



Indraprastha College for Women

University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	Generic Elective
Paper Title:	Fitness and Wellness
Unique Paper Code:	2554001001
Semester:	I
Faculty(s):	Prof. Seema Singh
Year:	2026-27

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
1	The objective of this course is to provide understanding through practical knowledge and practices regarding fitness and wellness	1	Definition and understanding of Fitness
		2	Definition and understanding of Wellness
		3	Concept of Fitness and Wellness
		4	Components of Fitness
		5	Components of Fitness
		6	Components of Wellness
		7	Components of Wellness
		8	Significance of Fitness
		9	Significance of Fitness
		10	Significance of Wellness
		11	Significance of Wellness
			Revision
2		12	Types of Fitness
		13	Health related Fitness
		14	Health related Fitness
		15	Skill related Fitness
		16	Skill related Fitness
		17	Health and Skill related Fitness

		18	Principles of Physical Fitness
		19	Principles of Physical Fitness
		20	Principles of Physical Fitness
		21	Development and Maintenance of Fitness
		22	Development and Maintenance of Fitness
		23	Development and Maintenance of Fitness
		24	Revision
3		26	Factors influencing Wellness
		27	Factors influencing Wellness
		28	Wellness and Lifestyle
		29	Wellness and Lifestyle
		30	Wellness and Lifestyle
		31	Development and Maintenance of Wellness
		32	Development and Maintenance of Wellness
		33	Development and Maintenance of Wellness
		34	Revision
4		35	Barriers to change
		36	Barriers to change
		37	Process of Change - SMART
		38	Process of Change - SMART
		39	Process of Change - SMART
		40	Hazards of Inactivity
		41	Hazards of Inactivity
		42	Overcoming Barriers through Physical Activity
		43	Overcoming Barriers through Physical Activity
		44	Revision

Unit	Contents/Syllabus
I	UNIT – I INTRODUCTION TO FITNESS AND WELLNESS (11 hrs lectures) 1.1 Definition, meaning, and concept of fitness and wellness 1.2 Components of fitness and their description 1.3 Components of wellness and their description 1.4 Significance of fitness and wellness in the present scenario

II	UNIT – II DEVELOPMENT AND MAINTENANCE OF FITNESS (11 hrs lecture) 2.1 Types of Fitness: Health-related Fitness and Skill-Related Fitness 2.2 Principles of Physical Fitness 2.3 Development and Maintenance of Fitness
III	UNIT – III DEVELOPMENT AND MAINTENANCE OF WELLNESS (11 hrs lectures) 3.1 Factors influencing wellness 3.2 Wellness and Lifestyle 3.3 Development and maintenance of wellness
IV	UNIT – IV LIFESTYLE MODIFICATION (12 hrs lectures) Annexure-3 4.1 Barriers to change 4.2 Process of change (6 stages) SMART 4.3 Hazards of inactivity 4.4 Overcoming Barriers through Physical Activity
S. No.	Name of Authors/Books/Publishers
1.	Austin and Noble, Swimming For Fitness, Madras: All India Pub., 1997
2.	Callno Flood, D.K., Practical Math For Health Fitness, New Delhi, 1996
3.	Difiore, Judy, Complete Guide to Postnatal Fitness, London: A & C Black, 1998.
4.	Harrison, J.C., Hooked on Fitness, NY: Parker Pub. Corn., 1993.

Paper Components			
Credits	Lecture (L)	Tutorial (T)	Practical (P)
4	3		2
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment - Assignment/Quiz/Project/Presentation - Class Test		30
		12	
		12	

	Attendance	6	
2.	Continuous Assessment (Tutorial)		
	Activity 1	NA	
	Activity 2		
	Attendance		
3.	Practical		40
	Continuous Assessment/File	10	
	End Term Written/Practical Exam	20	
	Viva	10	
4.	End Semester Examination		90