

REVISED SYLLABUS FOR OPEN COURSE IN PHYSICAL EDUCATION FOR THE FIFTH SEM UG STUDENTS (2015-16 ADMISSION ONWARDS)

NAME OF THE COURSE: PHYSICAL ACTIVITY HEALTH AND WELLNESS
COURSE CODE- PE5D03

Module I: Concepts of physical education and fitness

Definition, aim, objectives and importance of physical education

Physical fitness components –speed, strength, endurance, flexibility and coordinative abilities

Types of physical fitness- Health related physical fitness, Performance related physical fitness and Cosmetic fitness

Fitness balance

Module II: Exercise principles, First Aid and nutrition

Principles of exercise programme, Exercise and heart rate zone, BMR

Definition of First Aid, Aim of First Aid, Principles of First Aid,

RICE, ABC of First Aid, First Aid for Fracture, Bleeding, Drawing and Snake Bite

Nutritional balance, Nutritional deficiency diseases

Module III: Yoga, stress management and postural deformities

Definition and meaning of Yoga, Asana, and Pranayama.

Eight limbs of Ashtanga Yoga –Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyanam, Samadhi

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

Pranayamas - Three Pranayamas and its effects-

1) Surya Bedhana(Heating), 2) Chandra bedhana(Cooling) 3) Nadisudhi(Balancing)

Postural deformities and corrective measures

Meaning of good posture, causes of poor posture, importance of good posture

Postural deformities- Kyphosis, Lordosis, Scoliosis, Bow leg, Knock knee, Flat foot

Stress Management- Definition of stress, causes of stress and stress management

Module IV: Vital signs, Lifestyle/Hypokinetic diseases and its management

Vital signs- Pulse rate, Respiratory rate, Blood pressure, Body temperature,

Diseases- Diabetes, Hypertension, Obesity, Osteoporosis, CHD, Back pain.

Fitness assessment- Body mass index, Waist to Hip Ratio,