

**MAHATAMA GANDHI UNIVERSITY**

**KOTTAYAM**

**CHOICE BASED COURSE CREDIT SEMESTER SYSTEM AND  
GRADING**

**SCHEME & SYLLABI**

**FOR**

**OPEN COURSE**

**IN**

**VTH SEMESTER**

**PHYSICAL, HEALTH AND LIFE SKILL EDUCATION**

**BOARD OF STUDIES IN PHYSICAL EDUCATION (UG)/FACULTY OF  
EDUCATION**

**2017**

**MAHATAMA GANDHI UNIVERSITY KOTTAYAM**

**OPEN COURSE**

**UNDER GRADUATE COURSE – CREDIT SEMESTER SYSTEM**

**Course Title: - Physical,Health & Lifeskills Education**

**Course Code: - PE5OPT01**

**Number of Credit:-3**

**Number 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 the life skills development”

**Objectives of the Course**

1. To provide an awareness about the scientific basis and benefits of Physical activity
2. To impart knowledge about health, nutrition & First Aid measures.
3. To introduce the fundamentals of Health & Physical Fitness
4. To enable the students to lead a healthy lifestyle
5. To provide basic knowledge about various sports & Games activities and their influence in the society.

**SCHEME**

<b>Sem</b>	<b>Title With Course Code</b>	<b>Course Category</b>	<b>Hours Per Week</b>	<b>Credit</b>	<b>Marks</b>	
					<b>Intl</b>	<b>Extl</b>
<b>V</b>	<b>Physical Health and Life Skill Education Course code – PE5OPT01</b>	<b>Open Course</b>	<b>4</b>	<b>3</b>	<b>20</b>	<b>80</b>

## Syllabus for Open course in Physical Education

**Module 1. Introduction to Physical Education & Physical Fitness** -Concept of Physical Education, Meaning, Definition, Aims and Objective of Physical Education, Need and Importance of Physical Education, Physical Fitness Components, Types of Fitness-Health related, Skill/Performance related, Activities for the development of physical fitness (Aerobic and Anaerobic).

**(20 Hours)**

**Module 2. Health & Nutrition**-Definition and meaning of Health, Dimensions of Health, Factors affecting Health, Major systems in human body (Circulatory, Respiratory, Muscular and Skeleton Systems), Effects of Exercise on Body Systems (Circulatory, Respiratory, Muscular and Skeleton Systems), Classification of nutrients – carbohydrate, protein, fat, minerals and vitamins, Balanced diet, Malnutrition, Dietary guidelines for healthy eating, Hypo -kinetic Diseases and their common causes, prevention and management (Obesity, Diabetics & Hypertension, Osteoporosis), BMI.

**(20 Hours)**

**Module.3 Human Body Type , First Aid& Yoga** - Human body type(Ectomorph, Endomorph, Mesomorph),important of correct posture, Postural deformities (Kyphosis, Lordosis, Scoliosis, Knock knee, Bow legs, Flat foot, Text neck),Causes and corrective exercises.

First Aid -Meaning definition and importance, Principles of First Aid, Common injuries, emergencies and their management (Sprain, Strain, Fracture, Dislocation, Wound, Cuts, Drowning, CPR)

Meaning, definition of Yoga. Need and importance of Yoga in the modern society, Benefits and effects of Asanas, Surya Namaskar. **(16 hours)**

**Module.4 –Introduction to Sports & Games, Events and Awards** -International- Olympic Games (winter, summer, Paralympics), Asian Games, Common Wealth Games, National- National Games , Santhosh Trophy, Ranji Trophy. Sports Awards- Rajiv Gandhi Khel Rethna Award, Dronacharya Award , Arjuna Award and G.V Raja Award. Tournaments - Type of Tournament (Knock Out & League)

**(16 Hours)**

REFERENCES

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