

PHYSICAL ACTIVITY HEALTH AND WELLNESS

Introduction to
**PHYSICAL
EDUCATION**

For Open Courses



Physical Activity Health and Wellness
introduction to
physical education
for open courses

edited by
dr. a.m. antony

authors:
dr. a. abdul latheef
dr. a. m. antony
k.p. hussain
k.v. devakumar
dr. vivekanandhan. t
dr m.r. dhinu

printed at
tirurangadi printers
publishers:

educare printers and publishers

distributors:

edumart , tirurangadi towers mavoor road,
calciut -4 tel: 04-5 2724395
www.edumartasia.com

IIIrd edition. july 2017

copy 1000

price: Rs. 125/-
isbn no.

© all rights reserved. no part of this publication may be
reproduced in any form without the prior written
permission of the editor / publisher.

persons found dealing in pirated version of this
publication will be strictly dealt with. your support and
guidance in this regard will be highly appreciated and will
help us to serve you even better.

PHYSICAL ACTIVITY HEALTH AND WELLNESS

**INTRODUCTION TO
PHYSICAL
EDUCATION
FOR OPEN COURSES**

**Dr. A. ABDUL LATHEEF
Dr. A. M. ANTONY
K.P. HUSSAIN
Dr. VIVEKANANDHAN. T
K.V. DEVAKUMAR
Dr M.R. DHINU**

CONTENTS

MODULE- I CONCEPT OF PHYSICAL EDUCATION AND HEALTH 9-32

Introduction	10
Definitions aims and objectives of physical education	14
Importance and scope of physical education	15
Modern concept of health, physical fitness and wellness	20
Health	24
Fitness	25
Physical fitness	26
Wellness	30

MODULE - II COMPONENTS OF PHYSICAL FITNESS 33-47

Components of physical fitness	34
Types of physical fitness	39
Benefits of exercise	43
Fitness balance	44

MODULE - III PRINCIPLES OF EXERCISE PROGRAMME 48-98

Physical exercise	49
Physical activity	51
Principles of exercise	53
Walking	55
Jogging	56
Running.....	57
Weight training.....	60
Stretching	63

Exercise and heart rate zones	70
✓First aid	74
✓Nutritional balance	89
MODULE - IV YOGA AND STRESS MANAGEMENT	99-130
Types of yoga	101
Chakra System	103
✓Asanas	104
Pranayama	117
✓Postural deformities - corrective measures	120
✓Stress management and relaxation techniques.....	128
MODULE - IV LIFESTYLE DISEASE AND ITS MANAGEMENT	131-194
✓Introduction	132
✓Diabetes	136
✓Hypertension (HT)	144
✓Obesity	148
✓Osteoporosis.....	156
✓Coronary heart disease (CHD)	161
Cholesterol	164
✓Back pain	171
✓Health related physical fitness (HRPF) assessment/ test	180
✓Skin fold measurements	186
✓Basal metabolic rate (BMR)	189
✓Pulse	192
✓Blood pressure	193
APPENDICES	195-228
References	229-232
Model question paper	233-238

PHYSICAL ACTIVITY HEALTH AND WELLNESS

Introduction to

**PHYSICAL
EDUCATION**

For Open Courses



edumart

Tirurangi Towers, Mavoor Road, Calicut-4
Tel: 0495-2724395, 4040395, 3918313

Calicut : 0495 2724395
Malappuram : 0483 2736665
Trivandrum : 0471 2322223

ISBN NO : 978-81-92D872-0-7



GB133