



Course Outline Form

ODD SEMESTER 2020

Dear Student: Course outlines are intended to provide students with an overall plan for a course to enable them to function efficiently and effectively in the course.

*Academic Programs
Department of Physical
Education
EMEA College
Kondotty*

Course Outline : PHYSICAL ACTIVITY, HEALTH AND WELLNESS (2018-2019)

Name of the Stream	Physical Education
Name of the Programme	Department of Physical Education
Name of the Course	PHYSICAL ACTIVITY, HEALTH AND WELLNESS
Nature of the Course	Open Course
Semester	Fifth
Lecturer(s)	Shihabudheen Paikarathodi
Name of the Coordinator	Shihabudheen Paikarathodi
Year	2018-2019
No of Credits	4
No of Contact Hours	72
Course Description	The course aims at creating consciousness among the students towards health, fitness and wellness and in developing and maintaining a healthy life style.
Course Objectives	<ol style="list-style-type: none"> 1. To introduce the fundamental concepts of physical education, health and fitness. 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 Outcome	<ol style="list-style-type: none"> 1. Students will use basic principles of health and wellness to develop an informed, personal approach to mental and physical health. 2. Students will understand the life cycles from birth to death. 3. Students will examine lifestyle choices and how they impact overall health and wellness.
Assessment Method	Assignments Practical Tests Term Exam Seminars
Teaching Methods Used	Lectures
Textbook	Less Snowdan, Maggie Humphrey's Fitness walking, Maggie Humphrey Orient Paper Books, New Delhi, 2002.

References	<ul style="list-style-type: none"> •AAPHERD. "Health Related Physical Fitness Test Manual". 1980 Published by Association drive Reston Virginia •ACSM Fitness Book, Leisure Press Campaign, Illions, 1996, Leisure Press, Canada 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 Published by Prakashan Kendra, Lucknow •Bucher.C.A. (1979). Foundation of Physical Education (5th edition Missouri C.V.Mosby co. California: Mayfield Publishing Company •Corbin.Charles Beetal. C.A., (2004) Concepts of Fitness and Welfare Boston McGraw Hill. •Frank V.M. (2003). Sports & education CA: ABC- CLIO •Les Snowdan., Maggie Humphrey's Fitness walking, Maggie Humphery Orient Paper Books 2002 New Delhi. •Norman Bezzant Help! First Aid for everyday emergencies. Jaico Publishing House Bombay, Delhi •Principles of Physical Education: Com. Philadelphia: W.B.Sounders •Puri. K.Chandra.S.S. (2005). Health and Physical Education. New Delhi: Surjeet Publications •Ralph S. Paffer Barger, Jr. and Eric Leolson, Life fit, 1991 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.) Sp. Educational Technology •Ziegler. E .F. (2007). An Introduction to Sports & Phy. Edn. Philosophy Delhi
Internet Resources	Google,Wikipedia, https://www.teachpe.com/

Internal Exam Pattern

Items	Marks/20	Marks/15
Assignment	4	3
Test Paper(s)/Viva voce	8	6
Seminar/Presentation	4	3
Class Room Participation based on Attendance	4	3
Total	20	15

External Exam Pattern

Question Type	No of Question	Marks/Question	Total Marks
Short Questions(2-3 Sentences)	15	2	Ceiling 25
Paragraph / Problem Type	8	5	Ceiling 35
Essay Type	2 out of 4	10	20
Total			80
Time			2.5 hrs

Graduate Attributes	Name of the Course: PHYSICAL ACTIVITY, HEALTH AND WELLNESS
	Knowledge
	Academic and Intellectual Skills
	Self Learning
	Collaborative Learning
	Cognitive Skills
	Personal Skills
	Creative Thinking
	Lifelong Learning
	Application Skills
Attitude and Values	
Social Responsibility	
Secular Outlook	

Course Schedule

Concept of Physical Education and Health	Week 1
Definition, Aims and Objectives of Physical Education	Week 2
Importance and Scope of Physical Education	Week 3
Modern concept of Health, Physical fitness and Wellness	Week 4
Components of Physical Fitness	Week 5
Physical fitness components - Speed, Strength, Endurance, Flexibility and Coordinative Abilities	Week 6
Types of Physical Fitness	Week 7
- Health related Physical Fitness	Week 7
- Performance Related Physical Fitness	Week 8
- Cosmetic fitness	Week 8
Fitness Balance	Week 8
Principles of Exercise Programme	Week 9
Activities for developing Physical Fitness Components	Week 10
Exercise and Heart rate Zones	Week 11
Principles of First Aid	Week 11
Nutritional Balance	Week 12

<p>Yoga and Stress Management Asanas and its effects</p> <ul style="list-style-type: none"> - Padmasana - Halasana - Bhujangasana - Shalabhasana - Dhanurasana - Shavasana - Vajrasana - Chakrasana - Trikonasana - Padahasthasana <p>Postural Deformities – Corrective measures Stress Management and Relaxation Techniques</p>	<p>Week 13</p> <p>Week 14</p> <p>Week 15</p> <p>Week 16</p>
<p>Lifestyle Disease and its Management LIFESTYLE/Hypo-kinetic Diseases and its Management</p> <ul style="list-style-type: none"> - Diabetes - Hypertension - Obesity - Osteoporosis - CHD - Back pain <p>Health related Physical Fitness and Assessment Body mass Index/Skin fold Measurement, BMR, Pulse Rate, Blood Pressure Health Related Physical Fitness Test.</p>	<p>Week 17</p> <p>Week 18</p>

Contact Details

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