

DEPARTMENT OF PHYSICAL EDUCATION
OPEN COURSE, 5th SEMISTER: PHYSICAL HEALTH & LIFE SKILL EDUCATION

| Sessions | Topic | Method | Remarks |
|-----------------|--|------------------------------|----------------|
| 1 | Concept, meaning and definition of Physical Education | Discussion and Lecture | |
| 2 | Aim & Objectives of Physical Education | Lecture | |
| 3 | Importance of Physical Education | Lecture | |
| 4 | Concept of Physical Fitness Components | Discussion and Lecture | |
| 5 | Types of Fitness i. Health related ii. Skill/Performance related, | Lecture- Field Demonstration | |
| 6 | Activities for the development of physical fitness (Aerobic and Anaerobic). | Lecture- Field Demonstration | |
| 7 | Health & Nutrition | Discussion and Lecture | |
| 8 | Definition and meaning of Health | Lecture | |
| 9 | Dimensions of Health | Lecture | |
| 10 | Factors affecting Health | Lecture | |
| 11 | Major systems in human body i. Circulatory, ii. Respiratory, iii. Muscular and iv. Skeleton Systems, | Lecture | |

| | | | |
|----|---|--|--|
| 12 | Classification of nutrients i. carbohydrate ii. Protein iii. fat iv. minerals v. vitamins | Lecture | |
| 13 | Balanced diet, Malnutrition, | Lecture | |
| 14 | Dietary guidelines for healthy eating, | Lecture | |
| 15 | Hypo kinetic Diseases and their common causes, Prevention of Hypokinetic diseases and their management i. Obesity ii. Diabetics iii. Hypertension iv. Osteoporosis | Lecture | |
| 16 | BMI | Discussion and Lecture | |
| 17 | Human body type i. Ectomorph, ii. Endomorph iii. Mesomorph | Discussion and Lecture | |
| 18 | Importance of correct posture | Lecture | |
| 19 | Postural deformities, Causes and corrective exercises i. Kyphosis, ii Lordosis, iii. Scoliosis, iv. Knock knee, v. Bow legs, vi. Flat foot vii. Text neck | Discussion and Lecture | |
| 20 | First Aid, Meaning definition and importance, Principles of First Aid | Discussion and Lecture | |
| 21 | Common injuries emergencies and their management i. Sprain, ii. Strain, iii. Fracture, iv. Dislocation, v. Wound, vi. Cuts, vii. Drowning, viii. CPR | Lecture, demonstration and practise (collaboration with medical trust hospital) | |

| | | | |
|----|---|-------------------------------------|--|
| 22 | Meaning, definition of Yoga | Lecture | |
| 23 | Need and importance of Yoga in the modern society | Lecture | |
| 24 | Benefits and effects of Asanas | Lecture, demonstration and practise | |
| 25 | Surya Namaskar | Lecture, demonstration and practise | |
| 26 | Introduction to Sports& Games, Events and Awards | Lecture | |
| 27 | Tournaments i. Type of Tournament ii. Knock Out iii. League | Lecture | |