Health-Related Fitness Components
		18	Flexibility – Concepts and Stretching Exercises
		19	Flexibility – Concepts and Stretching Exercises
		20	Sit and Reach Test – Practical
		21	Sit and Reach Test – Practical
		22	Muscular Strength and Endurance – Concepts
		23	Group Games and Recreational Activities
		24	Standing Broad Jump and Vertical Jump
		25	Plyometric Exercises
		26	Group Games and Recreational Activities
		27	Squat Jumps, Lunges, Sit-ups and Curl-ups
		28	Pull-ups/Chin-ups – Technique and Practice

		29	Group Games and Recreational Activities
		30	Waist-Hip Ratio (WHR) Assessment
		31	Group Games and Recreational Activities
		32	Body Composition – BMI
		33	Revision
III		34	Introduction-Energy Equilibrium for Healthy Gut and Body
		35	Balanced Diet – Introduction
		36	Group Games and Recreational Activities
		37	Healthy Eating Plate Concept
		38	Warm-up and Cool-down Exercises
		39	Warm-up and Cool-down Exercises
		40	Group Games and Recreational Activities
		41	Asanas
		42	Asanas Practise
		43	Group Games and Recreational Activities
		44	Asanas Practise
		45	Revision
IV		46	Introduction to Yoga Protocol
		47	Practice of Surya Namaskar
		48	Practice of Surya Namaskar
		49	Group Games and Recreational Activities
		50	Standing Yoga Asanas
		51	Group Games and Recreational Activities

		52	Sitting Yoga Asanas
		53	Prone and Supine Position Yoga Asanas
		54	Group Games and Recreational Activities
		55	Practise of various types of Pranayama-Kapalabhati, Anulom-Vilom and Bhramari
		56	Group Games and Recreational Activities
		57	Practise of various types of Pranayama-Kapalabhati, Anulom-Vilom and Bhramari
		58	Group Games and Recreational Activities
		59	Practise of Dhyana (Meditative Asanas & Breath awareness)
		60	Revision

Unit	Contents/Syllabus
I	Participation in Physical Activity Understanding of Fit India Protocol in action On Field Practical ● Fit India Protocol age group concerned exercises / activities ● Aerobic Work Out ● Cardiorespiratory Endurance: 1Mile Rock Port Test or 12 /9-minute Cooper's run/walk test. Participation in above activities, apart from above, group games and recreational games
II	Health Related Fitness Development and testing health-related fitness components On Field Practical ● Flexibility: Stretching Exercises, Sit and Reach Test. ● Muscular Strength & Endurance: Standing Broad Jump / Vertical Jump/ Plyometric / Push Ups/ Burpee Jumps/ Jumping Jacks/ Squat Jumps/ Pull-Ups or Chin-Ups/ Lunges / Sit Ups / Curl Ups ● Body Composition: Body Mass Index (BMI), Waist-Hip Ratio (WHR)

	Participation in above activities related to health-related fitness components.
III	Energy Equilibrium for Healthy Gut and Body Understanding of Balanced diet, Healthy Eating Plate and Hydration. On Field Practical ● Warm-up & Cool-down exercises / activities. ● Asanas for digestive system & excretory system ● Preparing daily diet, hydration and its expenditure balance chart Participation in above activities including maintenance of personal dietary record.
IV	Yoga Protocol Understanding of Yoga Protocol for 18-35 years of age in action On Field Practical ● Surya Namaskar ● Yoga Asanas: Standing, Sitting, Prone and Supine positions ● Kriya: Kapalabhati ● Pranayama: Anulom-Vilom, Bhramari ● Dhyana (Meditative Asanas & Breath awareness) Participation in above yogic practices.
S. No.	Name of Authors/Books/Publishers
1.	Charles B. Corbin, Gregory J Welk, William R Corbin, Karen A Welk – Concept of Fitness And Wellness_ A Comprehensive Lifestyle Approach-McGraw-Hill(2015)
2.	W. Larry Kenney, Jack H. Wilmore, Devid L. Costil (2015). Physiology of Sports and Exercise, Second Edition. USA. Human Kinetics
3.	Websites of International Sports Federations
4.	Websites of Ministry of Youth Affairs and Sports

	Paper Components		
Credits	Lecture (L)	Tutorial (T)	Practical (P)
2			4
Assessment Scheme			

S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment - Assignment - Class Test - Attendance		
2.	Continuous Assessment (Tutorial) - Activity 1 - Activity 2 - Attendance		
3.	Practical - Continuous Assessment - End Term Written/Practical Exam - Viva		80
		20	
		40	
		20	
4.	End Semester Examination		