

COURSE TITLE : HEALTH & PHYSICAL EDUCATION
COURSE CODE : 1009
COURSE CATEGORY : C
PERIODS/WEEK : 3 (1 Theory +2 Practical)
PERIODS/SEMESTER : 45
CREDITS : 2

Objective: The course intended to provide learning experience to students to realize the importance of physical fitness, health and well being. It will also help to develop life time physical activity behaviour among the students. The course will help,

1. To introduce the fundamentals of health, physical education, fitness and sports.
2. To provide knowledge and understanding regarding the scientific basis of fitness.
3. To enable the students to lead a healthy lifestyle based on concepts of fitness and wellness.
4. To impart knowledge regarding health and nutrition; and to equip the students to provide first aid measures and manages common injuries.

Health and Physical Education (Theory) – 15 Sessions

TIME SCHEDULE		
MODULE	TOPIC	PERIODS
I	Concept of Health and Physical Education	6
II	Introduction to fitness	18
III	First Aid	9
IV	Food and Nutrition	6
	Test	6
TOTAL		45

MODULE – I CONCEPT OF HEALTH AND PHYSICAL EDUCATION

- a) Health – Definition and spectrum of health
- b) Various aspects of health-physical health, mental health, social health, spiritual health
- c) Factors influencing health-Biological factors, environmental factors, socio-cultural factors, Personal factors.
- d) Physical Education - Meaning and definition, aims, objectives and importance of physical education

MODULE - II INTRODUCTION TO FITNESS

- a) Meaning and importance of physical fitness.
- b) Components of physical fitness-Health related and skill related fitness.
- c) Means of fitness development-aerobic and anaerobic activities, sports and games, yoga and recreational activities.
- d) Principles of use and disuse. Relationship between duration and severity of exercise – stitch, cramps. Oxygen debt and second wind

- e) Posture- Meaning and concepts of posture, classification of posture- Endomorph, Ectomorph and Mesomorph, Dynamic postures- sitting, standing, walking, running, lying,- Postural deformities- Kyphosis, Lordosis, Scoliosis, Knock knee, Bow leg, Flat foot.
- f) Health risk behaviours- Effects of Drugs, Alcohol, Smoking, Dietary abuse and Inactivity.

MODULE - III FIRST AID

- a) Definition and purpose of first aid Principles and Ethics of First Aid
- b) First Aid – General Procedure -first aid kit.
- c) Wounds (types and its management)
- d) Fractures (types and its management)
- e) First aid for –burns, snake bite, drowning, unconsciousness, electric shock, choking, sun stroke, bleeding.
- f) Bandaging techniques
- g) Techniques of carrying injured persons.
- h) Cardiopulmonary resuscitation (CPR).

MODULE - IV FOOD AND NUTRITION

- a) Classification of food
- b) Calories and daily requirement of calories.
- c) Balanced diet
- d) Food pyramid
- e) Caloric value of Indian foods

SUGGESTED READINGS

- 1) **AAPHERD. *Health Related Physical Fitness test Manual***.1980 published by association drive Reston Virginia
- 2) **ACSM *Fitness Book***, Leisure Press Campaign, Illinois,1996, Leisure Press , Canada
- 3) **ACSM's "*health related physical fitness assessment manual*"** Lippincott Williams and Wilkins USA, 2005
- 4) **B.C. Rai *Health Education and Hygiene***, published by Prakashan Kendra,Lucknow
- 5) **Corbin, Charles B.et.al, C.A.,(2004). *Concepts of Fitness and Wellness***, Bosten:McGrawHill
- 6) **Fashey,TomasD,Insel, Paul M, and Roth, Walton T (2005) *Fit and well***, New York: McGrawHill Inc.
- 7) **Greenberg, Jerold S and Dintiman George B (1997) *welness- Creating a Life of Health and fines*** London: Allyn and Bacon Inc.
- 8) **Norman Bezzant*Help First Aid for everyday emergencies***, JaicoPublishing House Bombay, Delhi
- 9) **Puri,K, Cahndra.,S,S, (2005). *Health and Physical Education***. New Delhi: Surjeet Publication

Health and Physical Education (Practical) – 15 Sessions (2 Hours/session)		
PART- I	COMPULSORY	09 SESSIONS
1	Warming Up and warming down(Various Stretching and Rotation Exercises)	1
2	Aerobic dance and various flexibility exercises	1
3	Yoga – Pranayama – Surya Namaskar-Padmasana- Pachimothasana- Bhujangasana- Dhanurasana - Sarvangasana -Matsyasana- SalabhasanaHalasana-Chakrasana- Vrikshasana- Padahastasana - Savasana	3
4	Weight Training – Biceps curls- Triceps curls- Lateral rise- Good morning- Wrist curl- Front press- Press behind the neck- Bench press- Upright rows- Leg presses- Half Squat- Full squat- Dumbbell exercises	2
5	Physical Fitness Test 50 yard dash -- Speed Standing Broad Jump-Leg Power Sit-Ups (60 sec) -Abdominal strength Shuttle Run(10mts x 4)-Agility Pull –ups(M)Flexed arm hang(W) –Shoulder strength 600 yard/walk-Endurance	2
PART- II	OPTIONAL	06 SESSIONS
1	Students can opt any one activity from two disciplines suggested by the faculty subject to the availability of facilities at the college	3
2	1. Football, 2. Basketball, 3. Volleyball, 4. Shuttle Badminton, 5. Ball Badminton, 6. Kabaddi, 7. Cricket, 8. Table Tennis, 9. Track and Field	3

Assessment of Students

Health and Physical Education			
	Internal	External	Total
Theory	40	00	40
Practical	10	50	60

a) Internal Assessment for Theory Course

The weightage of internal continuous assessment marks for theory courses shall be as follows:-

SL.NO.	Criteria Component	Weightage (%)
1	Test papers	50
2	Assignment (Minimum 2)	25
3	Attendance	25

b) Internal Assessment for Practical Course

The weightage of internal continuous assessment marks for practical courses shall be as follows:-

SL. No.	Criteria Component	Weightage (%)
1	Physical Fitness Test	50
2	Sports and games performance	50

c) Assessment at End of Semester Examination (Practical Course)

- 1) The course teacher and an examiner appointed by the Principal shall conduct the practical examination at the end of the semester.
- 2) Award of marks for the semester practical examinations as follows:-

SL. No.	Criteria Component	Weightage (%)
1	Fair Record	40
2	Viva Voce	20
3	Performance in Yoga	20
4	Demonstration of Weight Training Exercises	10
5	Demonstration of Aerobics, Stretching, Rotation and Flexibility exercises	10