

**SACRED HEART COLLEGE (AUTONOMOUS), THEVARA  
KOCHI, KERALA, 682013**



**SYLLABUS**

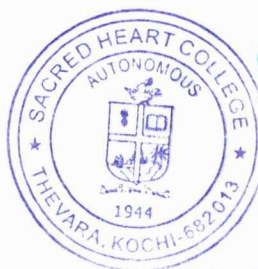
**FOR**

**OPEN COURSE IN PHYSICAL, HEALTH AND LIFESKILL  
EDUCATION**

**INTRODUCED FROM 2015 ADMISSION ONWARDS**

**BOARD OF STUDIES IN PHYSICAL EDUCATION**

**SACRED HEART COLLEGE, THEVARA, KOCHI, KERALA**



*Dr. Jose John*  
Principal in Charge  
Sacred Heart College (Autonomous)  
Thevara, Kochi-682 013

# SYLLABUS FOR OPEN COURSE IN PHYSICAL, HEALTH AND LIFE SKILLS EDUCATION: 15U5OCPHE1

## AIM OF THE COURSE

The course is intended to familiarise the students towards the concept of health and physical education and relative contribution of physical education and sports for life skills 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 familiarise 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.

## MODULE- 1 PHYSICAL EDUCATION AND PHYSICAL FITNESS

- Physical Education and its relevance in Inter Disciplinary context
- Physical Fitness components
- Types of Fitness [Health related and Performance related]
- Activities for developing Physical Fitness components

## MODULE- 2 HEALTH CONCEPT OF PHYSICAL EDUCATION

- Physical activity and Health benefits
- Effect of exercises on Body systems [Circulatory, Respiratory, Endocrine, Skeletal & Muscular]
- Role of Physical Education programme on Community health promotion [Individual, Family & Society]

## MODULE- 3 NUTRITION AND HEALTH

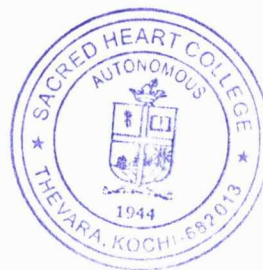
- Balanced Diet
- Vitamins – Malnutrition- Deficiency diseases
- Determining Caloric intake & Expenditure
- Obesity, Causes and Preventing Measures – Role of diet and exercises

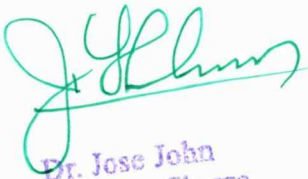
## MODULE- 4 SAFETY EDUCATION AND HEALTH PROMOTION

- 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 Diseases- Prevention and Management.

## MODULE- 5 SPORTS AND LIFE SKILL EDUCATION

- Substance Abuse among Youth- Preventive Measures and Remediation
- Yoga, Meditation and Relaxation
- Sports and Charecter Building
- Values in Sports
- Sports for World Peace and International Understanding



  
Dr. Jose John  
Principal in Charge  
Sacred Heart College (Autonomous)  
Thevara, Kochi-682 013