

COURSE OUTLINE
OPEN COUSE IN PHYSICAL EDUCATION COURSE OUTLINE
(PHYSICAL ACTIVITY HEALTH AND WELLNESS –CODE : VPE5D03)

Module – I: Concept of Physical Education and Fitness

1. Definition, Aims and Objectives of Physical Education, Importance and Scope of Physical Education, Physical fitness and Wellness

2. Physical fitness components - Speed, Strength, Endurance, Flexibility and Coordinative Abilities

3. Types of Physical Fitness

Health related Physical Fitness

Performance Related Physical Fitness

Cosmetic fitness

Physical Fitness, Test and Assessment, Body mass Index/Skin fold Measurement, BMR,

Pulse Rate, Blood Pressure

4. Fitness Balance

Module –II: Exercise Principles, First Aid & Nutrition

1. Principles of Exercise Programme

2. Activities for developing Physical Fitness Components

3. Exercise and Heart rate Zones

4. Definition, Aim and Principles of First Aid

5. RICE, ABC of First Aid, First Aid for Fracture, Bleeding, Drawing and Snake Bite

6. Basics of Food, Nutrients, Balanced diet, Food Pyramid & Deficiency diseases

Module – III; Yoga, Stress Management and Postural Deformities

1. Definition and Meaning of Yoga, Asana Pranayama

2. Eight Limbs of Yoga (Yama, Niyama, Asana, Pranayama, Prathyahar, Dhyana, Dharana, Samadhi)

3. Surya Namaskara

No.	TYPES	ASANAS & ITS EFFECTS
1	Supine position	Sarvangasan
2		Matsyasana Counter pose)
3	Prone Position	Bhujangasan
4	Prone Position	Salabhasan (Counter Pose)
5	Sitting	Yoga Mudra
6	Sitting	Ardha masyandrasan
7	Sitting	Ustrasan
8	Sitting Meditative	Vajrasan
9	Sitting Meditative	Padmasan
10	Relaxation	Savasan
11	Relaxation	Makarasan

4. Pranayama

Nadi sudhi pranayama, Kabhalbhathi, Suryabhedana & Chandra Bhedana

5. Postural Deformities – Corrective measures (Khyposis Lordosis, Scoliosis, Bow legs, Knock Knee & Flat foot.

6. Stress Management and Relaxation Techniques

Module – IV: Vital Signs, Lifestyle Diseases /Hypo-kinetic Diseases and its Management

Pulse Rate, Respiratory Rate, Blood Pressure, Body Temperature

Diabetes Hypertension Obesity Osteoporosis CHD Back pain

OPEN COURSE IN PHYSICAL EDUCATION PHYSICAL ACTIVITY, HEALTH AND WELLNESS

OPEN COURSE :VPE5D03
NO.OF CREDITS : 4
NO. OF CONTACT HOURS : 72

SI. No.	TEACHING COMPONENT	WORK LOAD	CREDIT
1	Theory	60 hrs	3
2	Practical	12 hrs	1
3	Total	72 hrs	4

Note on Course Work

This course work will provide fundamental concepts of physical education, health and yoga. It will also familiarise the students towards various hypo-kinetic diseases and its management. It will also provide practical guidelines and testing of health related fitness and other health indices.

Question paper Pattern
Physical Activity Health and Wellness
COURSE CODE: VPE5D03

Total Weightage :40 2 hrs

Part A

Answer all the Ten Questions (10*1=10marks)

Part B

Short answer questions Answer any Five Questions (5*2=10 marks)

Part C

Short answer questions Answer any two questions (2*5=10 marks)

Part D

Essay type questions

Answer any one question (1*10=10marks)

BLUE PRINT
OPEN COURSE
PHYSICAL EDUCATION
PHYSICAL ACTIVITY HEALTH AND WELLNESS

Module	Hours	Marks	Marks 2	Marks 4	Marks 6	Total
	36	10/10	5/7	2/3	1/2	18/22
Module 1	10	3	1	1	1	6
Module 2	6	2	2	1		5
Module 3	10	3	2			5
Module 4	10	2	2	1	1	6
Total		10	7	5	3	22

PHYSICAL EDUCATION

COURSE NAME: PHYSICAL ACTIVITY HEALTH AND WELLNESS

COURSE CODE: VPE5D03

COURSE OUTCOME

1. To introduce the Fundamental concepts of Physical Education, Health, and Fitness.
2. To provide a general understanding on Nutrition, First aid and Stress Management.
3. To familiarize the students regarding Yoga and other activities for developing fitness.
4. To create awareness regarding hypo-kinetic diseases and various measures of fitness and health assessment.

PHYSICAL ACTIVITY HEALTH AND WELLNESS: BCODE VPE5D03

Program: PHYSICAL EDUCATION

Authors: Hemalatha V and Agibet Mathews

	Program Specific outcomes
PSO1	Understand Physical Education and basic concept of physical fitness components.
PSO2	Understand the basics of exercise principles.
PSO3	Analyse different postural deformities and measures to correct the deformities
PSO4	Understand lifestyle diseases and its management.

PSO	CL	KC	Class Sessions
1	U	C	8
2	U	Apply	8
3	Analyse	P	10
4	U	C	10