PHYSICAL EDUCATION

OPEN COURSE TITLE & CODE : HEALTH AND FITNESS EDUCATION (PE 1551)

Syllabus

Module: 1. Introduction to Physical EducationandHealth

- Meaning, Definition, Objectives and Importance of Physical Education.
- Concepts of Health & Physical Education
- Meaning, Definitionand Dimensions of Health (Physical, Mental, Social, Spiritual and Emotional)
- Factors Affecting Health (Biological, Personal, Environmental & Socio-cultural factors)

Module: 2. Scientific Basis of Physical Activity

- Benefits of Exercises
- Effects of Exercises on Circulatory and Respiratory System.
- Heart Rate, Blood Pressure & Body Mass Index
- Types of Exercises (Aerobic & Anaerobic Exercises)
- Body Types (Endo morph, mesomorph, ectomorph)

Module: 3. Exercise and Fitness Training

- Physical Fitness- Health Related physical Fitness and Performance Related Physical Fitness
- FITT Principles (Frequency, Intensity, Time and Type of Exercise)
- Exercises for improving Speed, Strength, Endurance, Flexibility and Co-coordinative abilities)
- Hypo-Kinetic diseases, causes and their management (Diabetes Mellitus, Obesity, Hypertension, and Coronary Heart Diseases (CHD).
- Exercise Prescription

Module: 4. Nutrition, First Aid and Posture

- Balanced Diet, Malnutrition and Deficiency Diseases
- First Aid and Principles of First Aid
- First Aid measures for the following –
  Bleeding through Nose, Snake Bite, Dog Bite , Electric Shock, Burns and Drowning
- Common injuries and their management
  Wounds, Cuts, Sprain, Fractures and Dislocation
- Posture and its importance
- Common Postural Deformities, Causes and their Remedial Measures. (Kyphosis, Lordosis, Scoliosis, Knock-knee, Bow legs and Flatfoot.)

Module: 5. Yoga and Stress Management

- Meaning and benefits of yoga
- Eight limbs of Yoga (Ashtanga Yoga)
- (Yama, Niyama, Asana, Pranayama,Pratyahara, Dhyana, Dharana, and Samadhi)
- Asanas and its importance (Padmasana, Vajrasana, Paadahasthasana, Vrikshasana, Halasana, Pavanamukthasana, Bhujangasana, Poornasalabhasana, Ardhamatsyendrasana, and Shavasana)
- Management of Stress.

Suggested Readings:

1. Bucher.CA.(1979) **Foundation of Physical Education** (5th ed.) Missouri:C.V.Mosby co.
2. Barrow,H.M.(1983). **Man and Movement: Principles of Physical education.** Phi:Lea and Febiger
3. Corbin, Charles .B.et.al. C .A (2004). **Concepts of Fitness and Welness.** Boston,McGraw Hill.
4. Ramachandran, Anil (2011). **Handbook of Health , Fitness and Wellness.** Akademia Publications, Calicut, Kerala.

5. Sekhar, K.C.(2004), **Principles and History of Physical Education.**, Delhi, Khel Sahitya Kendra.
6. Young, D.C., (2004) **A Brief History of Olympic Games**. U.K., Blackwell Publishing.
7. Puri& Chandra S S.(2005) **Health and Physical Education**, Surjeet Publications, New delhi.
8. William J E. (1964) **Principles of Physical Education**, W.B.Sounders, Philadelphia.
9. KamaleshM .L.(1998), **Physical Education: Facts and Foundations**. P.B. Publicationc.
10. Ajmeer Singh, et. Al,(2001) **Modern Text book of Physical Education, Health & Sports**. Kalyani Publishers, New Delhi.
11. James, Rob, Thompson and James, (2007). **Complete A-Z Physical education Handbook**. Hodder and Stoughten, London.
12. Manoj K. P & Suresh Kutty.,K.(2011), **Physical Activity, health and Wellness**, University of Calicut.
13. Shaida, B .D&Shaida A K. (2000). **Health and Physical Education**. Arya book depot.
14. Jenson,Dr.Bernard,(2000). **Nutrition Handbook**, Viva Books Pvt.Ltd., New Delhi.
15. Reddy .R.S., **Teaching Health and Nutrition**, Commonwealth Publishers, N .Delhi.
16. Watson, A WS. (1995), **Physical Fitness and Athletic Perfromance**. Longman Publishing Company, NewYork.
17. Thomas, David Q and Kotecki, Jerome, Jones and Barlett: Masachussettes,(2007). **Physical activity and Health-an interactive approach.**
18. Singh , Ajay (2007). **First Aid and Emergency Care**. N .R. Brothers, Indore
19. St. John's & St. Andrew's Ambulance Association and British Red Cross.(2002). **First Aid Manual**. DK, London.
20. George Agustine,(2019) Health and Fitness Education,Prathibha Publications, Changansseery