

## GENERIC ELECTIVE COURSE I: HEALTH AND PHYSICAL EDUCATION

SEMESTER	COURSE CODE	HOURS PER WEEK	CREDIT	EXAM HRS
V	5 D 01 PED	2	2	2

### COURSE OUTCOME

- CO - 1 Familiarize the concept of health and physical education.
- CO - 2 Create awareness among the basic nutrition, hypo kinetic and life style diseases.
- CO - 3 Acquire the ability to apply life saving techniques of first aids during emergencies
- CO - 4 Familiarized to modalities of fitness development and maintenance.
- CO - 5 Execute Common fitness test and evaluation
- CO - 6 Examine the posture and postural deformities and prescribe necessary corrective measures
- CO - 7 Demonstrate five yogasanas and its therapeutic effect leading to wellness

#### **Unit 1 : Physical Education**

- 1.1 Physical Education- Meaning,
- 1.2 Need and Importance of Physical Education. Concept of Sports
- 1.3 Major and Minor games, Mass Sports and Recreational games.
- 1.4 Intramural and Extramural competitions
- 1.5 Career opportunities in Sports

(9 Hrs)

#### **Unit II : Health and Fitness**

- 2.1 Meaning and factors affecting Health.
- 2.2 Health Related Physical Fitness.
- 2.3 Test, evaluation and development of physical fitness (AAHPER Youth Physical fitness test, BMI and One-star standard test)
- 2.4 Health benefits of Physical Exercise, Benefits of Yoga practice -stress management.
- 2.5 Aerobic and anaerobic exercise.
- 2.6 Effect of exercise on Circulatory, Respiratory and Muscular system

(9 Hrs)



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### III: Nutrition and Life Style diseases

Nutrition and health

Balanced diet and mal nutrition.

Drug abuse and side effect

Hypo kinetic Diseases- Dietary and Exercise Interventions

(9 Hrs)

### Unit IV: First Aid and Posture

1. First Aid – Definition, Aims and principles, ABC in first Aid and CPR.

2. Management of fracture Dislocation, Wounds, Sprain, Strain, Cramps, Fainting.

3. First aid for Burns, Bleeding, Electric shock, Chocking and Fainting

4. Posture - Congenital and acquired postural deformity.

5. Corrective measures/interventions

(9 Hrs)

### Books for Study & Reference:

1. Bucher, C.A., (1979). Foundation of Physical education (5th ed.). Missouri: C.V.Mosby co.
2. Fox, Boulers, Foss, The Physiological basis of Physical education and athletics
3. B K Iyengar, Lights on yoga :India today group.
4. Milinda j Flagel, Sports first aid; Human kinetics.
5. Barrow, H.M. (1983). Man and Movement: Principles and Physical Education. Phi: Lea and Febiger
6. Corbin, Charles B.et.al, C.A., (2004). Concepts of Fitness and Wellness , Boston: McGraw Hill
7. Kretchmar, R.S. (1994). Practical Philosophy of Sport. IL: Human Kinetics.
8. Shekhar, K.C. (2004). Principles & History of P.E. Delhi: Khel Sahitya Kendra.
9. Frank, A.M. (2003). Sports & education. CA: ABC-CLIO
10. Kamlesh, M.L. (2006). Educational Sport Psychology. New Delhi: Friend's Publication
11. Puri, K, Chandra., S.S, (2005). Health and Physical Education. New Delhi: Surjeet Publications
12. Siedentop, D,(1994) Introduction to Physical Education and Sports (2<sup>nd</sup> ed.).California :Mayfield Publishing Company
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. ACSM's "Health related physical fitness assessment manual Lippincott Williams and Wilkins USA, 2005

**PART C:**  
**PHYSICAL EDUCATION- GENERIC ELECTIVE COURSES**  
**WORK AND CREDIT DISTRIBUTION**  
**(2019 ADMISSION ONWARDS)**

COURSE CODE	COURSE TITLE	SEMESTER	HOURS PER WEEK	CREDIT	EXAM HOURS	ESE+CE
5 D 01 PED	HEALTH AND PHYSICAL EDUCATION	V	2	2	2	20+5
5 D 02 PED	INTRODUCTION TO EXERCISE AND SPORTS SCIENCE	V	2	2	2	20+5
5 D 03 PED	SPORTS AS A PSYCHO-SOCIAL PROCESS	V	2	2	2	20+5
5 D 04 PED	CAREER OPPORTUNITIES IN PHYSICAL EDUCATION AND SPORTS	V	2	2	2	20+5
5 D 05 PED	EXERCISE IS MEDICINE	V	2	2	2	20+5

**EVALUATION**

ASSESSMENT	WEIGHTAGE
EXTERNAL	4
INTERNAL	1

**INTERNAL ASSESSMENT**

COMPONENT *	WEIGHTAGE**	REMARKS
Component 1 Test	3 Marks	To Conduct at least One Model Test
Component 2 Assignment/Seminar/Practical	2 Marks	Any One Component Based on the Syllabus

**Pattern of Questions:**

- Part A - Short answer (6 questions x Mark 1 each= 6)
- Answer all questions (6 questions x Mark 1 each = 6)
- Part B - Short Essay (6 questions x Marks 2 each =12)
- Answer any 4 questions (4 questions x Marks 2 each=8)
- Part C - Essay (2 questions x Marks 6 each =12)
- Answer any 1 question ( 1 question x Marks 6 each=6)
  - Total marks including choice -30
  - Maximum marks of the course-20