

FAROOK COLLEGE (AUTONOMOUS)

Farook College PO, Kozhikode-673632

U.G Programme in Physical Education

Under

Choice Based Credit Semester System

SYLLABUS

Open Courses

(2022 Admission Onwards)



Prepared By:

Board of Studies in Sociology & Physical Education

Farook College (Autonomous)

CERTIFICATE

I hereby certify that the documents attached are the bona fide copies of the syllabus of Open Courses offered by the Department of Physical Education be effective from 2022 admission onwards.

Date:

Place: Farook College

Principal

Course Structure (Physical Education)

Total Credits: 3

Total Marks: 75

Syllabus for Open Course in Physical Education

Course Title: Physical Activity Health and Wellness

(5th Semester)

Course Type	Course Code	Hours/week	Total Hours	Credits	Marks		
					Internal	External	Total
Open Course	BPE5D01	3	48	3	15	60	75

Sl.No	Expected Course Outcome	Learning Domain
	<i>Upon completion of this course, students will be able to;</i>	
1	<i>Explain</i> the basic concepts of physical education, Health & Wellness.	Understanding
2	<i>Analyse</i> the components of physical fitness.	Analysing
3	<i>Explain</i> the science of Yoga and its benefits	Understanding
4	<i>Demonstrate</i> the First Aid for sports injuries	Understanding
5	<i>Explain</i> the postural deformities and their corrective measures.	Understanding
6	<i>Analyse</i> Lifestyle and Hypokinetic diseases.	Analysing
7	<i>Explain</i> the measures to control Emotions and manage stress	Understanding

Course Content

Module 1. Introduction to Physical Education, Health and Wellness (5 hours)

Definition, aim, objectives and importance of physical education
Definition and Importance of Health.
Meaning and concept of wellness.

Module 2. Concept of Fitness (12 hours)

Definition of Physical fitness.
Types of physical fitness - Health related physical fitness, Performance related physical fitness and Cosmetic fitness.
Components of physical fitness – speed, strength, endurance, flexibility and coordinative abilities.
Assessment of physical fitness components.
Fitness balance.

Module 3. Principles of Exercise Program (5 hours)

Principles of exercise, Types of exercise
Benefits of exercise
Exercise and heart rate zone

Module 4. Hypo Kinetic Diseases and Postural Deformities (10hours)

Diabetes, Hypertension, Obesity, Osteoporosis CHD and its management
Meaning and importance of good posture, Causes for poor posture
Kyphosis, Lordosis and scoliosis and management
Knock knee, bow legs and flat foot and management

Module 5. First Aid and Nutrition (8 hours)

Definition of first aid, aim of first aid and principles of first aid
RICE, ABC of First Aid, First Aid for sprain, strain, Fracture, Bleeding, Drowning and Snake Bite.
Different types of nutrients
Nutritional balance, Nutritional deficiency diseases

Module 6. Yoga and Stress Management (8 hours)

Meaning of yoga asana and pranayama
Ashtanga Yoga –Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana and Samadhi

Asanas and its effects:

1. Standing (Balancing) – Vrikshasana, Padahasthasana, Ardha Chakrasana.
2. Sitting (Meditative) - Vajrasana, Padmasana
3. Prone lying - Bhujangasana, Salabhasa.
4. Supine - Uttitha padasana, Naukasana.
5. Relaxative – Savasana

Definition of stress, causes and management of stress

Mode of Transactions

- 1.Lecturing
- 2.Assignment
- 3.Group Discussion
- 4.Seminar Presentation
- 5.Demonstration

Additional Activity

Health and Physical fitness test-The students will be asked to conduct health related physical fitness test and to submit the report to the department of Physical Education

References:

1. Brown, F. Y. (2000). *How to use yoga*. Delhi: Sports Publication.
 2. Gharote, M. L. & Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala: Kaixydahmoe
 3. Giam, C.K & The, K.C. (1994). *Sport medicine exercise and fitness*. Singapore: P.G. Medical Book.
 4. McGlynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown.
 5. Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *obesity (Silver Spring)*. 15(12), 3091- 3096.
 6. Singh, H. (1984). *sports training, general theory and methods*. Patials: NSNIS.
 7. Uppal, A.K., (1999). *sports Training*. New Delhi: Friends Publication.
 8. Ball, D. W. & Loy, J. W. (1975). *sport and social order; Contribution to the sociology of sport*. London: Addison Wesley Publishing Co., Inc.
 9. Blair, J.& Simpson, R. (1962). *Educational psychology*, New York: Mc Millan Co
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