



GOVERNMENT COLLEGE KASARAGOD

VIDYANAGAR, KASARAGOD, KERALA, 671123

www.gck.ac.in



NAAC 3RD CYCLE ACCREDITATION

ADD ON COURSE ON BASICS OF GENERAL FITNESS AND PHYSICAL CONDITIONING



GOVERNMENT COLLEGE KASARAGOD

VIDYANAGAR, KASARAGOD, KERALA 671123

04994 256027

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GOVERNMENT COLLEGE KASARAGOD

Department of
Physical Education

CERTIFICATE COURSE 2022-23

Course Contents

- Introduction to Physical Fitness
- Basic Anatomy and Physiology
- Nutrition and Hydration
- Principles of Training
- Cardiovascular Training
- Resistance Training
- Flexibility and Mobility
- Injury Prevention and Management
- Mind-Body Connection
- Special Populations and Considerations

Duration: 30 Hrs.

Course Coordinator
Prof. M. C. Raju
+91 81292 88871



BASICS OF GENERAL FITNESS & PHYSICAL CONDITIONING



Name and Signature of the Principal
Dr. Ananthapadmanabha A.I.

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CERTIFICATE COURSE IN BASICS OF GENERAL FITNESS
AND PHYSICAL CONDITIONING

DURATION(30 hours)

Aim and Objectives of the course

- ❖ Aims at the all-round development of the personality of the individual. and to Excel in the domains of individual sporting arena
- ❖ Making individuals physically fit, mentally alert, emotionally balanced, socially well adjusted, morally true and spiritually uplifted.

Objectives of the course

- Physical development Objective.
- Motor development Objective.(Development of motor qualities like strength, speed, endurance, flexibility, and coordination)
- Mental development Objective.
- -Development of thinking and interpretive abilities.
- Social development Objective.
- -Physical activities provide opportunities to develop co-operation, respect to others, Loyalty, self confidence etc.

Emotional development Objective.

- Development ability to control the emotions like love, anger,



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Contents of the course:

- **Fitness training:** Fitness training elements of aerobic fitness, strength training, core exercises, balance training, and flexibility and stretching.
- **Aerobic activity** includes any physical activity that uses large muscle groups and raises the heart rate, such as: Walking. Jogging. Dancing. Various specific and general conditioning exercises, learning of specific and advanced skills in specific games
- **Introduction to Physical Fitness**
- **Basic Anatomy and Nutrition and Hydration,**
- **Principles of Training**
- **Cardiovascular Training**
- **Resistance Training**
- **Flexibility and Mobility**
- **Injury Prevention and Management**

TARGET GROUP

All those interested in sporting and Welles activities and all those students represent the college in Various organized Tournaments at intercollegiate, State/National events.

MODE OF CLASS/ INSTRUCTION

Theoretical sessions /Practical/ Training Session/ on the game situations/Practice match sessions:



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ENROLLMENT LIST

Sl.NO	NAME OF THE STUDENT
1	MATHEW SHINU
2	SREERAG. M.S
3	YADU KRISHNAN
4	YADHU KRISHNAN
5	SREESANTH. V
6	SREEKUMAR.V
7	YADHUKRISHNAN K K
8	NIKHILRAJ N K
9	GOKUL KRISHNAN M
10	NIKHIL BABU
11	ASHWINI M
12	ASHWATHI P
13	MEGHA MOHAN
14	AISHWARYA M S
15	ARJUN K



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16	SNEHA S. V.
17	SMRITHI K
18	AKHIL T P
19	RABIJITH RAVEENDRAN
20	AJAY KRISHNAN K
21	ARJUN K
22	AMAL HARIDAS
23	SIVAPRASAD S K
24	ALAN ABRAHAM
25	ANOOP K
26	ABHIJITH B
27	NIKHILRAJ N K
28	SATHYAJITH PREM M
29	VISHNU PRASAD M
30	ADWAITH NARAYAN
31	SACHIN S
32	SUMAN KUMAR
33	VIPIN RAJ. M
34	AKSHAY KRISHNAN NAMBIAR Name and Signature of the Principal Dr. Ananthapadmanabha. A.L.





35	MOHITH MUKUNDAN
36	ANUMOD TV
37	REJITH RS
38	HARIPRASAD B
39	SREEJESH T.S
40	VISHNU SUDHAKARAN
41	ADHITHYAN V V
42	UNNIKUTTAN V
43	AKSHAY A P
44	ABHIRAM K
45	SHYAM CHANDRAN
46	RIJINA VP
47	SHALINI S
48	AMRITHA.G.A
49	SNEHA. R
50	MITHUNA.K
51	DHANYASHREE.U
52	SIVAPRIYA CN
53	VISHNUPRIYA BALJU

