

COURSE STRUCTURE FOR PHYSICAL EDUCATION PROGRAMME

Working days/Semester	90
Credit	2
Total credit for the program	72

Table for Open courses

No.	Semester	Course Code	Title of the Course	Contact hour/week	Credits
1	5	5D01PED	PHYSICAL, HEALTH AND LIFE SKILLS EDUCATION	2	2
2	6	6D02PED	HEALTH AND FITNESS EDUCATION	2	2

Syllabus for Open Courses Offered by Board of Studies in Physical Education

PHYSICAL, HEALTH AND LIFE SKILLS EDUCATION

Course: **5D01PED**

No. of Credits: 2

No. of Contact hours: 36

Aim of the Course

The course is intended to familiarize the students towards the concepts of health and physical education and the relative contribution of physical education and sports for life skill development.

Objectives of the Course

1. To provide students a general concept of physical education and fitness.
2. To provide knowledge and understanding regarding health and nutrition.
3. To familiarize the students regarding safety education and health promotive measures for day to day life.
4. To promote an understanding of the value of sports for life skill development.

Course Outline

Module I: Physical Education and Physical Fitness

Concept of Physical Education

Meaning, Definition, Aims and Objectives of Physical Education

Need and importance of Physical Education

Physical Fitness Components

Types of Fitness –

- Health Related Physical Fitness
- Performance Related Physical Fitness

Module – II : Health Concepts of Physical Education

Definition and Meaning of Health

Dimensions and Determinants of Health

Physical Activity and Health Benefits

Effect of Exercise on Body systems

- Circulatory, Respiratory, Endocrine, Skeletal and Muscular

Module – III : Nutrition and Health

Concept of Food and Nutrition
 Balanced Diet
 Vitamins – Malnutrition – Deficiency Diseases
 Determining Caloric Intake and Expenditure
 Obesity, Causes and Preventing Measures – Role of Diet and Exercise

Module – IV: Safety Education and Health Promotion

Health and Safety in Daily Life & Work
 First Aid and Emergency Care
 Common Injuries and their Management
 Modern Life Style and Hypo-kinetic Disease - Prevention and Management

Module – V: Sports and Life Skills Education

Sports and Socialization
 Physical Activity and Sports - Emotional Adjustment and Wellbeing
 Yoga, Meditation and Relaxation
 Sports and Character Building
 Values in Sports
 Sports for World Peace and International Understanding

Note on Course Work

The course work should give emphasis on general awareness of physical education and health education in the context of promoting health and life skills. The course should also provide practical training on aspects like first aid and emergency care, injury management, etc.

The course work should incorporate discussions, seminars, assignments and records on related topics.

WORK LOAD/TEACHING COMPONENTS/CREDIT

	Teaching Component	Work Load	Credits
1.	Theory	30 hours	1.5
2.	Practical	6 hours	0.5
	Total	36 hours	2.0

Suggested Readings:

- AAPHERD. '*Health Related Physical Fitness Test Manual*'. 1980. Published by Association drive Reston Virginia
- *ACSM Fitness Book*, Leisure Press Campaign, Illinois, 1996, Leisure Press, Canada <http://www.pitt.edu/~gsphhome>
- ACSM's "*Health related physical fitness assessment manual* Lippincott Williams and Wilkins USA, 2005
- B.C. Rai *Health Education and Hygiene* Published by Prakashan Kendra, Lucknow.
- Bucher, C.A., (1979). **Foundation of Physical Education** (5th ed.). Missouri: C.V.Mosby co.
- Corbin, Charles B.et.al, C.A., (2004). **Concepts of Fitness and Wellness** , Boston: McGraw Hill
- Fashey, Tomas D, Insel, Paul M, and Roth, Walton T (2005) **Fit and Well** New York: McGrawHill Inc.
- Frank, A.M. (2003). **Sports & Education**. CA: ABC-CLIO
- Greenberg, Jerold S and Dintiman George B(1997) **Welness – Creating a Life of Health and Finess** London: Allyn and Bacon Inc.
- Les Snowdan. , Maggie Humphrey's *Fitness walking*, Maggie Humphery Orient Paper Backs 2002 New Delhi.
- Norman Bezzant *Help! First Aid for everyday emergencies*, Jaico Publishing House Bombay, Delhi
- Puri,K, Cahndra.,S,S, (2005). **Health and Physical Education**. New Delhi: Surjeet Publications
- Ralph S. Paffer Barger, Jr. and Eric Leolson, *Life Fit*, 1999 Human Kinetics USA
- Rob James, Graham Thompson, Nesta Wiggins –James complete *A-Z Physical Education Hand book* 2nd edition, 2003 Hodder and Stoughton England
- Siedentop,D,(1994) **Introduction to Physical Education and Sports** (2nd ed.).California :Mayfield Publishing Company
- Ziegler, E.F. (2007). **An Introduction to Sports & Phy.Edu. Philosophy**. Delhi: Sp.Educational Technology.

