

**UNIVERSITY OF KERALA**

**(Abstract)**

First Degree Programmes under CBCS system-Revised syllabus of Open Course 'PE 1551-Health and Fitness Education'-w.e.f 2021 onwards (current fifth semester)- Approved-Orders issued.

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**Ac A V**

3302/2021/UOK

Dated: 08.07.2021

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*Read:-*1.U.O.No.ACAV/1/Physical Education/2015 dated 01.08.2015.

2.Minutes of the Annual meeting of the Faculty of Physical Education held on 12.04.2021.

3.Item.No.II.(x) of the Minutes of the meeting of the Academic Council held on 21.04.2021.

**ORDER**

The syllabus of Open Course "PE 1551-Health and Fitness Education" for First Degree Programme under CBCS System has been revised vide paper read as (1) above.

The Additional meeting of the Board of Studies in Physical Education held on 09.04.2021 recommended to approve the revised syllabus of Open course of Physical Education from 2021 onwards. The Annual meeting of the Faculty of Physical Education vide paper read as (2), endorsed the above recommendation of the Board of Studies in Physical Education.

**The Academic Council vide paper read as (3) above, resolved to approve the revised syllabus of Open Course "PE 1551-Health and Fitness Education" for the First Degree Programmes under CBCS System, to be implemented with effect from 2021 onwards (current Fifth Semester), as recommended by the Board of Studies in Physical Education and as endorsed by the Faculty of Physical Education.**

A copy of revised syllabus is appended.

Orders are issued accordingly.

SINDHU GEORGE

DEPUTY REGISTRAR

For REGISTRAR

To

- 1.PS to VC/PVC
- 2.PA to Registrar/CE
- 3.The Dean, Faculty of Physical Education
- 4.The Chairman, Board of Studies in Physical Education
- 5.The Director, Computer Centre

- 6.JR (CBCS/Academic)
- 7.DR(CBCS/Academic/EB/ES)
- 8.AR(CBCS/Acad/EB/ES/B.A/B.Sc/B.Com/IT cell exams)
- 9.All Tabulation sections/IT cell Exams
- 10.PRO/Enquiry
- 11.Stock File

Forwarded / By Order

Sd/-

Section Officer

# **PHYSICAL EDUCATION**

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

## **Syllabus**

### **Module: 1. Introduction to Physical Education and Health**

- ❖ Meaning, Definition, Objectives and Importance of Physical Education.
- ❖ Concepts of Health & Physical Education
- ❖ Meaning, Definition and 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-ordinative 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.C A.(1979) **Foundation of Physical Education** (5<sup>th</sup> 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 Wellness**. 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. Kamalesh M .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 Kuttu.,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