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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)

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