

# SYLLABUS FOR OPEN COURSE IN PE5D03-PHYSICAL ACTIVITY HEALTH AND WELLNESS

**COURSE 3**

NO.OF CREDITS : 4

NO. OF CONTACT HOURS : 72

## **AIM OF THE COURSE**

The course aims at creating consciousness among the students towards health, fitness and wellness and in developing and maintaining a healthy life style.

## **OBJECTIVES OF THE COURSE**

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 OUTLINE**

### **Module – I: Concept of Physical Education and Health**

Definition, Aims and Objectives of Physical Education

Importance and Scope of Physical Education

Modern concept of Health, Physical fitness and Wellness

### **Module –II : Components of Physical Fitness**

Physical fitness components - Speed, Strength, Endurance, Flexibility and Coordinative Abilities

Types of Physical Fitness

- Health related Physical Fitness
- Performance Related Physical Fitness
- Cosmetic fitness

Fitness Balance

### **Module – III: Principles of Exercise Programme**

Activities for developing Physical Fitness Components

Exercise and Heart rate Zones

Principles of First Aid

Nutritional Balance

### **Module – IV; Yoga and Stress Management**

Asanas and its effects

- Padmasana
- Halasana
- Bhujangasana
- Shalabhasana
- Dhanurasana
- Shavasana
- Vajrasana
- Chakrasana

- Trikonasana
  - Padahasthasana
- Postural Deformities – Corrective measures  
Stress Management and Relaxation Techniques

**Module – V: Lifestyle Disease and its Management**

LIFESTYLE/Hypo-kinetic Diseases and its Management

- Diabetes
- Hypertension
- Obesity
- Osteoporosis
- CHD
- Back pain

Health related Physical Fitness and Assessment

Body mass Index/Skin fold Measurement, BMR, Pulse Rate, Blood Pressure

Health Related Physical Fitness Test.

**Note on Course Work**

This course work will provide fundamental concepts of physical education, health and yoga. It will also familiarise the students towards various hypo-kinetic diseases and its management. It will also provide practical guidelines and testing of health related fitness and other health indices.

**WORK LOAD/TEACHING COMPONENTS/ CREDITS**

Sl.	No.	Teaching component	Work load	Credits
1.	60 hours			3
2.	Practical 12 hours			1
	Total 72 hours			4

**Suggested Reading**

- 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/~gsphome>
- 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 (5<sup>th</sup> 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 2<sup>nd</sup> edition, 2003 Hodder and Stoughton England
- Siedentop.D,(1994) Introduction to Physical Education and Sports (2<sup>nd</sup> ed.)  
Sp. Educational Technology
- Ziegler. E .F. (2007). An Introduction to Sports & Phy. Edn. Philosophy Delhi