

**DEPARTMENT OF PHYSICAL EDUCATION
MAR ATHANASIOUS COLLEGE (AUTONOMOUS), KOTHAMANGALAM**

**SYLLABUS FOR THE OPEN COURSE IN PHYSICAL EDUCATION
(PHYSICAL, HEALTH AND LIFE SKILLS EDUCATION)**

**MAR ATHANASIOUS COLLEGE
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SYLLABUS FOR THE OPEN COURSE IN PHYSICAL EDUCATION

PHYSICAL, HEALTH AND LIFE SKILLS EDUCATION

COURSE 1

NO.OF CREDITS: 4

NO. OF CONTACT HOURS: 72

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 the skill development.

OBJECTIVE 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 and 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 Education and its Relevance in Inter Disciplinary Context.

Physical Fitness Components

Type of Fitness

Health Related Physical Fitness

Performance Related Physical Fitness

Activities for developing Physical Fitness Components

Module – II: Health Concepts of Physical Education

Definition and Meaning of Health

Dimension and Determinants of Health

Physical Activity and Health Benefits

Effect of Exercise on Body systems

Circulatory, Respiratory and Muscular

Module – III: Nutrition and Health

Concept of Food and Nutrition

Balanced Diet

Vitamins – Malnutrition – Deficiency Diseases

Caloric Value of Indian food

Obesity, Causes and Preventing Measures – Role of Diet and Exercise

Module – IV: Safety Education and Health Promotion

Principles of Accident Prevention

Health and Safety in Daily Life

Health and Safety at Work

First Aid and Emergency Care

Common five Injuries (Management)and NOD

Modern Life Style and Hypo-kinetic Disease –Prevention and Management

Module – V: Sports and Life Skills Education

Sports and Socialization

Physical Activity and Sport – Emotional Adjustment and Wellbeing

Substance Abuse among Youth – Preventive Measures and Remediation

Importance of Yoga and Meditation

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, **Swimming (Free style)** etc.

The course work should incorporate discussions, seminars, assignments (**IPQ Questionnaire and its analysis to categories the students on the bases of their physical activities**) and records on related topics.

WORK LOAD/TEACHING COMPONENTS/ CREDITS

Sl. No. Teaching component Work load Credits

1. Theory 60 hours 3

2. Practical 12 hours 1

Total 72 hours 4

Suggested Readings

- Bucher.C.A. (1979). Foundation of Physical Education (5th edition Missouri C.V.Mosby co.
- Corbin.Charles Beetal. C.A., (2004) Concepts of Fitness and Welfare Boston McGraw Hill.
- Frank V.M. (2003). Sports & education CA: ABC- CLIO
- Puri. K.Chandra.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
- Principles of Physical Education: Com. Philadelphia: W.B.Sounders
- Ziegler. E .F. (2007). An Introduction to Sports & Phy. Edn. Philosophy Delhi Sp. Educational Technology
- B.C.Rai Health Education and Hygiene Published by Prakashan Kendra, Lucknow
- Norman Bezzant Help! First Aid for everyday emergencies. Jaico Publishing House Bombay, Delhi
- Rob James. Graham Thompson . Nesta Wiggins – James complete A-Z Physical Education Hand Book 2nd edition, 2003 Hodder and Stoughton England
- Ralph S. Paffer Barger, Jr. and Eric Leolson, Life fit, 1991 Human Kinetics USA
- ACSM Fitness Book, Leisure Press Campaign, Illions, 1996, Leisure Press, Canada
<http://www.pitt.edu./-gsphome>
- AAPHERD. “Health Related Physical Fitness Test Mannual”. 1980 Published by Association drive Reston Virginia

- Les Snowdan., Maggie Humphrey's Fitness walking, Maggie Humphery Orient Paper Books 2002 New Delhi.
- ACSM's "Health Related Physical Fitness Assessment Manual Lippincott Williams and Walkins USA, 2005.