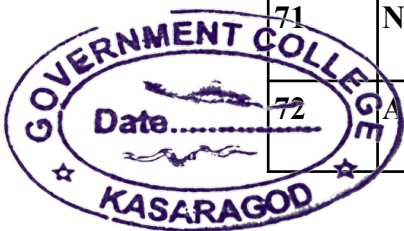
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54	AYSHATH ZAKIYA
55	SREETHU NAMBIAR P
56	NIVEDYA N
57	NAVYASREE RAJ
58	MOHAMMED MURSHID
59	VISHNU PRASAD K
60	ABDUL AZEEZ.A
61	MOHAMMAD ABRARUL HAQUE
62	VISHNU MANOHARAN
63	VAISHNAV K
64	ASWIN V
65	FIROS DS
66	ADARSH.K
67	ARUL RAMACHANDRAN
68	SHIVAJITH KK
69	AJITH KUMAR V
70	AKASH GOPALAN
71	NABEEL
72	AKHIL B



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73	MOHAMMED SHAMIL
74	NANDANA M M/G MRIDULA
75	SREELAKSHMI K
76	VIDHYA K N
77	THERESA DOMINIC
78	SIVAPRIYA C N
79	KRITHI SP
80	NAVYASREE RAJ
81	NANDANA K
82	AMRITHA.G.A
83	SREETHU NAMBIAR P
84	VINAY V R
85	SANISHA S S
86	DEEPTHI J
87	SWETHA N
88	MITHUNA.K
89	SMRITHI K
90	NANDANA M M/G MRIDULA
91	VISMAYA K V


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92	DEEPIJITH S P
93	ALEKH K
94	USMANUL MUZAMMIL M P
96	SACHIN S
97	ABHILASH K
98	ABDUL AZEEZ.A
99	ABHINAV S R
100	JOHNS JOSE
101	PRASAD B
102	VISHNU V J
103	MOHAMMED SHAMIL
104	MOHAMMED ASHIR
105	DHRISHYA. C
106	PRIYANKA. B
107	ADARSH V
108	RESHMA M D
109	MARIYAMMATH ARSHANA
110	VISHNUPRIYA BAIJU
111	NIDHI VARSHA A
Date	Name and Signature of the Principal


Dr. Ananthapadmanabha A.L.



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112	SHARANYA K
113	SHIVAPRIYA CN
114	NIVEDHYA N
115	VISMAYA P
116	SUDHEESH DS
117	MELVIN MICHAEL
118	MADHURAJ
119	THUSHAR BK
120	PUNITHRAJ B
121	BHAVAN KUMAR
122	MOHAMMED WAZEER AHAMED CHEDEKAL
123	ABDUL FAHIZ M A
124	JAGADEESHA K
125	MOHAMMED MURSHID
126	MOHAMMED MUHAJIR BIN MUSTHAQUE
127	VISHAKH B
128	NIKHIL BABU
129	AKASH GOPALAN



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130	NABEEL
131	MOHAMMED SABIR SANAD
132	MUHAMMAD FARHAN NS
133	ABDUL RAHIMAN SUHAIB SK
134	SREEKUMAR V
135	NABEEL
136	MOHAMMED SHUAIB
137	SREESANTH V
138	ALWIN CHACKO
139	MATHEW SHINU
140	VIJITH TS
141	AHAMED ADIL B N
142	ATHUL DIVAKARAN
143	KIRAN P RAMAKRISHNAN
144	CLINT JOHN
145	VISHNU PRASAD M
146	ADWAITH NARAYAN
147	AJAY KRISHNAN K
148	VIPIN RAJ. M
149	ANAND K
150	RABIJITH RAVEENDRAN
151	S SIDHARTH SHARMA
152	NIVED DAS
153	ALWIN CHACKO
154	AKHIL T P



Name and Signature of the Principal
Dr. Ananthapadmanabha A.L.

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CERTIFICATE Of Achievement

This certificate is presented to

Arjun K

for having completed the Certificate Course in Basics of General Fitness & Physical Conditioning, conducted by the Department of Physical Education, Government College, Kasaragod, During the Academic Year 2022-23

Prof. Raju M. C.
COURSE COORDINATOR



15-February-2023

Dr A. L. Ananthapadmanabha
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CERTIFICATE Of Achievement

This certificate is presented to

Sreesanth V.

for having completed the Certificate Course in Basics of General Fitness & Physical Conditioning, conducted by the Department of Physical Education, Government College, Kasaragod, During the Academic Year 2022-23

Prof. Raju M. C.
COURSE COORDINATOR



February-2023

Dr A. L. Ananthapadmanabha
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Name and Signature of the Principal
Dr. Ananthapadmanabha.A.L

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CERTIFICATE Of Achievement

This certificate is presented to

Mathew Shiru

for having completed the Certificate Course in Basics of General Fitness & Physical Conditioning, conducted by the Department of Physical Education, Government College, Kasaragod, During the Academic Year 2022-23

Prof. Raju M. C.
COURSE COORDINATOR



15-February-2023

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Dr. Ananthapadmanabha A.L.

Name and Signature of the Principal
Dr. Ananthapadmanabha A.L.

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