

SYLLABUS FOR OPEN COURSE IN PHYSICAL EDUCATION

Name of the course: **Physical Activity Health and Wellness**

Course code: VI D 30 PE

No. of credits: 4

No. of contact hours: 72

Aim of the course

The course aims at creating consciousness among the students towards health, fitness and wellness and in developing and maintaining a healthy life style.

Objectives of the course

1. To introduce the fundamental concepts of physical education, health and wellness.
2. To provide a general understanding on nutrition, first aid and stress management.
3. To familiarize the students regarding yoga and other activities for developing fitness.
4. To create awareness regarding hypo-kinetic diseases and various measures of fitness and health assessment.

Course outline

Module – I: Concept of Physical Education and Health

Definition, Aims and Objectives of Physical Education

Importance and Scope of Physical Education

Modern concept of Health, Physical fitness and Wellness

Module- II: Components of Physical Fitness

Physical fitness components: Speed, Strength, Endurance, Flexibility and Coordinative abilities.

Types of Physical Fitness

- Health related Physical Fitness
- Performance related Physical Fitness
- Cosmetic Fitness

Fitness Balance

Module - III: Principles of Exercise Programme

Activities for developing Physical Fitness Components

Principles of First Aid

Nutritional Balance

Module – IV: Yoga and Stress Management

Asanas and its effects

Padmasana

Halasana

Bhujangasana

Shalabhasana

Shavasana

Vajrasana

Chakrasana

Tikonasana

Padahasthasana

Postural Deformities – Corrective measures

Stress Management and Relaxation Techniques

Module- V: Lifestyle Disease and its Management

Lifestyle Disease/ Hypo-kinetic Diseases and its Management

- Diabetes
- Hypertension
- Obesity
- Osteoporosis
- CHD
- Back pain

Health related Physical Fitness and Assessment

Body Mass Index/ Skin fold Measurement, BMR, Pulse Rate, and Blood Pressure

Health Related Physical fitness Test

Note on course work

This course work will provide fundamental concepts of physical education, health and yoga. It will familiarize the students towards various hypo-kinetic diseases and its management. It will also provide practical guidelines and testing of health related fitness and other health indices.

WORK LOAD/TEACHING COMPONENTS/CREDITS

Sl. No.	Teaching component	Work load	Credits
1	Theory	60 hours	3
2	Practical	12 hours	1
3	Total	72 hours	4

Suggested Reading

- AAPHERD, Health Related Physical Fitness Test Manual, 1980, Association Drive, Reston Virginia

- ACSM Fitness Book, Leisure Press campaign, Illinois, 1986, Leisure Press, Canada, [http:// www.pitt.edu/~gsphhome](http://www.pitt.edu/~gsphhome)
- ACSM'S Health Related Physical Fitness Assessment Manual, Lippincott Williams and Walkins, USA,2005
- B.C.Rai, Health education and Hygiene, Prakashan Kendra, Lucknow.
- Bucher. C.A, Foundations of Physical Education , 5th edition,C.V.Mosby Co, California: Mayfield Publishing Company,1979.
- Corbin, Charles Beetal, C.A., Concepts of Fitness and Welfare, Boston, McGraw Hill, 2004.
- Frank V.M., Sports and Education, CA: ABC-CLIO, 2003.
- Less Snowdan, Maggie Humphrey's Fitness walking, Maggie Humphrey Orient Paper Books, New Delhi, 2002.
- Norman Bezzant, Help, First Aid for everyday emergencies, Jaico Publishing House, Bombay, Delhi.
- Principles of Physical education, W.B. Saunders, Philadelphia.
- Puri, K. Chandra, S.S. Health and Physical Education, Surjeet Publications, New Delhi, 2005.
- Ralph S, Paffer Barger, Jr and Eric Leolson. Life Fit, Human Kinetics, USA, 1991.
- Rob James, graham Thompson, Nesta Wiggins and James, complete A-Z Physical education hand Book, 2nd edition, Hogder and Stoughton, England, 2003.
- Siedentop,D. Intoduction to Physical Education and Sports, 2nd ed, Educational
- Ziegler, E.F, An Introduction to Sports & Physical education, New delhi, 2007.
- Dr K.P.Manoj & Dr. K.Sureshkutty, Physical activity, Health and Wellness, Publication Division, University of Calicut, 2011.
- Dr. A.M. Antony et. al., Intoduction to Physical education for Open Courses, Edu Mart, 2011.
- Nagendra H.R., The art and science of Pranayama
 - B.K.S. Iyengar, Light on Yoga.