

PHYSICAL EDUCATION

OPEN COURSE TITLE & CODE : HEALTH AND FITNESS EDUCATION (PE 1551)

Syllabus

Module: 1. Introduction to Health and Physical Education

- Concepts of Health & Physical Education
 - Definition and Meaning of Health.
 - Dimensions of Health (Physical, Mental, Social, Spiritual and Emotional)
 - Definition, Meaning, Objectives and Importance of Physical Education.
- Factors Affecting Health
 - Biological, Personal, Environmental & Socio-cultural factors.
 - Nutrition, Balanced Diet, Malnutrition and Food Adulteration
 - Hypo kinetic Diseases and their common Causes (Diabetes, Obesity & Hypertension)
 - Impact of Alcohol, Tobacco and Drugs.
 - Overuse of Television, Computer and Mobile Phone.

Module: 2. Scientific Basis of Physical Activity

- Heart Rate, Blood Pressure & Body Mass Index.
- Types of Exercises
 - Aerobic & Anaerobic Exercises.
- Benefits of Exercises
- Types of Fitness
 - Health Related Fitness (Muscular Endurance, Strength, Flexibility and Body Composition).
 - Skill / Performance Related Fitness (Speed, Strength, Coordinative Abilities, Power, Endurance & Agility)
- Warm-up, Cool-down, Oxygen Debt & Second wind.
- Effects of Exercises on Circulatory and Respiratory System.

Module: 3. Wellness and Lifestyle Management

- Meaning of Wellness & Methods of Improving Wellness
- Hygiene (Personal, Environmental and Occupational Hygiene).
- Need & Importance of Recreation for healthy living.

Module: 4. Body Posture and First Aid

- Importance of Correct Posture
- Common Postural Deformities, Causes and their Remedial Measures.
 - Kyphosis, Lordosis, Scoliosis, Knock-knee, Bow legs and Flatfoot.
- First Aid and Principles of First Aid.
- First Aid Measures for the following
 - Bleeding through Nose, Snake bite, Dog bite, Electric Shock, Burns and Drowning.
- Common Injuries and their Management
 - Wounds, Cuts, Sprain, Fractures and Dislocation.

Module: 5. Introduction to Sports and Games

- Olympic Games, Asian Games and National Games.
- Major National Tournaments (Santhosh Trophy and Ranji Trophy)
- National Sports Awards (Dronacharya, Khel Ratna & Arjuna Awards).
- Media and Sports
- Women and Sports.
- Doping in Sports