

**DEPARTMENT OF PHYSICAL EDUCATION**  
**OPEN COURSE, 5<sup>th</sup> SEMISTER: PHYSICAL HEALTH & LIFE SKILL EDUCATION**

<b>Sessions</b>	<b>Topic</b>	<b>Method</b>	<b>Remarks</b>
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	