

# Syllabus for Open Course in PHYSICAL, HEALTH AND LIFE SKILLS EDUCATION

Course:  
No. of Credits: 4  
No. of Contact hours: 72

### **Aim of the Course**

The course is intended to familiarize the students towards the concepts of health and physical education and the relative contribution of physical education and sports for life skill development.

### **Objectives of the Course**

1. To provide students a general concept of physical education and fitness.
2. To provide knowledge and understanding regarding health and nutrition.
3. To familiarize the students regarding safety education and health promotive measures for day to day life.
4. To promote an understanding of the value of sports for life skill development.

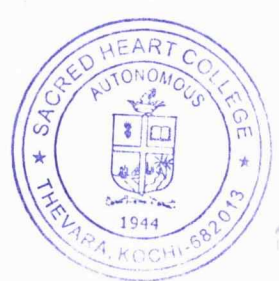
### **Course Outline**

#### Module I: Physical Education and Physical Fitness

Concept of Physical Education  
 Meaning, Definition, Aims and Objectives of Physical Education  
 Need and importance of Physical Education  
 Physical Education & its Relevance in Inter Disciplinary Context  
 Physical Fitness Components  
 Types of Fitness –  
 - Health Related Physical Fitness  
 - Performance Related Physical Fitness  
 Activities for developing Physical Fitness Components

#### Module – II : Health Concepts of Physical Education

Definition and Meaning of Health  
 Dimensions and Determinants of Health  
 Physical Activity and Health Benefits  
 Effect of Exercise on Body systems  
 - Circulatory, Respiratory, Endocrine, Skeletal and Muscular  
 Role of Physical Education Programme on Community Health Promotion  
 (Individual, Family & Society)



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 Principal in Charge  
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**Module – III : Nutrition and Health**

Concept of Food and Nutrition  
 Balanced Diet  
 Vitamins – Malnutrition – Deficiency Diseases  
 Determining Caloric Intake and Expenditure  
 Obesity, Causes and Preventing Measures – Role of Diet and Exercise

**Module – IV: Safety Education and Health Promotion**

Principles of Accident Prevention  
 Health and Safety in Daily Life  
 Health and Safety at Work  
 First Aid and Emergency Care  
 Common Injuries and their Management  
 Modern Life Style and Hypo-kinetic Disease - Prevention and Management

**Module – V: Sports and Life Skills Education**

Sports and Socialization  
 Physical Activity and Sports - Emotional Adjustment and Wellbeing  
 Substance Abuse among Youth – Preventive Measures and Remediation  
 Yoga, Meditation and Relaxation  
 Sports and Character Building  
 Values in Sports  
 Sports for World Peace and International Understanding

**Note on Course Work**

The course work should give emphasis on general awareness of physical education and health education in the context of promoting health and life skills. The course should also provide practical training on aspects like first aid and emergency care, injury management, etc.

The course work should incorporate discussions, seminars, assignments and records on related topics.

**WORK LOAD/TEACHING COMPONENTS/CREDIT**

|    | Teaching Component | Work Load | Credits |
|----|--------------------|-----------|---------|
| 1. | Theory             | 54 hours  | 3       |
| 2. | Practical          | 18 hours  | 1       |
|    | Total              | 72 hours  | 4       |

