

KANNUR UNIVERSITY
SYLLABUS FOR OPEN COURSE IN PHYSICAL EDUCATION
HEALTH AND FITNESS EDUCATION

Course: 5 D01PED

No. of Credit: 2

No of contact Hours: 36

Aim of the Course:

The course is intended to familiarize the students towards the concepts of Health and fitness and to recognise the contribution of Physical activities and sports in the Development and maintenance of Health and Fitness.

Objective of the Course:

- 1 To orient the students about the general concepts of Health and fitness.
- 2 To provide knowledge and understanding about the role of Physical Education for the promotion positive Life style.
- 3 Create awareness among the students about health problems and safety education.
- 4 To familiarize the students with the modalities of Fitness development and maintenance.

Module 1: General Perspectives of Physical Education and sports

- 1.1 Basic concepts of Physical education – meaning, objectives and benefits.
- 1.2 Sports competitions- its importance and values; socialization, Personality development National integration and International understanding.
- 1.3 Body types and its classification- Somato typing- ectomorph, mesomorph, endomorph.
- 1.4 Body Posture: Postural deformities and its corrective measures.

Module II: Introduction to Health, Fitness and Wellness

- 2.1 Meaning and definition of health, fitness and Wellness.
- 2.2 Types of fitness and its components , Means and methods of developing fitness and missconcepts in fitness training.
- 2.3 Physical inactivity and hypo-kinetic diseases.
- 2.4 Nutrition and health-Balanced diet and Malnutrition.

Module III: First Aid and Emergency care

- 3.1 First Aid and Emergency care- Aims and objectives.
- 3.2 Principles of First aid - Qualities of a first aider.
- 3.3 First Aid for Common injuries- Sprain, cramp, fracture, abrasion and shock.
- 3.4 C P R and ABC in First Aid.

Module IV: Fitness Training; Effect and Assessment

- 4.1 Physiological effect of exercise on Respiratory, Circulatory and Muscular systems
- 4.2 Exercise and weight management.
- 4.4 Benefits of Yoga practice – Stress management and relaxation techniques.
- 4.4 Assessment of Body Mass Index (B M I) AAPHER Youth Fitness test.

Note on Course Work

The course work should give emphasis on general awareness about Physical activities and health Education in the context of promoting health and fitness. The course should also provide practical training on aspects like Fitness development, First aid and emergency care, Injury management etc.

WORK LOAD-TEACHING COMPONENTS- CREDITS

Teaching components	Work load	Credits
Theory	30 hrs.	1.5
Practical	06 hrs	0.5
Total	36	2

Suggested Readings:

1. Bucher, C.A., (1979). Foundation of Physical education (5th ed.). Missouri: C.V.Mosby co.
2. Barrow, H.M. (1983). Man and Movement: Principles and Physical Education. Phi: Lea and Febiger
3. Corbin, Charles B.et.al, C.A., (2004). Concepts of Fitness and Wellness , Boston: McGraw Hill
4. Kretchmar, R.S. (1994). Practical Philosophy of Sport. IL: Human Kinetics.
5. Shekhar, K.C. (2004). Principles & History of P.E. Delhi:Khel Sahitya Kendra.
6. Young, D.C. (2004). A brief History of Olympic Games. UK: Blackwell Publishing.
7. Frank, A.M. (2003). Sports & education. CA: ABC-CLIO
8. Kamlesh, M.L. (2006). Educational Sport Psychology. New Delhi: Friend's Publication
9. Puri,K, Chandra.,S,S, (2005). Health and Physical Education. New Delhi: Surjeet _ Publications
10. Siedentop, D,(1994) Introduction to Physical Education and Sports (2nd ed.).California :Mayfield Publishing Company
11. Suinn, Richard M. (1982) Psychology in Sports: Methods and Applications. New Delhi: Sujeet Publication
12. Walder.P,(1994) Mechanics and Sport Performance (2nded.).Hampshire: Feltham Press
13. William, J.E. (1964). Principles of Physical Education:, Com. Philadelphia: W.B.Sounders
14. Ziegler, E.F. (2007). An introduction to Sports & Phy.Edu. Philosophy. Delhi: Sp.Educational Technology.
15. AAPHERD. '*Health Related Physical Fitness Test Manual*'. 1980. Published by Association drive Reston Virginia
16. ACSM *Fitness Book*, Leisure Press Campaign, Illinois, 1996, Leisure Press, Canada <http://www.pitt.edu/~gsphome>
17. ACSM's "*Health related physical fitness assessment manual* Lippincott Williams and Wilkins USA, 2005
18. B.C. Rai *Health Education and Hygiene* Published by Prakashan Kendra, Lucknow.