Syllabus for Open Course in HEALTH AND FITNESS EDUCATION

Course: **6D02PED**

No. of Credits: 2

No. of Contact hours: 36

Aim of the Course

The course is intended to provide learning experiences to students to realize the importance of physical fitness, health and wellbeing.

Objectives of the Course

1. To introduce the fundamentals of physical education and sports.
2. To provide knowledge and understanding regarding the scientific basis of sports.
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 manage common injuries.

Course Outline

Module – I : Introduction to Physical Education and Sports

1. Basic Concepts of Physical Education
2. Major Historical Influences – In India and other Countries
3. National and International Sports Organisations & Events
4. National Sports Awards

Module II : Scientific Basis of Sports

1. Understanding Human Body.
2. Physiological Effects of Exercise
3. Mechanics and Sports
4. Psychology of Sports Performance
5. Sociological aspects of Sports

Module III : Fitness, Wellness and Lifestyle Management

1. Fitness – Types of Fitness and Components of Fitness
2. Understanding Wellness
3. Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management

Module IV : Fitness Training

1. Anthropometry
2. Body Types and Posture
3. Activities for Developing Components of Physical Fitness
4. Assessment of Fitness

Module V : Health and Nutrition

1. Elements of Nutrition, Balanced Diet and Malnutrition
2. First Aid - Common measures
4. Common Injuries and Management.

Note on Course Work

Apart from theoretical concepts, the course work should provide general orientation to students to practical aspects of exercise and training. The students should also be given practice for assessment of health related physical fitness.

The course work should encourage discussions, seminars, assignments and records on relevant topics.

WORK LOAD/TEACHING COMPONENTS/CREDIT

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1.	Theory	30 hours	1.5
2.	Practical	6 hours	0.5
	Total	36 hours	2.0

Suggested Readings:

- Bucher, C.A., (1979). Foundation of Physical education (5th ed.). Missouri: C.V.Mosby co.
- Barrow, H.M. (1983). Man and Movement: Principles and Physical Education. Phi: Lea and Febiger
- Corbin, Charles B.et.al, C.A., (2004). Concepts of Fitness and Wellness , Boston: McGraw Hill
- Kretchmar, R.S. (1994). Practical Philosophy of Sport. IL: Human Kinetics.
- Shekhar, K.C. (2004). Principles & History of P.E. Delhi:Khel Sahitya Kendra.
- Young, D.C. (2004). A brief History of Olympic Games. UK: Blackwell Publishing.
- Frank, A.M. (2003). Sports & education. CA: ABC-CLIO
- Kamlesh, M.L. (2006). Educational Sport Psychology. New Delhi: Friend's publication
- Puri,K, Cahndra.,S,S, (2005). Health and Physical Education. New Delhi: Surjeet Publications

- Siedentop,D,(1994) Introduction to Physical Education and Sports (2nd ed.).California :Mayfield Publishing Company
- Suinn, Richard M. (1982) Psychology in Sports: Methods and Applications. New Delhi:
- Sujeet PublicationWalder.P,(1994) Mechanics and Sport Performance (2nd ed.).Hampshire: Feltham Press
- William, J.E. (1964). Principles of Physical Education:, Com. Philadelphia: W.B. Saunders
- Ziegler, E.F. (2007). An introduction to Sports & Phy.Edu. Philosophy. Delhi: Sp.Educational Technology.