

BPE503- PHYSICAL ACTIVITY HEALTH AND WELLNESS

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.

No of credit:3

No of Hours/Week:3

Module I: Concepts of physical education and fitness

- 1.1. Definition, aim, objectives and importance of physical education
- 1.2. Physical fitness components –speed, strength, endurance, flexibility and coordinative abilities
- 1.3. Types of physical fitness- Health related physical fitness, Performance related physical fitness and Cosmetic fitness
- 1.4. Fitness balance

Module II: First Aid and nutrition

- 2.1. Definition of First Aid, Aim of First Aid, Principles of First Aid
- 2.2. RICE, ABC of First Aid,
- 2.3. First Aid for Fracture, Bleeding, Drowning and Snake Bite
- 2.4. Nutritional balance, Nutritional deficiency diseases

Module III: Lifestyle/Hypokinetic diseases and postural deformities

- 3.1. Lifestyle Diseases- Diabetes, Hypertension, Obesity, Osteoporosis, CHD, Back pain.
- 3.2. Postural deformities and corrective measures
Meaning of good posture, causes of poor posture, the importance of good posture
- 3.3. Postural deformities- Kyphosis, Lordosis, Scoliosis, Knock knee, Flat foot

Module IV: Yoga and stress management

- 4.1. Definition and meaning of Yoga, Asana, and Pranayama.
- 4.2. Eight limbs of Ashtanga Yoga –Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyanam, Samadhi

4.3. Asanas - Ten Asanas and its effects

NO	Types	Asanas
1	Standing (Balancing)	Vrikshasana
2	(Forward bending)	Padahasthasana
3	(Backward bending)	Ardha Chakrasana
4	(Twisting)	Trikonasana
5	Kneeling	Ushtrasana
6	Sitting (Meditative)	Vajrasana
7		Padmasana,
8	Prone line	Bhujangasana,
9		Salabhasa
10	Supine (Relaxative)	Savasana

4.4. Definition of stress causes of stress and stress management

Suggested Readings

1. AAPHERD. "Health Related Physical Fitness Test Manual". 1980 Published by Association drive Reston Virginia
2. ACSM Fitness Book, Leisure Press Campaign, Illions, 1996, Leisure Press, Canada <http://www.pitt.edu/~gsp/home>
3. ACSM's "Health Related Physical Fitness Assessment Manual Lippincott Williams and Walkins USA, 2005.
4. B.C.Rai Health Education and Hygiene Published by Prakashan Kendra, Lucknow
5. Bucher.C.A. (1979). Foundation of Physical Education (5th edition Missouri C.V.Mosby co. California: Mayfield Publishing Company
6. Corbin.Charles Beetal. C.A., (2004) Concepts of Fitness and Welfare Boston McGraw Hill
7. Frank V.M. (2003). Sports & education CA: ABC- CLIO
8. Les Snowdan., Maggie Humphrey's Fitness walking, Maggie Humphery Orient Paper Books 2002 New Delhi
9. Norman Bezzant Help! First Aid for everyday emergencies. Jaico Publishing House Bombay, Delhi