

SYLLABUS FOR OPEN COURSE IN PHYSICAL EDUCATION

FIFTH SEMESTER

Physical Activity Health and wellness

Paper CODE - PEN5D03

Total Hours : 48; Credits: 3; Hours/Week: 3; Total Marks 75 (Internal 15 & External 60)

PHYSICAL ACTIVITY, HEALTH AND WELLNESS

Course Outcomes:

After studying this course the students will be Able to,

1. Understand the concepts of physical education, Health & Wellness.
2. Understand the fitness and physical fitness
3. Assess components of physical fitness.
4. Know about science of Yoga and its benefits
5. Understand First Aid for sports injuries
6. Know the postural deformities and their corrective measures.
7. Understand Lifestyle and Hypo kinetic diseases.
8. Understand how to control Emotions and manage stress

Module I: Introduction to physical education, Health and Wellness (5 hrs)

Definition, aim, objectives and importance of physical education.

Definition and Importance of Health.

Meaning and concept of wellness.

Module II: Concept of Fitness (12 hours)

Types of fitness. Definition of Physical fitness. Types of physical fitness - Health related physical fitness, Performance related physical fitness and Cosmetic fitness. Components of physical fitness – speed, strength, endurance, flexibility and coordinative abilities. Assessment of physical fitness components. Fitness balance.

Module III: Exercise principles, (5 hrs)

Principles of exercise programme, Types of Exercise.

Benefits of Exercise, Exercise and heart rate zone.

Module IV: Vital signs,Lifestyle/Hypo kinetic diseases and its management (10 hours)

Vital signs- Pulse rate, Respiratory rate, Blood pressure, Body temperature, Diseases- Diabetes, Hypertension, Obesity, Osteoporosis, CHD, arthritis.

Fitness assessment- Body mass index, Waist to Hip Ratio,

Module V: First Aid. Nutrition. Postural

deformities (8 hrs) Definition of First Aid, Aim of First Aid, Principles of First Aid.

RICE, ABC of First Aid, First Aid for sprain, strain, Fracture, Bleeding, Drowning and Snake Bite.

Nutritional balance, Nutritional deficiency diseases. BMR

Meaning of good posture, causes of poor posture, importance of good posture Postural deformities and corrective measures - Kyphosis, Lordosis, Scoliosis, Bow leg, Knock knee, Flat foot

Module VI: Science of Yoga, Emotional control, stress management (8 hrs)

Definition and meaning of Yoga, Asana, and Pranayama. Eight limbs of Ashtanga Yoga –Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi.

Asanas and its effects : 1. Standing (Balancing) – Vrikshasana, Padahasthasana, Ardha Chakrasana.

2. Sitting (Meditative) - Vajrasana, Padmasana, 3. Prone lying - Bhujangasana, Salabhasa. 4. Supine - Uttitha padasana, Naukasana. 5. Relaxative - Savasana

Pranayamas and its effects-1) Surya Bedhana(Heating), 2) Chandra bedhana(Cooling) 3)

Nadisudhi

(Balancing)

Stress - Definition of stress, causes of stress and stress management.

References:

1. Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.
2. Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*.Lonawala: Kaixydahmoe
3. Giam, C.K & The, K.C. (1994). *Sport medicine exercise and fitness*. Singapore: P.G. Medical Book.
4. Mcglynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown.
5. Butryn, M.L., Phelan, S., &Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity(Silver Spring)*. 15(12), 3091- 3096.
6. Singh, H. (1984). *Sports training, general theory and methods*.Patials: NSNIS.
7. Uppal, A.K., (1999). *Sports Training*.New Delhi: Friends Publication.
8. Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport*.London: Addison Wesley Publishing Co., Inc.
9. Blair, J.& Simpson, R.(1962). *Educational psychology*, New York:McMillan Co